



LANEY COLLEGE

FOOD PANTRIES

HOUSING

HEALTHCARE

WORK ASSISTANCE

COUNSELING

& MUCH MORE!

Student Guide to FREE & LOW-COST Resources

at Laney College & Local Community

The Office of Student Activities & Campus Life



Updated: August 2020



IMPORTANT NOTICE

At the time of publication, the resources listed in this guide were confirmed to be free or low-cost for persons with low income. Please call to confirm costs (if any) prior to using any of the services listed in this guide. The Office of Student Activities and Campus Life at Laney College do not endorse any of the community services listed in this resource guide. The information is collected for the convenience of Laney College students.

INTRODUCTION TO THIS GUIDE

Dear Laney College Community,

Our students have many responsibilities as they balance personal responsibilities with homework, class schedules, fees and books. Because they are pulled in so many directions with a multitude of obligations, many students experience increased levels of stress or anxiety while they attend college.

This guide is dedicated to providing students with information on free and low-cost services in an effort to ease some of these pressures, while also serving as a resource for college employees to reference when helping students in need.

*If you come across students who need support services outside of the areas listed in this guide, please have them call the **211 Directory**. This is a confidential service that connects people with free resources, such as food, clothing, shelter, counseling or medical care, in their local area. Simply have the person dial “211” from any phone and let the operator know what area they are in and what services they need.*

I look forward to working with everyone in the Laney College family to create a supportive and welcoming environment for all students.

Sincerely,

*Gary Albury, Director
Student Activities and Campus Life*

Laney College Campus Resources



Campus Resources

Campus Showers

Currently enrolled students can use the college shower facilities during all academic terms (except when school is not in session).

Gymnasium Locker Rooms

Monday – Thursday: 10:30 A.M. – 7:00 P.M.

Friday: 10:30 A.M. – 5:00 P.M.

Food Pantries

Eagles Pantry

Student Center 4th floor, Room 402

Monday: 10:00 A.M. – 12:00 P.M.

Thursday: 5:00 P.M. – 7:00 P.M.

Fresh Produce

Laney College Quad or Student Center

Every Tuesday of each month

1:00 P.M. – 3:00 P.M.

while supplies last

Health & Wellness Services

Mental Health Counselor

Laney Tower Building T-210

(510) 464-3535

Lactation Room

Laney Tower Building T-250

(510) 464-3332

Monday – Thursday: 8:30 A.M. – 4:30 P.M.

Meditation & Prayer Room

Student Center 4th floor, Room 417

(510) 464-3188

Monday – Friday: 9:00 A.M. – 10:00 P.M.

Wellness Center 1

Laney Tower Building T-250

(510) 464-3332

Monday – Thursday: 8:30 A.M. – 4:30 P.M.

Wellness Center 2

Student Center 4th floor, Room 414

(510) 464-3332

Monday – Thursday: 8:30 A.M. – 4:30 P.M.

Transportation

Cashier's Office

A- 201

Monday, Wednesday, Thursday & Friday:

8:00 A.M. – 4:00 P.M.

Tuesday: 8:00 A.M. – 6:00 P.M.

Proposition A, which was passed in the May 2009 and May 2016 student elections, requires all Peralta

students carrying six or more units to pay an AC

Transit EasyPass bus pass fee of

\$40.79, thereby making them eligible to receive an AC

Transit EasyPass bus pass. With EasyPass you can

ride all AC Transit bus lines, including local and

Transbay service, at all times.

Visit the following website for more information: [http://](http://tinyurl.com/PeraltaACTransitEasyPass)

tinyurl.com/PeraltaACTransitEasyPass

Financial Aid & Federal Work study

Building A-201

(510) 464-3414

Monday 8:00 A.M. – 4:30 P.M.

Tuesday 8:00 A.M. – 6:30 P.M.

Wednesday 8:00 A.M. – 6:30 P.M.

Thursday 8:00 A.M. – 4:30 P.M.

Friday 8: A.M. – 12:00 P.M.

Tutoring

James Oliver Community Writing Center Building

B-260

(510) 464-3426

Monday–Thursday: 9:00 A.M. – 8:00 P.M.

Friday: 9:00 A.M. – 3:00 P.M.

Tutoring Resource Center

Eagle Village (EV-1)

(510) 834-5740

Monday – Thursday: 12:00 P.M. – 6:00 P.M.

EastBay Community Law Center

Eagle Village III

1st Tuesday of each Month: 9:00 A.M. – 1:00 P.M.

3rd Thursday of each Month: 1:00 P.M. – 4:00 P.M.

EBCLC Staff Attorneys provides legal representation for undocumented students on a wide variety of immigration matters and broadly disseminate legal information and resources to the campus community.

