

***Pathways Counseling Center (PCC):
Providing a range of mental health services
within schools and the community to support the needs of
children, adolescents and families.***

PCC offers mental health consultation, case management, and treatment services. Consultation services for youth service programs, public schools, and preschools emphasize professional development as a means to identify and address students' and families' needs. Consultation provides opportunities for adults to reflect on the best course of action as challenges emerge and before they escalate. Clinic-based services offer therapy for children, adolescents and adults, couples and families. Fees are based on a sliding scale and PCC accepts most health insurance plans as well as MediCal.

Marta's* Story

By fifteen, Marta had lived with her guardian, Nancy, for fourteen years. Their relationship began to deteriorate, and Nancy described Marta as difficult, often refusing to attend school, and sneaking out of the house. After becoming violent, Nancy asked Marta to leave her home. Marta began living in a group home.*

Regular therapy sessions at PCC helped Marta identify challenges in her life, including a family member's battle with cancer and an unhealthy relationship with a boyfriend. Learning to identify and cope with these challenges helped Marta communicate more effectively with others, particularly Nancy.

*Nancy accepted Marta back into the family home as Marta continued to show signs of personal growth and resiliency. Marta successfully transitioned from a record of truancy to perfect attendance and from failing grades to honor roll in just one year. * Names and other identifying details have been changed to protect client*

- ⇒ **Clinic-based services in San Leandro and East Oakland address the needs of families who may not be able to access needed mental health treatment. Building upon child and family resiliency and strength, counseling services help families address learning difficulties and challenging behavior.**
- ⇒ **Consultation services for adults offer support for staff members, provide an opportunity to collaboratively identify behavioral or other challenges, and strengthen the communication skills of staff members.**
- ⇒ **Case management services identify family needs and then link families to these services and other social service programs. There is no fee for case management services.**
- ⇒ **School-based mental health treatment services are delivered at ten elementary, middle, and senior high schools in San Leandro and Oakland at no cost to families.**



**Girls Incorporated®
of Alameda County**

Services are available at twenty-one schools in the Oakland and San Leandro Unified School Districts, at Concordia Park in East Oakland, and at Girls Inc. of Alameda County Headquarters in San Leandro.

Inspiring all girls to be strong, smart, and boldSM

CONTACT US
(510) 357-5515
www.girlsinc-alameda.org
info@girlsinc-alameda.org