

## 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 was established in 1993 and since then we have been offering preventative services and providing support to a diverse community. Starting in 2010, we expanded our impact in the community by developing a comprehensive program specifically 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 that is an individual, family, community, or organization.

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

To leave a message after hours,  
dial extension **374**.

## Alameda County Sites

### Fremont Clinic

39420 Liberty St, Suite 140, Fremont, CA 94538  
Tel: (510) 745-9151 Fax: (510) 745-9152

### Hayward Satellite Clinic

24100 Amador St, 3<sup>rd</sup> 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



THE HUME CENTER



A Program of The Hume Center



# South Asian Community Health Promotion Services

Persons from Afghanistan, Bangladesh, Bhutan, Burma, India, Iran, Nepal, Pakistan, and Sri Lanka

Services are available in English, Cantonese, Dari, Farsi, Hindi, Mandarin, Punjabi, Spanish, Tamil, Urdu, and Vietnamese.

**THE HUME CENTER**

*For Humanity's Sake*

[www.humecenter.org](http://www.humecenter.org)



## South Asian Community Health Promotion Services

Every person goes through facing the life challenges that occur normally, such as the developmental challenges of a birth of a child, child's first day of school, falling in love, marriage, divorce, parenting, work relationships, aging, and retirement etc. Other challenges can be unpredictable, such as accidents and sicknesses. These challenges may increase remarkably if you are an immigrant. To help people deal with such challenges successfully, The Hume Center has developed the following programs:

### Groups/Workshops

**Parents Peer Consultation Group:** A highly trained professional facilitates a Parents Peer Consultation Group where parents meet other parents. It provides a great opportunity to develop supportive friendships and to learn to handle their unique situations.

**Parent-Youth Communication:** Being a teenager creates additional challenges. 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 this phase of their life and find ways to deal with them successfully.

**Elders:** The Facilitator helps the elder to share their experiences and their unique situations they face in the United States and learn to cope with them successfully.

### A Friend in Need Is a Friend Indeed

When life becomes too overwhelming, it can result in 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 deal with life successfully.

### Helping the Helpers Program

Most of the community members have existing relationships with several academic and helping 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 that they can continue to meet the needs of their clients.**

### Presentations

We also make presentations to any group that is interested in knowing more about promoting psychological and emotional well being, or, if you want to know more about our services or are interested in a particular topic.

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