



CRISIS SUPPORT SERVICES
of Alameda County

Support Groups for Women

Ages 55 and Above

Meeting in North Oakland

Monday Afternoon 12 pm to 2 pm

Tuesday Evening 6 pm to 8 pm

Pre-registration Required – Call 1-800-260-0094

Share your voice, your wisdom and your inspiration.



Gain support in navigating the challenges of aging and
living to the full potential of later years in
a friendly women only group.

Registration

This group is limited to 8 participants and pre-registration is required.
There is a sliding fee based on income – no one is turned away for inability to pay.
For more information please call 1-800-260-0094

Services are provided by counselors in training supervised by licensed therapists.

We practice Trauma-Informed Care

Crisis Support Services of Alameda County recognizes and understands the impact of trauma including the challenge of accessing supportive services. Our mission is to provide a welcoming and safe environment rooted in the belief that through collaboration with clients at every stage of services, healing is possible.

www.crisissupport.org

24 Hour Crisis Line: 1-800-309-2131

Working Together to Improve the Quality of Life Today