

QTPOC MENTAL HEALTH

Center for Creative Growth

Address: 1221 Marin Ave., Albany
Telephone: (510) 527-2100
Website: www.creativegrowth.com

Kensho Center

Note from a QTPOC: Wanted to recommend the therapists and affiliates with the Kensho Center in Berkeley. I do not know how many of them are queer, but they're majority POC. They do sliding scale.
Website: <http://www.kenshocenter.com/>

The Pacific Center

Address: 2712 Telegraph Ave, Berkeley
Telephone: (510) 548-8283
Notes: Sliding scale therapy, rotating interns (unknown how many are qpoc)
Website: www.pacificcenter.org

Women's Therapy Center

Address: 2105 MLK Jr. Way, Berkeley
Notes: Sliding scale therapy, rotating interns (unknown how many are qpoc)
Telephone: (510) 524-8288
Website: www.womenstherapy.org



PLTS CARES

PLTS CARES emphasizes a holistic, intersectional approach to care of the seminary and individual students through a network of support, advocacy, and referral services. Through collaboration and coordination of resources, we seek to foster a vibrant and equitable community focused on the academic and personal success of students preparing for leadership in ministry settings.

We encourage and assist students to develop and sustain habits of self-care from the outset of their program and to continue these habits in their future ministry settings. These habits include, among others, arranging in advance a professional network to provide medical supports, mental health supports, spiritual direction and pastoral counseling, physical activity and movement, and academic and other accommodations.

**Office of Student Affairs
Pacific Lutheran Theological Seminary**

2000 Center St. Ste. 200
Berkeley, CA 94704

Please note that the resources listed are not endorsed by PLTS or Cal Lutheran but are provided as a starting point for your own research to find a fit for your needs.



PEOPLE OF COLOR RESOURCES

CENTERS & ORGANIZATIONS

African American Service Agency

To perpetuate and strengthen African American identity, culture, values, traditions, knowledge and family life is at the heart of all programs.

Telephone: (408) 292-3157

Address: 304 N. 6th St., San Jose

Website: www.sjaacsa.com

Spanish Speaking Citizens' Foundation

The Spanish Speaking Citizens' Foundation was established by a group of visionaries dedicated to improving our community for Latino residents in Oakland.

Telephone: (510) 261-7839

Address: 1470 Fruitvale Ave., Oakland

Website: www.sscf.org

La Peña

La Peña is a vibrant non-profit community cultural center with a global vision that has promoted social justice, arts participation, and intercultural understanding.

Telephone: (510) 849-2568

Address: 3105 Shattuck Ave., Berkeley

Website: www.lapena.org

Oakland Asian Cultural Center

OACC builds vibrant communities through Asian and Pacific Islander arts and cultural programs that foster intergenerational and cross-cultural dialogue and understanding, collaboration, and social justice.

Telephone: (510) 637-0455

Address: 388 9th St., Oakland

Website: www.oacc.cc

San Francisco Rising

San Francisco Rising is a vibrant young electoral alliance that builds the political power of working class communities of color.

Website: www.sfrising.org

ADVOCACY & SUPPORT

People of Color (POC) at Augustine Church

This meeting is open and anyone may attend.

Speaker/Discussion

Telephone: (510) 839-0709

Address: 3700 Callan Blvd., SF

Website: www.eastbayaa.org/meetings/people-of-color-poc

People of Color Sangha

Sangha is the Pali and Sanskrit word for assembly and community, and is used to describe a group of people who come together to practice meditation and mindfulness together.

Address: 285 17th St., Oakland

Website: www.eastbaymeditation.org

People of Color Sustainable Housing Network

We are a resource network for people of color interested in building intentional, healthy, and affordable housing communities in the Bay Area and beyond.

Telephone: (510) 548-7878 ex. 341

Website: www.pochousingnetwork.com

The Therapists of Color Consultation and Support

A free and confidential group created to support clinicians of color of any gender, clinical orientation, or level of study as they navigate the various pressures and pitfalls of our helping profession.

Telephone: (510) 545-6216

Address: 1515 Market St., Oakland

Website: www.therapistsofcolor.org

Asian Health Services

Asian Health Services, provides health, social, and advocacy services for all regardless of income, insurance status, immigration status, language, or culture.

Telephone: (510) 986-6800

Address: 818 Webster St., Oakland

Website: www.asianhealthservices.org

ELCA ETHNIC SPECIFIC AND MULTICULTURAL MINISTRIES

The Ethnic Specific and Multicultural Ministries team works within the ELCA toward the goal of full partnership and participation of African Descent, American Indian and Alaska Native, Arab and Middle Eastern, Asian and Pacific Islander and Latino people in the life of this church.

-Cross Cultural Conversations

-African Descent

-American Indian and Alaska Native

-Arab and Middle Eastern

-Asian and Pacific Islander

-European Descent Lutheran Association for Racial Justice

-Latino

Website: www.elca.org

EAST BAY GROUPS

Oakland Rising

We are a multilingual, multiracial collaborative with deep roots in East and West Oakland's neighborhoods, proving that everyday residents working together have the power to change the way our city is run.

Telephone: (510) 261-2600

Website: www.oaklandrising.org

Bay Area Black United Fund

To serve as a regional intermediary in the pursuit of health, social, economic, and place equity for Bay Area Black residents.

Telephone: (510) 763-7270

Website: www.babuf.org