



For help with everyday parenting stress
Resources - Counseling - Referrals



Family Paths serves all Alameda County children and families providing mental health and supportive services with respect, integrity, compassion, and hope.

WHAT SERVICES DO YOU RECEIVE WITH THE HELPLINE?



Voice to voice access to free parent support by well trained specialists.



Translation services for callers in over 400 languages.



Opportunity to make one-time anonymous calls or get regular callbacks to help you with your parenting or family concerns.



Referrals to Family Paths parenting classes, mental health services, family yoga, and more!



Easy access to 900+ community resources in our well-maintained database for connections to a vast array of services throughout Alameda County.