Catholic Charities East Bay

Many young people today are carrying the weight of academic stress, social media pressures, and an uncertain world. They deserve safe, nurturing spaces where they feel truly seen, heard, and supported.

Catholic Charities East Bay is here to walk alongside them with care, understanding and guidance - wherever they are on their mental health journey.












Are You Looking For A Therapist?

We provide free, short-term therapy (up to 8 weeks) to youth age 8 - 18 who reside in Alameda County.

We offer both in-person sessions at our Oakland office, or virtual sessions online. Please contact Nicole Thomas for more information or to make a referral.

Don't delay - sessions will fill up quickly!

Catholic Charities East Bay is a nonprofit social services organization.
We serve all, regardless of faith.

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90 YEARS Catholic Charities East Bay