
HAS A HOME

Soul Space

The RIGHT resources at the RIGHT time
JOIN THE MOVEMENT
REFER YOUR CLIENTS/PATIENTS, TELL A FRIEND AND LOVED ONES

Become a Partner

Through one-on-one sessions and in groups, with a collective of experts, professionals and peers, Soul Space provides a holistic wellness strategy including the following core services, classes and supports:

- Individual, confidential assessments and empowerment plans
- Case management and navigation supports
- Stress reduction, nutrition and fitness education and classes
- African American/Black support groups
- Life skills education and coaching
- Financial empowerment classes and coaching
- Employment and training supports

Join the Alliance

Soul Space is an alliance of community partners with a focus on Black residents with essential needs for mental health/substance use prevention, early intervention and criminal justice reentry services.

Go to www.getontrack.org/SoulSpace

(916) 269-4103 Soul Space is COST-FREE to the community