

## Women's Wellness

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### **Namaste**

Telephone: (510) 665-4300

Website: [www.ilovenamaste.com/](http://www.ilovenamaste.com/)

### **Women's Trauma Sensitive Yoga**

Telephone: (510) 520-1844

Website: [www.yogawithkelsey.com/trauma-sensitive-yoga/](http://www.yogawithkelsey.com/trauma-sensitive-yoga/)

### **Women's Yoga Therapy Group**

Telephone: (973) 769-2739

Website: [www.keukapeacefulroots.com/workshops/2015/8/24/womens-yoga-therapy-group](http://www.keukapeacefulroots.com/workshops/2015/8/24/womens-yoga-therapy-group)

### **Women Body Dance**

Telephone: (510) 845-4717

Website: [www.womenbody.dance/](http://www.womenbody.dance/)

### **East Bay Women's Network**

Telephone: (925) 289-8178

Website: [www.ebwn.org/](http://www.ebwn.org/)

## Women's Resources

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

Office of Student Affairs

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Pacific Lutheran Theological Seminary

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2000 Center St. Ste. 200  
Berkeley, CA 94704

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PACIFIC LUTHERAN THEOLOGICAL SEMINARY

## Health Resources

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### **Berkeley Women's Health Center**

Telephone: (510) 843-6195

### **Women's Health Resource Center**

Telephone: (415) 600-0500

Website: [www.cpmc.org/services/women/whrc/](http://www.cpmc.org/services/women/whrc/)

### **Young Women's Clinic**

Telephone: (415) 353-7332

Website: [www.ucsfhealth.org/clinics/young\\_womens\\_clinic/index.html](http://www.ucsfhealth.org/clinics/young_womens_clinic/index.html)

### **Berkeley Free Clinic**

Telephone: (510) 548-2570

Website: [www.berkeleyfreeclinic.org/](http://www.berkeleyfreeclinic.org/)

### **Women's Cancer Resource Center Berkeley**

Telephone: (510) 601-4040

Website: [www.wcrc.org/](http://www.wcrc.org/)

### **Public Health Clinic**

Address: 830 University Avenue, Berkeley

Telephone: (510) 981-5350

Website: [www.cityofberkeley.info/Health\\_Human\\_Services/Public\\_Health/Family\\_Planning.aspx#location](http://www.cityofberkeley.info/Health_Human_Services/Public_Health/Family_Planning.aspx#location)

## Advocacy and Support

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### **Bay Area Women Against Rape**

Telephone: (510) 430-1298

Website: [www.bawar.org/](http://www.bawar.org/)

### **ACCESS Women's Health Justice**

Telephone: (510) 923-0739

Website: [www.accesswhj.org/](http://www.accesswhj.org/)

### **Women's Community Clinic**

Telephone: (415) 379-7800

Website: [www.womenscommunityclinic.org/](http://www.womenscommunityclinic.org/)

### **Feminist Therapy Connection**

Telephone: (510) 841-1261

Website: [www.feministtherapy.org/](http://www.feministtherapy.org/)

### **East Bay Women's Health**

Telephone: (510) 399-5106

Website: [www.obgyn-eastbay.com/](http://www.obgyn-eastbay.com/)

### **Women's Support Group for Trauma**

Telephone: (888) 994-2726

Website: [www.shopharborside.com/services/programs/thrivers-support-group.html](http://www.shopharborside.com/services/programs/thrivers-support-group.html)

### **Women's Therapy Center**

Telephone: (510) 524-8288

Website: [www.womenstherapy.org/](http://www.womenstherapy.org/)

## Childcare

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### **Women's Daytime Drop In Center**

Telephone: (510) 548-2884

Website: [www.womensdropin.org/](http://www.womensdropin.org/)

### **St. John's Child Care Center**

Telephone: (510) 845-6830

Website: [www.stjohnsberkeley.org/community/sjchildcareprogram](http://www.stjohnsberkeley.org/community/sjchildcareprogram)

### **Bright Horizon's at Bayer**

Telephone: (510) 649-1893

Website: [www.child-care-preschool.brighthorizons.com/ca/berkeley/bayerca](http://www.child-care-preschool.brighthorizons.com/ca/berkeley/bayerca)

### **Childcare at Central Bay Area YMCA**

Telephone: (510) 848-6837

Website: [www.ymcacba.org/index.php/child-care/albany-school-district](http://www.ymcacba.org/index.php/child-care/albany-school-district)

