#### Address: 4423 Fortran Ct., Suite 21, San Jose, CA – Phone: 408-444-3139

**H.I. Seyed Hadi Yasin**

**Service Hours:**

**Saturdays 8-5pm**

**For Appt./Consultation**

[**Coach@healthcentersite.org**](mailto:Coach@healthcentersite.org)

**Free first 30min. Consultation**

**Service Fee: $60/hr**

**Consultant: Fatima Hasan**

**Consultation Hours:**

**Thursdays 6-9pm**

**Questions/Appt.?**

[**Fatima@healthcentersite.org**](mailto:Fatima@healthcentersite.org)

**Nurse: Mrs. Somayeh**

**Consultation Hours:**

**Sundays 11-1:00pm**

**By Appointment**

**Questions/Appt.?**

[**Somayeh@healthcentersite.org**](mailto:Somayeh@healthcentersite.org)

**Social Services**

The social service program will consist of one-on-one consultation and group educational sessions regarding various government-based aid programs:

* CalWORKs
* CalFresh
* Medi-cal
* IHSS
* Affordable Housing
* Making Housing Affordable

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The service consists of one-on-one private coaching on various family and personal related issues.

Life coaching will be provided in the following specific areas:

* Parenting
* Marriage Conflict Resolution
* Youth Coaching

The service will consist of one-on-one consultation as well as workshops and presentations about various diseases and prevention care. The main focus will be in the following areas:

* Diabetes
* Women’s Health
* Childhood Obesity
* Weight Management
* Family Nutrition
* Environmental Health
* Children Oral Care

**Life Coaching**



**Health Education**