PLTS CARES

PLTS CARES emphasizes a holistic, interdisciplinary 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.
Support Groups

Alcoholics Anonymous (A.A.)
East Bay Intergroup, Inc. coordinates the AA meetings of the East Bay, of which there are dozens daily.
24-Hour Hotline: (510) 839-8900
Confidential Online Support: helpline@eastbayaa.org
Meetings Finder: http://eastbayaa.org/meetings

Narcotics Anonymouse (N.A.)
Website: http://www.naalamedacounty.org
Email: support@naalamedacounty.org
24-Hour Hotline: (510) 444-HOPE (4673)
Meeting Finder:

Overeaters Anonymous
Overeaters Anonymous is a fellowship to help solve a common problem – compulsive overeating, which includes obesity, anorexia, and bulimia.
Telephone: (510) 409-8340
Website: www.eastbayoa.org
Meetings: Mondays and Wednesdays 6-7pm 1075 62nd St., Emeryville

Co-Dependents Anonymous (CODA)
A fellowship of men and women whose common purpose is to develop healthy relationships.
Telephone: (415) 905-6331
Website: www.sfbaycoda.net
Meeting Finder: www.sfbaycoda.net/Alameda

Al-Anon / Alateen
Support for families, friends, and teenagers of alcoholics is provided through Al-Anon and Alateen in Northern California.
As this is a large service area, supports and groups can vary by district. Berkeley is part of District 26
Website: https://www.ncwsa.org/d26/
Meetings: Tuesday 12pm Lutheran Church of the Cross 1744 University Ave., Berkeley
Please see their site for meetings and times, including phone meetings.

East Bay OCD Support Group
The Obsessive Compulsive Foundation of the San Francisco Bay Area publishes listings, and when needed provides logistical support, for peer-to-peer support groups available to people with OCD and their families, people who hoard, and people with related disorders.
Telephone: (925) 699-1355
Website: www.ocdsfbayarea.org

LifeRing
LifeRing tries to support your efforts to strengthen the Sober Self and weaken the Addict Self. Our meetings, whether in person or online, consist of addicts using their Sober Self to connect with the Sober Self of other addicts.
Telephone: (800) 811-4142
Address: 25125 Santa Clara St. E-359, Hayward
Website: www.lifering.org

SMART Recovery
SMART Recovery is an abstinence-based, not-for-profit organization for people having problems with drinking and using.
Telephone: (510) 355-8210
Website: www.smartrecoverytest.org
Meetings: Thursday 12:30-1:30pm 969 Broadway, Oakland

Center for Open Recovery
Center for Open Recovery is an organization working to end the stigma of addiction.
Telephone: (415) 296-9900
Address: 588 Sutter St. #419, SF
Website: www.openrecoverysf.org

Options Recovery Services
Options’ programs are built around intensive case management of hard-core addicts and alcoholics.
Telephone: (510) 666-9552
Address: 1931 Center St., Berkeley
Website: www.optionsrecovery.org