



Wellness Resource Guide

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PACIFIC
SCHOOL OF
RELIGION

Fall 2024
Office of Community Life

24/7/365 Hotlines

211 Alameda County

for access to housing, healthcare, disaster relief, and more. Call 211 or Text 898211

988 Suicide & Crisis Lifeline

Call or Text 988

Alcoholics Anonymous

510-839-8900

Bay Area Women Against Rape

510-800-4247

Berkeley 24 Hour Crisis Hotline

800-309-2131

Berkeley Non-Emergency Police Department

510-981-5900

Boys Town National Hotline

800-448-3000

Community United Against

Violence (LGBTQ Specific dating/domestic violence services in San Francisco)

415-333-4357

Crisis Support Services

800-273-8255

Text CARE to 839863

Crisis Text Line

Text a message to 741741

Family Violence Law Center

800-947-8301

National Alliance on Mental Illness (NAMI) Helpline

800-950-6264

Planned Parenthood

800-230-PLAN (7526)

Panic Attack Hotline

866-903-3787

Substance Abuse and Mental Health Services Administration (SAMHSA)

800-662-4357

Teen Line

310-855-4673

Text TEEN to 839863

Trans Lifeline (Transgender specific resources & crisis line)

877-565-8860

Veterans Crisis Line

800-273-8255

WARM LINE

Call or Text 855-600-WARM (9276) to speak with a counselor 24/7

Practitioner Guide

The following practitioners and resources are available to PSR students, in person in the Bay Area or virtually anywhere. Practitioner participation does not represent an official PSR or GTU medical endorsement. However all practitioners either have worked with PSR/GTU students or have come highly recommended by students, staff and/or faculty.



Beth Baron
SEP, CMTPT, CPT-RES
In Touch Therapies

bethbaron.com | 413-432-9442
Services Provided In-person (Shelburne Falls, MA)
or virtually. All fees sliding scale.

"Whether we meet in person or remotely, we meet what ails with quiet attention, talking and listening, and touch, connecting as humans in living, breathing bodies. How can this happen through a screen? I can't answer that, not really. I began to work remotely during the pandemic lockdown, and it happened spontaneously and organically. We can describe it with the language of interpersonal neurobiology, somatic resonance, psychology, imagination, hypnotherapy, energy work, or spirituality. The only aspect that seems clear to me is that somehow, without actual touch, the sense of touch engages, and the body responds. There is one great advantage: When the session ends, you're already home."

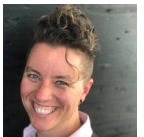


Anne Blackwood
(she/her)
Nurture Roots and Vision

abchirchir343@gmail.com | 650-892-4633
Services provided in-person and virtually.
Limited slots for economic hardship (\$45-75/session)

"Anne Blackwood is an Anabaptist Christian spiritual director. Originally trained as a physician, Anne pursued discernment and received training in the art of spiritual direction at Mercy Center (Burlingame, CA), and San Francisco Theological Seminary (San Anselmo, CA), and supervision training through Spiritual Directors International, and Eastern Mennonite University (Harrisonburg, VA). Through her spiritual direction and supervision practice, Anne accompanies others in exploring their deepest beliefs and experiences, as balm for difficult times and as a window into the directions into which they feel invited, and the steps they can take on their journey toward spiritual freedom, authenticity, and connection."

PSR
Alumnx



Claire Chuck Bohman (they/them)
Herbal chaplain

herbalchaplain.com | herbalchaplain@gmail.com
Services provided in-person and virtually.
Please inquire about sliding scale.

"Herbalism, Chaplaincy Mentorship, Spiritual Direction and Psychedelic Integration Support"

Practitioner Guide

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Rev. Barry Cammer (he/him/his)
Healthy Path Counseling

healthypathcounseling.org
barry@healthypathcounseling.org

Virtually & in-person. Sliding Scale or Student Discount.

