The Hume Center’s Mission

The Hume Center’s mission is to provide high quality, culturally sensitive, and comprehensive behavioral health care services and training. We strive to promote mental health, reduce disparities and psychological suffering, and strengthen communities and systems in collaboration with the people most involved in the lives of those we serve. We are committed to training behavioral health professionals to the highest standards of practice while working within a culture of support and mutual respect.

The Hume Center’s Philosophy

The staff of The Hume Center believes:

• In the inherent potential for ongoing growth and maturation of all people.
• That psychological pain, dysfunction, and symptoms are teachers, signaling the arrest of our ability to be engaged in the fulfillment of life.
• That with acceptance and the proper therapeutic support, provided in an atmosphere of respect and multicultural competence, people can heal, learn new ways to deal with difficulties, and lead satisfying lives.

History of our South Asian Community Health Promotion Services

The Hume Center, established in 1993, is a behavioral health agency which offers preventative services and provides support to diverse communities. Starting in 2010, a comprehensive program was formed in order to serve the South Asian Community. This program, with major funding provided by Alameda County Behavioral Health Care Services Mental Health Services Act funding, offers community programs and services that are uniquely and best suited for our consumers, whether an individual, family, community, or organization.

To contact this department directly, please call (510) 745-9151.

Alameda County Sites

Fremont Clinic
39465 Paseo Padre Pky, Suite 2100
Fremont, CA 94538
Tel: (510) 745-9151  Fax: (510) 745-9152

Hayward Satellite Clinic
24100 Amador St, 3rd Floor, Hayward, CA 94544
Tel: (510) 745-9151  Fax: (510) 745-9152

Pleasanton Satellite Clinic
5776 Stoneridge Mall Road, Suite 340
Pleasanton, CA 94588
Tel: (925) 223-8047  Fax: (925) 223-8048

Contra Costa County Sites

Concord Clinic
1333 Willow Pass Road, Suite 102
Concord, CA 94520
Tel: (925) 825-1793  Fax: (925) 825-7094

Pittsburg Satellite Clinic
555 School Street, Pittsburg, CA 94565
Tel: (925) 432-4118  Fax: (925) 432-6799

Persons from Afghanistan, Bangladesh, Bhutan, Burma, India, Iran, Nepal, Pakistan, and Sri Lanka
Services are available in English, Dari, Farsi, Hindi, Punjabi, Tamil, and Urdu.

THE HUME CENTER
For Humanity’s Sake

www.humecenter.org
Groups/Workshops

Parents Peer Consultation Group: A highly trained professional facilitates a Parents Peer Consultation Group where parents meet other parents (with similar life challenges). It provides a great opportunity to develop supportive friendships and for members of the group to learn how to handle their unique situations.

Parent-Youth Communication: Being a teenager creates challenges of its own. The Facilitator helps develop a deeper understanding of their behavior and create a more collaborative relationship between the youth and the parents that helps the teenager to cope with serious challenges they are facing during this developmental phase of their life.

Youth Friendship Groups: In these groups the Facilitator helps the teenagers to develop deeper understanding of the unique challenges they face during their developmental phase of their life and find ways to create positive strategies to work through them.

Elders: The Facilitator helps an elder to share their experiences and their exceptional situations they face in the United States and learn to cope with them effectively.

South Asian Community Health Promotion Services

Every person experiences challenges at different stages in their life, such as falling in love, marriage, divorce, parenting, the developmental challenges following the birth of a child, a child’s first day of school, work relationships, aging, and retirement. Other types of challenges can be unpredictable, such as accidents and sicknesses. Working with the South Asian population has shown us that these challenges may increase remarkably if you are an immigrant. In order to help people cope with such challenges successfully, The Hume Center has developed the following programs:

A Friend in Need Is a Friend Indeed

When life becomes too overwhelming, the result can bring changes in how an individual thinks, feels, and acts. The Hume Center offers Early Intervention services for individuals, couples or families in distress. These short-term, culturally sensitive and language-specific services offer therapeutic help aimed at developing knowledge and skills to work through those challenges effectively.

Helping the Helpers Program

Many community members have existing relationships with several academic and charitable organizations in the community such as schools, the clergy at their place of worship, social services, legal aid, social welfare, housing and some specific agencies working with the migrant and refugee populations. Sometimes, the helping person may not understand the psychological significance or cultural component of their client’s behavior. We are available to collaborate with helping professionals to develop better understanding so they can become better at meeting the needs of their clients.

Presentations

We also make presentations to any group that is interested in learning more about promoting psychological and emotional health in addition to any inquiries regarding our services or are interested in a particular topic.

Please contact our office if you want to join any of the groups listed above or if you have any specific need that was not mentioned here.