

## SERVICES PROVIDED

- Anxiety and Fear Disorders
- Major Depression
- Mood Disorders
- PTSD
- Addiction Recovery
- Anger management
- Parenting classes/Issues
- Domestic Abuse
- EAP
- GED / School Success
- ESL
- Relationship Issues
- Individual Therapy
- Group Therapy
- Sexual Abuse
- Crisis Counseling
- Case Management
- Women Issues
- Men Issues
- Conflict Resolution

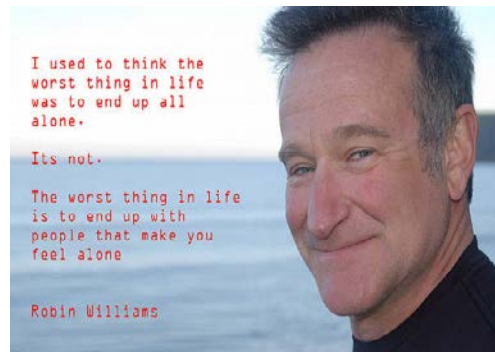
**ADULT AND ADOLESCENT MENTAL  
HEALTH SERVICES**

*An unexamined life is one filled with turmoil, trauma, and trouble, which will not go away until we find the roots of the problem that is always related to our own separation from ourselves. Dr. Sela-Smith*

## MIND FITNESS CENTER

### OUR MISSION

Our objective is to provide quality mental health services within the low-income East bay Communities offering services integrating the individual back into society with counseling, Job and life skills, Education planning, GED prep, assistance with parent-child visits, SSI or GA. As well as public awareness about the role we play in biases and stigmatism.

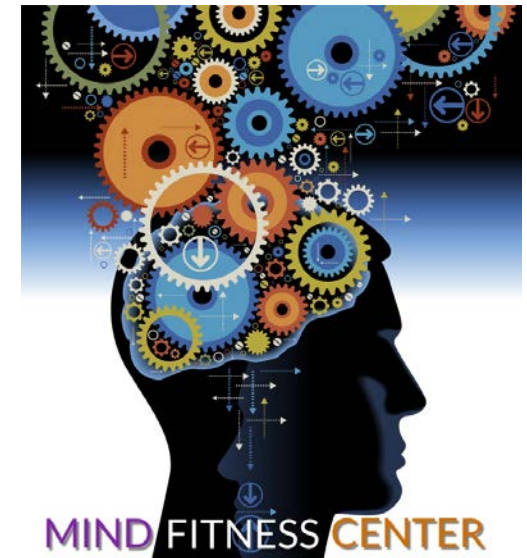


***When Traditional Therapeutic  
Work is not Enough, Call US!***

## MIND FITNESS CENTER

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[www.mindfitnesscenter.org](http://www.mindfitnesscenter.org)



### THE FACTS

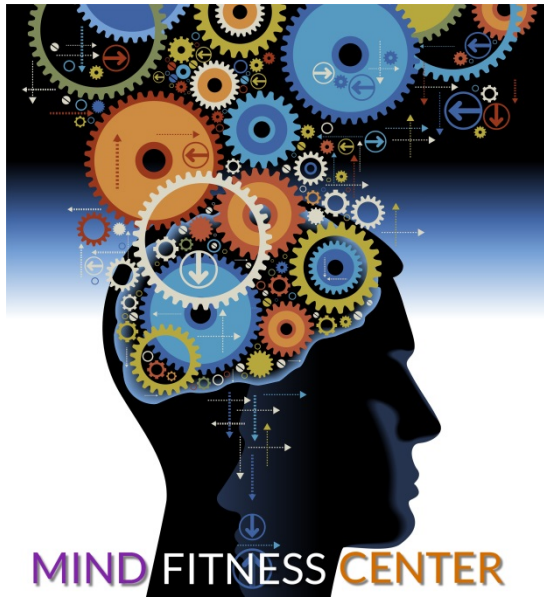
**Depression – is the leading cause of disability worldwide.**

**1 in 4 – people will be affected by a mental disorder at some point in their lives.**

**Every 40 seconds – someone commits suicide**

**2.5 million Deaths – per year are due to harmful use of alcohol**

**Schizophrenia – In the US, people diagnosed with a psychotic disorder such as schizophrenia die 11 years earlier than the general public.**



Is a non-profit behavior health treatment center, opened its doors in 2013 in Crockett, CA, and has relocated Alameda County to serve the Hayward, San Leandro, and Union City metropolitan areas. Opening in the spring of 2017, our facility offers a non-judgment counseling approach with a “21 century mindset” that focuses on multicultural competency in counseling and therapy and wrap around services. Its location is in downtown Hayward across from the courthouse and the adult probation building. Our goal is to provide an outcome oriented approach to our programs by continually refining and improving services based on clinical results.

**Mind Fitness Center** is both passionate about quality behavioral healthcare and compassionate about those we serve. We recognize that emotional, behavioral and chemical dependency

problems can affect all areas of a person’s life. Our individualized treatment programs are tailored to address each person’s unique problems and needs.

Each client’s treatment team will assist them in finding and using the tools they need to be able to build a healthier, more positive life. Throughout the treatment experience, we work together with our clients and their families to encourage the best possible outcome and ongoing plan for success.

### Each one, Teach one Approach

Whether accessing care for yourself, a loved one, or a person you refer, choosing a provider is an extremely important decision.

Our patient-centered treatment approach, combined with a team of clinicians that have a legacy of clinical experience and expertise in the Bay area, is what sets us apart from other providers. Through our own programs and services, as well as our desire to partner relationship, we provide our clients with a continuum of care that includes intensive outpatient services as well as outpatient referrals as appropriate.

### ADULT PSYCHIATRIC SERVICES

Our adult psychiatric services provide intense therapeutic, multi-disciplinary assessments, clinical interventions and treatment to stabilize those individuals in crisis and Case Management.

### ADOLESCENT SERVICES

Our team of adolescent specialists recognizes and understands the unique needs of adolescent patients dealing with

emotional and psychological issues. The program goal is to provide stabilization of immediate concerns within a safe and structured environment. The treatment is short-term with the primary focus being on the reduction of symptoms and improvement of functioning.

### NO COST ASSESSMENTS ARE AVAILABLE

To learn more about our services or to make a referral, please call our trained licensed professionals during normal business hours. Clinical information is handled in a confidential manner. Assessments are available at no charge at any time during regular appointment times. Individuals may be referred by professional providers, friends or family or self-referral.

### A New Behavioral Health option in the South East Bay area

