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: <u>www.brighthorizons.com</u>

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

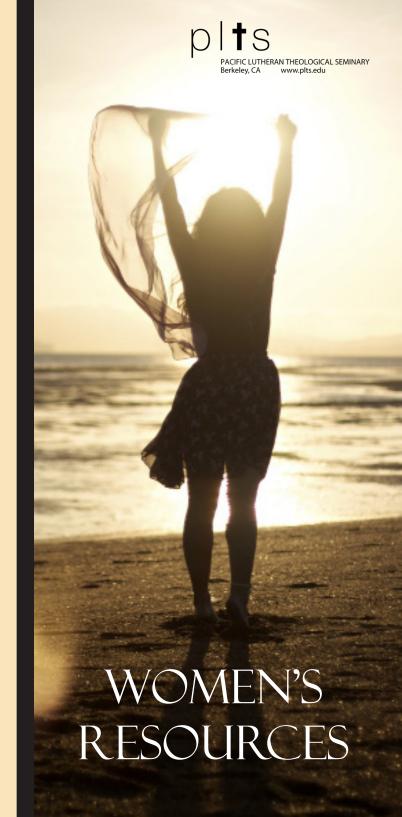
PLTS CARES emphasizes a holistic, intersectional approach to care of the seminary and individual students through a network of support, advocacy, and referral services. Through collaboration and coordination of resources, we seek to foster a vibrant and equitable community focused on the academic and 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, amont 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 accomposations.

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.



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: <u>www.yogawithkelsey.com</u>

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