HOW TO GET TO THE PERALTA WELLNESS CENTER

• BART: Lake Merritt Station
• Bus Lines: 11, 26, 62, 88
• Estuary Shuttle: www.estaryxingshuttle.org

FOR FURTHER INFORMATION, PLEASE CONTACT

Indra C. Thadani RN, MS
Director, Peralta Wellness Center
Tel: 510.464.3516
Email: ithadani@peralta.edu

PERALTA WELLNESS CENTER SERVICES ARE MADE AVAILABLE THROUGH PCCD HEALTH SERVICES AND ASIAN HEALTH SERVICES. THE PROGRAM IS UNDER THE SUPERVISION OF THE OFFICE OF THE VICE CHANCELLOR OF STUDENT SERVICES.
MENTAL HEALTH counseling is available to all students at all campuses. Check out the website for the college phone numbers, the schedules, and new mental health services being offered: http://web.peralta.edu/health-services/. All students can access services at any site.

You can meet with a therapist to discuss issues including but not limited to:

- Difficult feelings (sadness, stress, anger, depression)
- Grief and loss
- Post-crisis follow-up/crisis consultation
- Worrying or feeling anxious constantly
- Frequent loss of temper
- Relationship issues
- Trouble eating, sleeping or concentrating
- Dealing with unpleasant memories
- Worries about drug/alcohol use

The Peralta Wellness Center is also proud to offer ALL PCCD students Acupuncture and Massage Therapy brought to you by Oakland Community Acupuncture. This service is offered every Thursday from 9am-1pm in Eagle Village 9 (some changes in location may occur). For an appointment please call 510.654.6500.

SERVICES PROVIDED

Services provided at the Peralta Wellness Center are funded by the Health Fee and are open to ALL PCCD students. Our goal is to support access to care for all Peralta students. For some urgent issues, you will be referred elsewhere, and your health fee will NOT apply.

- Pregnancy Testing
- Family Planning
- Pap Smears
- Sexually Transmitted Infections Testing & Treatment
- Health Education
- HIV Testing (Thu afternoon by appointment only)
- Flu Shots (seasonal)
- TB Testing (Mon)
- Doctor Visit
- Some prescriptions
- Physical Exams (limited to job, volunteer, or college program placements)
- Referrals for urgent care
- Insurance Eligibility Screening & Enrollment Services (Tue & Thu) by appt.
- Resource and Referral Services
- Mental Health Counseling & Referral (Mon-Fri)
- Drug & Alcohol Education
- Drugs & Alcohol Counseling
- Nutrition Counseling
- Tobacco Cessation Counseling
- Tobacco Prevention Education
- Health Education
- Pregnancy Testing
- Family Planning
- Pap Smears
- Sexually Transmitted Infections Testing & Treatment
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- Nutrition Counseling
- Tobacco Cessation Counseling
- Tobacco Prevention Education
- Health Education

Available To All Peralta Students!

Berkeley City College • College of Alameda • Laney College • Merritt College

Services for all students at the Peralta Wellness Center

To schedule an appointment:
(510) 464-3134.

Hours of Operation: (Closed for lunch every day from 12-1). Hours are subject to change. Please check the website at http://web.peralta.edu/health-services/

Medical Clinic: Mondays and Wednesdays from 9-5. On the fourth (and fifth) Wednesday of each month, the clinic hours are from 1-7 p.m.

Mental Health Services: Mental health services are available Mondays through Thursdays from 9-5, and Fridays 9-12:00 by appointment only. Drop in sessions (no appointment) are available Mondays -Thursdays at 2:00.

HIV Testing: Thursdays from 1-5. (by appointment)

Insurance Eligibility Screening: Tuesdays from 9-5 and Thursdays from 9-12. (by appointment)