Campus Resources

Free Printing

Technology Center F-170

Monday – Thursday: 8:30 A.M. – 8:50 P.M.

Friday: 8:30 P.M. – 4:00 P.M.

Transfer Center T-201

Monday – Friday: 8:00 A.M. – 4:30 P.M.

Welcome Center A-101

Monday & Thursday: 8:00 A.M. – 4:30 P.M.

Tuesday & Wednesday: 8:00 A.M. – 6:30

P.M. Friday: 8:00 A.M. – 4:00 P.M.

Peralta Foundation & Scholarships

333 East 8th Street

Oakland, California

(510) 466-7206

Peraltafoundation.org

Disabled Students Program and Services (DSPS)

Building E, Room 251

(510) 464-3428

Monday – Thursday: 9:00 A.M. – 4:00 P.M.

Friday: 9:00 A.M. – 12:00 P.M.

<https://laney.edu/dsps/>

Extended Opportunity Programs and Services (EOPS)

Building A, Room 106

(510) 464-3423

[https://laney.edu/eops-CARE-b2b-](https://laney.edu/eops-CARE-b2b-CalWORKs/)

[CalWORKs/](https://laney.edu/eops-CARE-b2b-CalWORKs/)

Employment Services

T-201

(510) 464-3352

Monday – Friday: 8:00 A.M. – 4:30 P.M.

laney.edu/employment

Books & Transportation Assistance

T-812

(510) 464-3294

Monday – Friday: 8:30 A.M. – 5:00 P.M.

Library Services

Monday – Thursday: 8:00 A.M. – 8:00 P.M.

Friday: 8:00 A.M. – 6:00 P.M.

Saturday: 9:00 A.M. – 2:00 P.M.

(510) 464-3500

Counseling Department

T- 301

(510) 464-3152 or (510) 464-3154

Monday – Thursday: 8:00 A.M. – 7:00 P.M.

Veteran Services

E-260

(510) 986-6994

Monday 8:00 A.M. – 4:00 P.M.

Tuesday 8:00 A.M. – 7:00 P.M. Wednesday

– Friday: 8:00 A.M.– 4:00 P.M.

<https://laney.eduveteranaffairs>

CalWorks

Welcome Center

Building A-101

(510) 986-6946

<https://laney.edu/calworks/>

Gateway to College

Building A, Room 203

(510) 986-6941

Monday – Friday: 9:00 A.M. – 5:00 P.M.

<https://laney.edu/gateway>

Gateway to College is a scholarship program that provides academically and economically disenfranchised Alameda County residents 16 to 20 years old with an opportunity to experience success in an academically rigorous, supportive and safe environment as they pursue their high school diplomas and transition into college.

Umoja-UBAKA

Eagle Village 2

(510) 464-3104

<https://laney.edu/umoja-ubaka>

The Umoja-UBAKA Student Success

Community aims to increase the success, persistence and graduation rates of African, African American and other students through tailored classes, academic counseling, tutorial support and activities. The mission is to serve as a critical resource for enhancing the cultural and educational experiences of African, African American and other students. We deliberately and intentionally recognize student voices, social realities and histories. Umoja-UBAKA promotes self and community empowerment through an affirming atmosphere and culturally-responsive curriculum specifically focused on the Black experience.

Restoring our Communities

Building E, Room 203

Monday-Friday 8:00 A.M – 6:00 P.M.

www.laney.edu/restoringourcommunities/

Restoring Our Communities (ROC) is a program designed by formerly incarcerated people to serve formerly incarcerated and justice systems impacted students. ROC features a pathways model to support students in career technical education and 4-year transfer pathways.

Asian/Pacific American Student Success (APASS)

Gym, Room 112

(510) 464-3160

Monday – Friday: 8:30 A.M. – 4:00 P.M.

<https://laney.edu/apass/>

APASS is designed to support Asian/Pacific Americans in pursuit of academic success by promoting individual growth and personal success through a culturally sensitive environment, recognizing the cultural diversity within the Asian and Pacific Islander communities, and fostering unity within the multicultural college community and beyond.

LatinX

Eagle Village III

(510) 464-3141

The Latinx Cultural Center program assists Chicana/Latinx students to be successful at Laney College. Some of our services are: Group Study, Tutoring, Indigenous Languages workshops (Mam, Nautl, & Zapoteco) LCC Club, Soccer Club, ESOL, Empowering Latinx Women, and job opportunities.

Puente Program

Eagle Village III

(510) 464-3141

laney.edu/puente

The Laney Puente Program supports students transfer to four-year colleges and universities. We combine accelerated instruction, intensive academic counseling, and community leadership opportunities. While the focus is centered on Latinx literature and topics, the program welcomes students from all ethnic, cultural, and linguistic backgrounds.

