

# Wellness Centers

Welcoming & accessible community spaces offering classes & programs, skills-building, & behavioral health services / psychiatry.



## Hedco Wellness Center

590 B Street  
Hayward, CA 94541

510.247.8235

*Hours:*  
Mon-Fri, 8:30 a.m.-5 p.m.



## South County Wellness Center

40965 Grimmer Blvd.  
Fremont, CA 94538

510.657.7425

*Hours:*  
Mon-Fri, 8:30 a.m.-5 p.m.



## Valley Wellness Center

3900 Valley Ave, Suite B  
Pleasanton, CA 94566

925.484.8457

*Hours:*  
Mon-Fri, 8:30 a.m.-5 p.m.



## Towne House Wellness Center

629 Oakland Ave  
Oakland, CA 94611

510.658.9480

*Hours:*  
Mon-Fri, 8:30 a.m.-5 p.m.



MODERNIZING  
Mental Health

For specific information regarding your local wellness center, *drop in* during listed hours or *call its number* listed above.



For general information about BACS, or the other programs and services we provide, visit [www.bayareacs.org](http://www.bayareacs.org) or call 510.613.0330.

# Wellness Centers

BACS programs are *always* there to help. BACS Wellness Centers provide support to individuals with behavioral health challenges, who want to manage their symptoms and move forward with their lives in healthy and positive ways.

## What We Do:

- ♥ Peer Support
- ♥ Clinical & life skills groups run by a peer counselor
- ♥ Social outings in the community
- ♥ Psychiatry
- ♥ Nutrition support and healthy eating support
- ♥ Case management services, including:

- At centers and in the community
- Medi-Cal Psychiatric and Case Management services for up to 12 months, with referrals & linkage through ACCESS
- Supported employment
- Help with any goals you have
- Working with anyone in your support network
- Van pools



MODERNIZING  
Mental Health

Our Wellness Centers are welcoming community spaces at 4 accessible sites. Our centers are vibrant, inspirational, and integral to the communities we serve. We help participants build an individualized wellness plan so they can live lives that are healthy, fun, and active by creating natural supports. Wellness Centers focus on community integration through competitive employment programs, a welcoming drop-in space for socializing and life skills development, classes and programs, behavioral health services, and more.