

Wellness Centers

BACS coordinates care for the “whole you” across health, housing, and other services.



Our centers are vibrant, inspirational, and integral to the communities we serve.

We help participants build an individualized wellness plan so they can live lives that are healthy, fun, and active by creating natural supports.

Open Monday - Friday
8:30 a.m. to 5:00 p.m.

Wellness Centers are welcoming & accessible community spaces.

Bay Area Community Services (BACS) is committed to doing whatever it takes to uplift underserved individuals and their families.

bayareacs.org • 510-613-0330

BACS Wellness Centers are open! We provide support to individuals with behavioral health challenges, who want to manage their symptoms and move forward with their lives in healthy and positive ways.

What We Do

- ♥ Peer support
- ♥ Social outings in the community
- ♥ Nutrition support and healthy eating support
- ♥ Employment services
- ♥ Linkage to community resources
- ♥ Housing Problem Solving
- ♥ Peer led groups that focus on skill building, coping skills, and symptom management

Hedco



590 B Street
Hayward, CA 94541

510-247-8235

South County



40963 Grimmer Blvd
Fremont, CA 94538

510-657-7425

Towne House



629 Oakland Ave
Oakland, CA 94611

510-658-9480

Valley



3900 Valley Ave, Suite B
Pleasanton, CA 94566

925-484-8457