"I offer pastoral counseling and spiritual direction. I welcome persons of all sexualities and gender identities, all racial/ethnic backgrounds, and all/no religion. I work with individuals, couples, and groups. My work includes, but is not limited to, relationships, personal growth, life challenges, spiritual journeys and whatever life throws at us."



Karen Lee Erlichman (she/her)
DMin, LCSW

karenerlichman.com
karen@karenerlichman.com | 415-566-2183

Virtually & in-person. Offers a sliding scale.

"I provide psychotherapy, spiritual direction, mentoring and supervision, and is co-chair of the Professional Advisory Group for the Spiritual Care Services Department at UCSF Medical Center. Karen is a trained facilitator of the Jewish Studio Process, the Center for Courage and Renewal, and a founding advisor for the Embodied Jewish Learning Network."



Alex Feng (he/him)
OMD, PhD, Lac | Zhi Dao
Guan, The Taoist Center

thetaoistcenter.com | 510-336-0129

Services provided in-person.
Offers sliding scale or student discounts.

"Traditional Chinese Medicine (acupuncture, acupressure, tui na, herbs), Classes in Medical Qi gong and Tai Ji, Taoism."

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Shannon Gorres
(she/they/ki)
MDiv, MA, love

divinenaturetherapy.com
divnaturetherapy@gmail.com | 785-917-3536

Virtually & In-Person. Sliding scale or student discount.

"Shannon works on a continuum between therapy and spiritual awakening, companioning people through pain into an integrative and loving relationship with themselves and the world. She offers embodied spiritual practices, guided meditation and imagery, inner parts dialogue, nervous system science and trauma-healing techniques, and nature connection. People seek her deep compassion for spiritual quandaries, vocational/career clarity, life transitions, confidence within imposter syndrome, and anger, anxiety, despair, and overwhelm. Her Catholic and Progressive Protestant roots led her into Yogic, Buddhist, and Universalist Sufi lineages. A mother, poet, and queer, she is deeply embracing an aching world and illuminating paths of divine love."

Practitioner Guide

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Dr. Claudia May
(she/her)

theclaudiamay.com/spiritual-director

Services provided virtually only at this time. Offering a student discount for potential directees/companions.

"As a trained spiritual director, I provide a safe space for individuals to explore the options and religious experiences that are available to them. We discern how God – the Holy One, Jesus, the Creator, the Shepherd, the Divine, the Lord, or Spirit, or however God is revealed – will accompany us on our spiritual pathways of discovery. Don't be surprised if our end-point looks very different to what we expected when we first embarked on the journey!"



Rev. Scott Quinn
(he, his, him)

scottquinn.net | scottquinn.net@gmail.com

(512) 299-8756 Services provided in person in San Rafael or virtually. Offers a sliding scale.

"There's a dance going on between you and Life/the Divine. My role is to help you notice the movement and take steps toward intimacy, wholeness, happiness and freedom in this sacred dance. I was originally ordained as a Lutheran minister, am an ordained interfaith minister, spiritual director, hypnotherapist, and a supervisor of spiritual directors. I work with people of any faith tradition, those with an eclectic spiritual path, and those who do not identify with any traditional religion, including youngish adults, seminarians, the LGBTQIA2S+ community, spiritual seekers and caregivers. I provide individual and group spiritual guidance and supervision."

Organization Guide



**Alameda County
Family Justice
Center**

acfjc.org | 510-267-8800 | ask.fjc@acgov.org

Open Monday-Friday, 8:30 am-5:00 pm. No appointment necessary. Call for a full list of 24-hour crisis numbers."

"We offer services to victim of any age or gender—children, teens, adults seniors—who have been threatened with physical, sexual, or emotional violence or other kinds of abusive, controlling behavior by someone in their lives."



**Bay Area Women
Against Rape
(BAWAR)**

510-800-4247

bawar@bawar.org

"BAWAR offers a 24- hour hotline and in-person counseling support services for survivors of sexual violence. In addition, we offer therapy and coaching for survivors and loved ones as well as hospital, police and courtroom accompaniments. We are always here to support you to weigh your options and talk about what is the best choice for you."

