



Stress Counseling Workshops and Stress Counseling Drop-In Schedules

NUMMI/Supplier Stress Counseling Support Line 1-888-866-7561

Toll Free/24 Hours/140 Languages Talk With A Stress Counselor Right Now or Anytime!

Alameda One Stop Career Center
555 Ralph Appezato Memorial Parkway
Alameda, CA (College of Alameda Campus)
510-748-2165

Stress Workshops 1st and 3rd Wed
1PM - 3PM
Drop-In Counseling 2nd and 4th Thurs
10am -12 noon

Berkeley One Stop Career Center
1918 Bonita Avenue
Berkeley, CA
510-809-1300

Stress Workshops 2nd Wed
1PM-3PM
Drop-In Counseling 1st and 3rd Wed
1-3PM

Chabot College Project Renew
25555 Hesperian Blvd
Hayward, CA
510-723-6600

Drop-In Counseling Tues & Thurs
9AM-5PM (effective 7/19/10)

Eden Area One Step Career Center
24100 Amador Street
Hayward, CA
510-670-5702

Stress Workshops 1st and 3rd Wed
10AM -12 Noon
Drop-In Counseling Tues 9AM-11AM
Every Wed 9AM-5PM (effective 7/19/10)

Tri-Valley One Stop Career Center
5020 Franklin Drive
Pleasanton, CA
925-485-5262

Stress Workshops 2nd & 4th Wed
10AM - 12 Noon

Tri-Cities One Stop Career Center
39399 Cherry Street
Newark, CA (Ohlone College)
510-742-2329

Stress Workshops 4th Wed
1PM – 3:30PM
Drop-In Counseling 2nd and 4th Tues
12:30-3:30PM
Every Wednesday 9AM-5PM (effective 7/19/10)

NUMMI Reemployment Center
Region 6 UAW Local Union Hall 2244
45201 Fremont Blvd
Fremont, CA
Business Hrs 510-257-1101 After Hrs 510-257-1100

Drop In Counseling Tues, Wed & Thurs
9AM- 5PM
NUMMI Dedicated Line 1-888-866-7561

Crisis Support Services of Alameda County Crisis Line 1-800-309-2131

Days and times of services are subject to change without notice. Please call ahead to confirm availability.