



Resources for Older Adults

Pacific Center for Human Growth

- Older and Out
 - Three support groups
 - One in person at North Berkeley Senior Center
 - One in person at Oakland LGBTQ Center
 - One online via Zoom
- Program to Encourage Activate, Rewarding LiveS (PEARLS)
 - Pacific Center offers free 8 week sessions of one hour PEARLS groups that start on a weekly basis, shift to bi-weekly and then monthly over 19 weeks.
- Case Management
 - We offer short term case management for LGBTQIA+ older adults. If interested please contact us and we can discuss how we can support you.
- Monthly Social Events
 - 1st Thursday in-person at North Berkeley Senior Center
 - 2nd Wednesday Online via Zoom

Oakland LGBTQ Center

- [Calendar of events](#) at the Oakland Center center
- Lavender Senior Lunch bunch at Downtown Oakland Senior Center
 - Monthly on 3rd Friday 12:30pm-2:30pm
- Elder Services Program
- Lavender Seniors
 - [Healthcare training video](#)
- Social Seniors- monthly drop in
- Food pantry- right outside of center
- [Glenn Burke Clinic](#)- comprehensive STI testing and treatment

Pacific Center Programming

- Monthly social in person and remote
- 3 support groups with 3 different locations
- Psychotherapy
- HIV counseling

Alameda County Resources

- [PDF from 2020 for Older Adult Resources in Alameda County](#)
- [Aging Adult Services in Oakland](#)



- Clients need to be referred through ACBH's ACCESS program 1-800-491-9099, but you can always reach out to specific programs to see if they have openings and to learn more about them.

ACBH Service Teams			
Program	Population Served	Location	Phone Number
BACS (ICM)	Adults	629 Oakland Ave. Oakland CA 94611	(510) 613-0330
West Oakland Health Council	Adults	700 Adeline St. Oakland CA 94607	(510) 835-9610
Bonita House	Adults	6333 Telegraph Ave. Oakland CA 94609	(510) 923-1099
Telecare Visions (formerly CHANGES Service Team)	Adults	7200 Bancroft Ave. Bldg B, Suite 133 Oakland 94605	(510) 553-8500
Felton Institute OAST Team	Older Adults	1005 Atlantic Ave Alameda CA 94501	Cell: 510-277-5892 (for provider use only, please) Landline: 415-474-7310 ext. 312
Asian Health Services	Primarily serves individuals who speak Asian languages	310 8th St. #210 Oakland, CA 94607	Clinic: (510) 735-3900 ACCESS line: (510) 735-3939
La Clinica, Casa del Sol	Primarily serves individuals in North County whose primary language is Spanish	1501 Fruitvale Ave Oakland CA 94601	Clinic: (510) 535-6200 ACCESS line: (510) 535-6200
La Familia	Primarily serves individuals in South County whose primary language is Spanish	26081 Mocine Ave. Hayward 94544	Clinic: (510) 881-5921 ACCESS line: (510) 881-5921



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Oakland CSC, ACBH	Adults (Community Support Center)	7200 Bancroft Ave. Suite 125A Oakland 94605	(510) 777-3800
Eden CSC, ACBH	Adults (Community Support Center)	2045 Fairmont Dr. San Leandro 94578	(510) 667-7500
Tri City CSC, ACBH	Adults (Community Support Center)	39155 Liberty St. Suite G710 Fremont 94538	(510) 795-2434
Valley CSC, ACBH	Adults (Community Support Center)	3730 Hopyard Rd. Suite 103 Pleasanton 94588	(925) 560-5880
Telecare STEPS	Adult	280 17th St, Oakland, CA 94612	510-238-5020 office, 510-846-3193 cell

ACBH Adult Full-Service Partnerships (FSP)

Program	Population	Location	Phone Number
Telecare CHANGES FSP	Adult Serves 18+ year old consumers county	7200 Bancroft Ave #133 Oakland, 94605	(510) 553-8500
Telecare STRIDES FSP	Adult Serves 18+ year old consumers county	280 17th St. Oakland 94612	(510) 238-5020
Abode Greater Hope FSP	Adult Homeless	1065 A St. Hayward, CA 94541	(510)932-5550
Abode Greater HOPE FSP	Adult Homeless	433 Hegenberger Rd Oakland, CA	(510)932-5550



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BACS HEAT	Homeless Engagement Action Team	629 Oakland Ave. Oakland CA 94611	510-944-9599
BACS LIFT	Adult Forensic	590 B St. Hayward CA 94541	510-640-5229
Telecare JAMHR FSP	Adult Forensic	280 17th St. Oakland 94612	510-238-5020
BACS Circa 60 FSP	Older Adult Serves 60+ year old	629 Oakland Ave. Oakland CA 94611	510-850-6859
Telecare AOT/CC	Adult	280 17th Street Oakland, CA 94612	510-238-5020

National Resources

- [Diverse Elders Coalition](#)
 - [Resources](#)
- [National Caucus and Center for Black Aging](#)
- [National Asian Pacific Center on Aging](#)
- [National Hispanic Council on Aging](#)
- [National Indian Coalition on Aging](#)
- [Advocacy Services for LGBTQ Elders](#)
- [Southeast Asia Resource Action Center](#)