Organization Guide



Berkeley Acupuncture Project

bapnap.com | 510-845-1100 | info@bapnap.com
Appointment necessary. Location: 1229 Solano Ave.
Albany, CA (approximately 3 ½ miles from PSR)

"Berkeley Acupuncture Project (BAP) is a community acupuncture clinic dedicated to providing affordable, quality acupuncture care. Our model uses a sliding scale of \$30-\$50 per treatment, and we leave it entirely up to you to pay what you want within that scale. All of our practitioners are fully licensed, very experienced, and devoted to caring for all members of our community."



Casa del Sol Centro de consejería de La Clínica de La Raza

laclinica.org/location/casa-del-sol | 510 535-6200
Horas de operación: Lunes a Viernes: 9:00 am–6:00 pm

"Casa del Sol ofrece servicios de consejería especializados para personas de habla hispana, de bajos recursos y Latinos con Medi-Cal, o sin seguro médico, que residen en el condado de Alameda. Ofrecemos servicios de consejería a personas con dificultades emocionales para mejorar la salud mental de: familias, niños, adolescents, adultos, y mayores."



The Chaplaincy Institute An Interfaith Seminary & Community

chaplaincyinstitute.org

"The multicultural world in which Chaplains, Ministers, and Spiritual Directors serve is progressively becoming more secular and pluralistic. Today, spiritual care providers are faced with ministerial challenges never before experienced at such scale - mass tragedy, environmental and climate disaster, pandemic illnesses, and an enormous aging population. The Chaplaincy Institute (ChI) prepares students to minister effectively and creatively in this rapidly changing environment by providing stellar interfaith education, personal vocational discernment, leadership training, outreach opportunities, and strategic partnerships. Our seminary offers several pathways, including Interfaith Ordination, Interfaith Chaplaincy Certificate, Sacred Justice Ministry Certificate, and Dual Ministerial Standing or Transfer of Ministerial Standing. Students, alumni, and professionals can select from open courses to continue deepening their interfaith understanding and practice."



East Bay Meditation Center

eastbaymeditation.org | admin@eastbaymeditationcenter.org
www.facebook.com/eastbaymeditationcenter We practice gift economics. No one turned away for lack of funds.

"The East Bay Meditation Center is one of the most radically inclusive meditation centers in the US; located in downtown Oakland. We offer meditation trainings and spiritual teachings from Buddhist and other wisdom traditions, with attention to social engagement, multiculturalism, and the diverse populations of the East Bay and beyond. Our in person and hybrid programs include meditation classes, daylong retreats for individuals and families, affinity-based practice groups, workshops and classes."

Organization Guide



Integral Counseling Center

ciis.edu/ciis-in-the-world/counseling-clinics/integral-counseling-center-pierce-street | 415-776-3109 | piercesticc@ciis.edu | 2140 Pierce St, San Francisco, CA 94115

California institute of Integral Studies - We offer compassionate, affordable psychotherapy for individuals, couples, families and children. We pay particular attention to clients' desires to find answers within themselves, while also offering our professional expertise and direction in a collaborative effort toward healing. Services provided in-person and online. Offers sliding-scale fee based on the client's income and life circumstances. Hours: Monday through Friday: 8am-9pm Weekends: 8am-5pm



Wilma Chan Highland Hospital Campus

alamedahealthsystem.org/locations/highland-hospital
510-437-4800 | 1411 E. 31st St Oakland, CA 94602

Alameda Health System - "Wilma Chan Highland Hospital Campus is Alameda Health System's flagship, with 236 inpatient beds; a renowned regional trauma center; nationally recognized medical and clinical teaching and research; and state-of-the-art primary, specialty, and multi-specialty care. Urgent Care Clinic is located in K Building, 7th Floor."



Interfaith Counseling Center

interfaithcc.org

"Facilitating hope and healing, as well as personal and spiritual growth, through professional counseling, spiritual direction, and community education. The Interfaith Counseling Center is an inclusive community of professionals. Together and individually, we provide a variety of therapeutic and educational services. Our mission is to help people and families grow emotionally, spiritually and interpersonally. We welcome people of all sexual orientations, gender expressions, races, creeds, ethnicities, abilities, ages, and national origins."



