

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

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.

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PACIFIC LUTHERAN THEOLOGICAL SEMINARY
Berkeley, CA www.plts.edu



WOMEN'S
RESOURCES

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) 601-4040
Address: 2908 Ellsworth St., Oakland
Website: www.wcrc.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: 26 Boardman Pl., 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