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.

WOMEN’S RESOURCES

CHILDCARE

Women’s Daytime Drop In Center
Telephone: (510) 548-2884
Address: 2218 Acton St., Berkeley
Website: www.womensdropin.org

St. John’s Child Care Center
Telephone: (510) 845-6830
Address: 2727 College Ave., Berkeley
Website: www.stjohnsberkeley.org

Bright Horizon’s at Bayer
Telephone: (510) 649-1893
Address: 921 Parker St., Berkeley
Website: www.brighthorizons.com

Childcare at Central Bay Area YMCA
Telephone: (510) 848-6837
Address: 2111 MLK Jr. Way, Berkeley
Website: www.ymcacba.org

Bay Area Women’s & Children’s Center
Telephone: (415) 474-2400
Address: 318 Leavenworth St., SF
Website: www.bawcc.org

BANANAS Childcare
Telephone: (510) 658-7353
Address: 5232 Claremont Ave., Oakland
Website: www.bananasbunch.org
LOCAL HEALTH RESOURCES

Berkeley Women’s Health Center
Telephone: (510) 843-6195
Address: 2222 Bancroft Way, Berkeley
Website: www.uhs.berkeley.edu/medical

Women’s Health Resource Center
Telephone: (415) 600-0500
Address: 3698 California St., SF
Website: www.cpmc.org/services/women/whrc

Young Women’s Clinic
Telephone: (415) 353-7332
Address: 2356 Sutter St. 6th Floor, SF
Website: http://whrc.ucsf.edu/whrc

Berkeley Free Clinic
Telephone: (510) 548-2570
Address: 2339 Durant Ave., Berkeley
Website: www.berkeleyfreeclinic.org

Women’s Cancer Resource Center Berkeley
Telephone: (510) 548-2570
Address: 2339 Durant Ave., Berkeley
Website: www.berkeleyfreeclinic.org

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Women’s Cancer Resource Center Berkeley
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Address: 2339 Durant Ave., Berkeley
Website: www.berkeleyfreeclinic.org

Ann Chandler Public Health Clinic
Telephone: (510) 981-5350
Address: 830 University Ave., Berkeley
Website: www.cityofberkeley.info

East Bay Women’s Health
Telephone: (510) 399-5106
Address: 3300 Webster St. #1200, Oakland
Website: www.obgyn-eastbay.com

ADVOCACY & SUPPORT

Bay Area Women Against Rape
Telephone: (510) 430-1298
Address: 470 27th St., Oakland
Website: www.bawar.org

ACCESS Women’s Health Justice
Telephone: (510) 923-0739
Website: www.accesswhj.org

Women’s Community Clinic
Telephone: (415) 379-7800
Address: 1735 Mission St., SF
Website: www.womenscommunityclinic.org

Feminist Therapy Connection
Telephone: (510) 841-1261
Address: 2041 Bancroft Way #307, Berkeley
Website: www.feministtherapy.org

THRIVERS Women’s Support Group
Telephone: (888) 994-2726
Address: 1840 Embarcadero, Oakland
Website: www.shopharborside.com/services/programs/thrivers-support-group.html

Women’s Therapy Center
Telephone: (510) 524-8288
Address: 2105 MLK Jr. Way, Berkeley
Website: www.womenstherapy.org

W.O.M.A.N. Inc.
Telephone: 877-384-3578
Address: 303 W. Joaquin Ave. Ste. 110, SF
Website: www.womeninc.org

The Transition Network
Telephone: (347) 735-6035
Address: 50 California St. 10th Floor, SF
Website: www.thetransitionnetwork.org

WELLBEING

Namaste Yoga
Telephone: (510) 665-4300
Address: 2820 7th St., Berkeley
Website: www.ilovenamaste.com

Women’s Trauma Sensitive Yoga
Telephone: (510) 520-1844
Address: 2121 Bonar St., Berkeley
Website: www.yogawithkelsey.com

The Practice Yoga
Telephone: (925) 322-8082
Address: 1444 S. Main St., Walnut Creek
Website: www.thepRACTICEforwomen.com

Women Body Dance
Telephone: (510) 845-4717
Address: 4920 Telegraph Ave., Oakland
Website: www.womenbody.dance

East Bay Women’s Network
Telephone: (925) 289-8178
Address: 300 Island Dr., Alameda
Website: www.ebwn.org

Courageous Women Association Inc.
Telephone: (510) 273-2412
Address: 1714 Franklin St., Oakland
Website: www.courageouswomen.org

Restore Women’s Wellness
Telephone: (510) 878-9709
Address: 303 W. Joaquin Ave. Ste. 110, SF
Website: www.restorewomenswellness.org