Sausal Creek Outpatient Stabilization Clinic

telecarecorp.com/sausal | 510-437-2363

Telecare - "At Sausal Creek Outpatient Clinic, we are here to support you in taking positive steps towards living successfully and independently within your community. We believe that recovery is possible with the right plan in place. Our job is to do whatever it takes to support you on your recovery journey. Our multidisciplinary team includes licensed clinicians, master- and associate-level clinicians, and case managers who are all here to help you on your path. Our program is a medication and mental health outpatient clinic, where we provide resources that can help you achieve your goals. We will work together with you and community partners to help you take steps toward making recovery happen."

Organization Guide



**Zhi Dao Guan,
The Taoist Center**

thetaoistcenter.com

Office for appointments 510-336-0129

Charlene Ossler, Manager 510-566-3044

"Traditional Chinese Medicine (acupuncture, acupressure, tui na, herbs), Classes in Medical Qi gong and Tai Ji, Taoism." Services provided in-person. Offers sliding scale or student discounts.



**Transgender
Spiritual Care
Initiative**

transspiritalcare.org

A project of Sojourn Chaplaincy - The Trans Spiritual Care Initiative is a LGBT Chaplain led project to develop a curriculum for Chaplains and Spiritual Care providers across the nation to teach them to provide better care for Trans and Gender Variant People. We are also developing this training with the hope that it become a resource for Chaplains, Spiritual Care Departments, clergy and healthcare providers across the country who would like to improve their services and provide more culturally appropriate care for gender variant patients.

Food & Farm Resources



**Alameda County
Community Food
Bank**

FoodNow.net | 1-510-635-3663

Hours of operation: Monday - Friday, 9 a.m. - 4 p.m.

Food is a basic human right. We work towards a stronger, more nourished Alameda County, where no one worries where their next meal will come from. Need food today?



Canticle Farm

1-510-679-3097 | canticlefarmers@gmail.com

1968 (mail) / 1972 (visit) 36th Ave, Oakland, CA, 94601

Oakland and Sheep Ranch, California - Canticle Farm is an urban garden, educational center and community of intention, experimenting at the intersections of faith-based, social-justice-based, and Earth-based nonviolent activism. We live in eight houses around a large garden in the Fruitvale District of Oakland, California. We are working to heal and transform historical and present-day trauma across difference, especially that of race, gender, class, religion and age.

Food & Farm Resources



City of Refuge Word of Mouth Food Pantry

8400 Enterprise Way, Oakland, CA 94621
Hours: 4th Saturday of each month 11AM-2PM

Word of Mouth Food Pantry provides food to families and individuals in need on the 4th Saturday of the month. The pantry allows guests to "shop" as if they were in a grocery store. This gives the guests the opportunity to pick what they like, not what we think they should have. Word of Mouth Food Pantry is Open on the 4th Saturday of each month from 11AM-2PM.



Urban Adamah Jewish Community Farm

urbanadamah.org | info@urbanadamah.org
1151 Sixth Street Berkeley, CA 94710

Urban Adamah is a community farm and education center in northwest Berkeley. The two-acre campus acts as a productive vegetable and fruit farm for our community Free Farm Stand. Stop by and enjoy the greenhouses, goats, chickens, orchard, bees, berry patches, worms, bioswales, and so much more!

Information & Hotlines - Hours Listed

Al-Anon Information Line

888-4AL-ANON (888-425226)

Hours: Monday-Friday 8am-5pm ET

Eating Disorders Helpline

888-375-7767 | Hours: Monday-Friday

9am-9pm CT | Will Return Messages left outside of these hours.

National Alliance for Eating Disorders Helpline

866-662-1235 | Hours: Monday-Friday

9am-7pm ET



For More Information Contact:

Office of Community Life

510-849-8275
oassistant@psr.edu

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