

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.-6 p.m.
Sat, 8:30 a.m.-4:30p.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 or call 510.613.0330.