



Feeling stuck in your daily struggles? La Familia has your back.



We help you feel supported as you build your skills and make decisions towards:

RESILIENCE Bouncing back from setbacks, both big and small

WELLNESS Keeping your mind & body healthy and your connections strong

ECONOMIC POWER Supporting yourself and those who depend on you, and having the freedom to use your money to live where and how you want



What we do:

- Employment Assistance
- Housing Support and Resources
- Community Outreach and Local Organizing
- Drug And Alcohol Treatment
- Counseling, Therapy, and Support
- Case Management and Referrals to Other Resources
- And More

Working with La Familia is easy:

STEP 1

Call us at 1.510.300.3500 and tell us what type of help you would like

STEP 2

Participate in a "Getting to Know You" call with our program staff

STEP 3

Receive an invite to attend a welcome session at our offices

What's special about La Familia? We believe you deserve happiness.



Our staff help people work through tough situations, such as:

- Learning English as a second language
- Recently immigrating to the U.S.
- Have disabilities that impact day-to-day living
- Have emotional or relationship difficulties
- Find themselves homeless or without a place to stay
- Returning to the community after incarceration
- Feel like they don't know what to do next

We know how to help people:

- Our staff understand how to get you what you need
- Our staff work with YOU to create a plan around one or more things that can help you feel unstuck
- We schedule regular check-ins with you to make sure the plan is working
- We have been doing it this way for 40 years



WE CAN HELP

Call us today at **1.510.300.3500**
or go to **LaFamiliaCounseling.org**

About us:

La Familia has been around for over 40 years serving Alameda County and beyond. Every year, we work with over 6000 individuals. For more information about how to get involved with La Familia as a volunteer or a Clinical Intern or to make a donation to support our work, contact 510-886-5473 ex 105.

BELONGING • SELF-DETERMINATION • PARTNERSHIPS • SOCIAL JUSTICE • INTEGRITY