B2B/CAYFES (Cooperating Agencies Foster Youth Educational Support)

<https://laney.edu/b2b-learning-community/>

CAFYES (Cooperating Agencies Foster Youth Educational Support) serves current and former foster youth. b2b is a two-year program designed to support former foster youth as they enter and succeed at Laney College and prepare for satisfying and rewarding careers.

Local Community Resources



Teen Challenge

International (Men)
90th Ave
Oakland, CA 94603
(510) 562-1141
Monday–Friday:
8:30 A.M. – 5:30 P.M.
Christian Institution that aims to help young men (18 and older) overcome addiction and homelessness. Programs are usually live-in for 12–18 months and there is a \$500 processing fee but applicants can avoid this by joining the work study program.

SAMHSA National Helpline

1-800-662-4357
Free confidential referral and information hotline (available in Spanish and English) for individuals and families facing mental and/or substance abuse disorders;
Available 24/7.

National Drug Helpline

(1844) 289-0879
www.drughelpline.org

Alameda County Medical Center

1411 E. 31st street, 1st Floor
Oakland, CA 94602
(510) 437-5192 or
(510)437-5137
Organization that has different support groups to support pregnant and parenting women. Groups include but aren't limited to: relapse prevention, drug & alcohol education, anger management etc. If students don't have Medi-Cal, services are free.

Latino Commission on Alcohol & Drug Abuse of Alameda County

315 International Blvd
Oakland, CA 94601
(510) 536-4764
Organization that does counseling (individual, group & family), recovery treatments, parenting classes etc. for pregnant or parenting women and their children; Fees based on sliding scale but students won't be rejected if they are unable to pay.

Options Recovery Services

610 16th Street
Oakland, CA 94612
(510) 836-9900
Organization that works to help people recover from substance abuse through means of groups, relaxation training, relapse prevention, counseling etc.

West Oakland Health Center

700 Adeline Street
Oakland, CA 94607
(510) 835-9610
Non-profit health center that provides services in mental health and substance abuse for residents of West, North and East Oakland, Emeryville and Southwest Berkeley



Emergency Shelters & Transitional Housing

Oasis Legal Services

1330 Broadway Suite 428
Oakland, CA 94612
(510) 666-6687

Monday– Friday: 9:00 A.M.–5:00 P.M.
Organization that provides legal services for lower income LGBTQ+ immigrants; services include screening for immigration relief, affirmative asylum, residency, citizenship and family petitions

Community Hotlines

LGBTQ+ Youth Crisis Hotline:
1-866-488-7386

Suicide Prevention Hotline:
1-800-273-825

LGBTQ+ Elder Hotline:
1-888-234-7243

Oakland LGBTQ Resource Center

3207 Lakeshore Ave.
Oakland, CA 94610
(510) 882-2286
Monday, Wednesday and Friday:
12:00 P.M.– 5:00 P.M.

Covenant House Oakland

200 Harrison Street
Oakland, CA 94607
(510) 379-1010

Causa Justa Just Cause

1419 34th Ave. #203
Oakland, CA 94601
(510) 763-5877

Community United Against Violence

427 South Van Ness
San Francisco, CA 94103
(415) 777-5500

Organization focused on combating hate-crimes and violence by providing support for abuse survivors, training sessions for developing resources for LGBTQ+ community and coal

Pacific Center

2712 Telegraph Avenue
Berkeley, CA 94705
(510) 548-8283

Organization that offers counseling and support groups

Oakland/East Bay Chapter of Parents, Families and Friends of Lesbians and Gays (PFLAG)

Oakland, CA 94601
(510) 562-7692

QTY Treehouse

1684 7th St.
Oakland, CA 94607
Please email: Simon@hi4youth.org



Family Violence Law Center

470 27th St
Oakland, CA 94612
(510) 208-0220

Monday – Friday: 9:00 A.M. – 5:00 P.M.
Organization that aims to provide legal services for free to anyone needing help due to domestic violence. Services include crisis counseling, safety planning, helping clients get restraining orders etc. All cases must have occurred in Alameda county

Advancing Justice– Asian Law

55 Columbus Ave
San Francisco, CA 94111
(415) 896-1701

Monday – Friday: 9:00 A.M.– 5:00 P.M.
Organization for Asian and Pacific Islander communities that helps in a number of different areas from housing rights to criminal justice reforms and immigrant rights; They also offer programs like Aspire that provides a safe space for undocumented folks to meet and discuss issues and learn about their rights and have people on their side advocating for them.

El Centro Legal de La Raza

3400 E. 12th Street
Oakland, CA 94610
(510) 437-1554

Monday – Thursday: 9:00 A.M. – 5:00 P.M.
Friday: 9:00 A.M. – 12:00 P.M. &
2:00 P.M. – 4:00 P.M.

Alameda County Bar Association

1000 Broadway # 290
Oakland, CA 94607
(510) 302-2222

Monday– Friday: 8:30 A.M.– 5:00 P.M.
Organization that offers free legal advice to low-income communities in areas such as Immigration, Bankruptcy, Family law and Landlord/ Tenant laws; Also assist in giving clients referrals for pro bono lawyers

East Bay Community Law Center

2921 Adeline Street
Berkeley, CA 94703
(510) 548-4040

Monday– Friday: 9:00 A.M.– 5:00 P.M.
Organization that works with low income clientele to ensure they get representation in court cases as well as free legal advice if they need it. Areas of specialty include : Health and Welfare, Housing and Immigration

Homeless Action Center

1432 Franklin St
Oakland, CA 94612
(510) 836-3260

Monday, Wednesday & Thursday:
9:00 A.M.– 12:00 P.M. and 1:00 P.M.– 5:00 P.M.
Tuesday: 1:00 P.M.– 5:00 P.M.

Organization that offers free legal representation for people that are homeless or at risk of becoming homeless, to ensure they have access to social safety net programs such as Supplemental Security Income, Social Security Disability Insurance, and Cal-Fresh etc.

Employment Assistance & Referral

Youth Employment Partnership

2300 International Blvd
Oakland CA 94601
(510) 533-3447

Monday – Friday: 8:30 A.M.– 6:30 P.M.

Center for Employment Opportunities

464 7th Street
Oakland CA, 94607
(510) 251-2240

Monday– Friday: 9:00 A.M.– 5:00 P.M.

Alameda County Employment Office

1405 Lakeside Dr
Oakland, CA 94612
(510) 272-6442

Monday – Friday: 9:00 A.M.– 6:30 P.M.
Saturday: 12:30 P.M.– 5:30 P.M.

Manpower

750 Terrado Plaza, #43
Covina, CA 91723
(626) 915-6666
www.manpower.com

Select Staffing

969 N. Grand Ave.
Covina, CA 91724

Alameda One Stop Career Center

555 Ralph Appezato Memorial Pkwy
Alameda, CA 94501
(510) 748-2208

Monday, Tuesday & Thursday: 9:00 A.M.– 4:30 P.M.
Wednesday & Friday: 9:00 A.M. – 12:00 P.M.



Mental Health & Healing

Alameda County ACCESS

1-800-491-9099

Sausal Creek Outpatient Stabilization

2620 26th Avenue

Oakland, CA 94601

(510) 437-2362

Monday – Friday: 8:00 A.M. – 8:00 P.M.

Saturday: 8:00 A.M. – 4:30 P.M.

** Only takes Medi-cal, Medicaid, or those with no insurance**

National Alliance on Mental Illness(NAMI)

(1800) 950-6264

www.nami.org

Asian Health Services

310 8th Street, Suite 210

Oakland, CA 94607

(510) 735-3939

Native American Health Center

3124 International Blvd

Oakland, CA 94601

(510) 434-5421

La Clinica de la Raza

(510) 535-4000

Conscious Voices African American Well Being Center

2700 International Blvd, Suite 22

Oakland, CA 94601

(510) 689-7982

National Domestic Violence Hotline

(800) 799-7233

National Sexual Assault Hotline

(800) 656-4673

La Clinica Cultura y Bienstar

1415 Fruitvale Ave.

Oakland, CA 94601

(510) 535-8400

<https://www.laclinica.org/>

Sankofa Holistic Counseling

401 Grand Avenue, Suite 380

Oakland, CA 94601

(510) 433-0244

24 hours Crisis line

Alameda: 1-800-309-2131

Nationwide: 1-800- SUICIDE or

1-800-273-TALK

Community Psychiatry

1212 Broadway St., 12th floor

Oakland, CA 94612

855-427-2778

Multilingual Counseling Center

638 Webster Street, Suite 358

Oakland, CA 94607

(510) 451-0661

East Bay Meditation Center

285 17th Street

Oakland, CA 94612

Trans Lifeline

Hotline: 877-564-8860

www.translifeline.org

Alipato Project

1743 Alcatraz Ave.

Berkeley, CA 94703

(510) 393-2723

<https://www.theselc.org>

Women's Therapy Center

2105 martin Luther King Jr. Way

Berkeley, CA 94704

(510) 524-8288

<http://www.womenstherapy.org/>

National Suicide Prevention Lifeline

(1800) 273-8255

Suicidepreventionlifeline.org

LANEY COLLEGE

900 Fallon Street Oakland CA, 94606

Laney College does not discriminate on the basis of age, race, religion, color, gender identity, gender expression, sexual orientation, ancestry, citizenship, national origin, military or veteran status, disability, marital status, pregnancy, medical condition, and immigration status.