

## *Support Services for Families of San Luis Coastal USD*

- ♦ **211-Hotline**  
Services: 24 Hour confidential phone line for information, referrals, support and crisis support.  
Contact: 1-800-549-8989
- ♦ **Pregnancy & Parenting Support of SLO County**  
Services: Rental/deposit assistance, clothing, counseling and more (pregnant or parent of 0-12 months)  
Contact: 541-3367 [www.ppslo.org](http://www.ppslo.org)
- ♦ **Big Brother, Big Sister**  
Services: Adult role models for children ages 6 to 16 in San Luis Obispo County.  
Contact: 781-3226 [www.slobigs.org](http://www.slobigs.org)
- ♦ **CA Rural Legal Assistance**  
Service: Legal services for low-income in civil cases. Bi-lingual services available.  
Contact: 544-7994 [www.crla.org](http://www.crla.org)
- ♦ **Cal Poly Community Counseling**  
Services: Low cost counseling for individual, couples or families \$3-15 (based on need)  
Contact: 756-1532
- ♦ **Catholic Charities**  
Services: Assistance with rent and utilities. Christmas program also. Immigration assistance.  
Contact: 541-9110 [www.catholiccharitiesusa.org](http://www.catholiccharitiesusa.org)
- ♦ **Child Development Resource Center (CDRC)**  
Services: 0-5 child development services  
Contact: 544-0801 [www.childrensresource.org](http://www.childrensresource.org)
- ♦ **Child Welfare Services- CWS**  
Services: Emergency line for child abuse and neglect. Voluntary services provided.  
Contact: 781-1791 or 781-KIDS or 211 [www.slocounty.ca.gov/dss](http://www.slocounty.ca.gov/dss)
- ♦ **Community Action Partnership-Formally Known as EOC**  
Services: Services include assistance with rent, utility bills, childcare and homeless case management.  
Contact: 544-4355 Child Care Resource Center: 541-2272 [www.capslo.org](http://www.capslo.org)
- ♦ **Community Counseling Center (CCC)**  
Services: Low Cost counseling/Sliding scale.  
Contact: 543-7969 [www.cccslo.com](http://www.cccslo.com)
- ♦ **Community Health Centers (CHC)**  
Services: Low/No cost dental care, medical care and prescriptions. 14 locations. Medi-Cal accepted.  
Contact: SLO 805-269-1500 or SLO Women's Health 805-549-0402 [www.chccc.org](http://www.chccc.org)
- ♦ **Dentist Provider List**  
Service: List of Medi-Cal dentists.  
Contact: 1-800-322-6384 [www.denti-cal.ca.gov](http://www.denti-cal.ca.gov)
- ♦ **Department of Social Services (DSS)**  
Service: Financial aid, food stamps, Medi-Cal, & other Social Services programs.  
Contact: 781-1600 SLO or 772-6405 Morro Bay [www.slocounty.ca.gov/dss](http://www.slocounty.ca.gov/dss)
- ♦ **Department of Mental Health, Youth Services**  
Services: Out patient therapy services for children with mental illness or emotional problems.  
Contact: 1-800-838-1381 [www.slocounty.ca.gov](http://www.slocounty.ca.gov)
- ♦ **Drug & Alcohol Services**  
Services: Treatment and rehab for drug and alcohol problems. Support for families and friends.  
Contact: 781-4275 or 1-800-838-1381 [www.slocounty.ca.gov](http://www.slocounty.ca.gov)
- ♦ **Exploration Station: Computers for Youth**  
Services: Provides 1 free refurbished computer per family in need. \$30 fee, includes 1 hour training  
Contact: 805-473-1421 Grover Beach or contact your school counselor <http://explorationstation.org>
- ♦ **Family Law Facilitator**  
Services: Assist with all family law issues including divorce, custody, visitation, child, etc.  
First Come First Served services available Mon-Wed 8:30-11:30- at SLO Courthouse at 1035 Palm St., 3rd Floor Atrium. Contact: 805-706-3600
- ♦ **Grass Roots**  
Services: Emergency housing, food, clothing, counseling and legal referrals. Contact: 805-544-2333
- ♦ **Health Department**  
Services: Immunizations, well-child exams, family planning services, prenatal services, STD clinics, testing.  
Contact: 781-5500 (SLO) [www.slocounty.ca.gov/page8402.aspx](http://www.slocounty.ca.gov/page8402.aspx)
- ♦ **Holman Group**  
Services: MH and substance abuse assistance; Employment assistance, counseling, organizational development.  
Contact: 800.735.2929 [www.holmangroup.com](http://www.holmangroup.com)
- ♦ **Homeless Shelter-CAPSLO**  
Services: Dinner, bed, shower. No alcohol/drugs. Children must be w/ parents.  
Contact: 805-544-4004 [www.capslo.org](http://www.capslo.org)

- ♦ **Hospice**  
Services: Home care for terminally ill, bereavement counseling and support.  
Contact: 544-2266 [www.hospiceslo.org](http://www.hospiceslo.org)
- ♦ **Housing Authority: HASLO**  
Services: Access to low-income housing lists and availability.  
Contact: 543-4478 [www.haslo.org](http://www.haslo.org)
- ♦ **Jack's Helping Hand**   
Services: a non-profit org. that assists children with illnesses and disabilities, providing special treatments, services, equipment and transportation that are not provided by other sources; or which exceed family financial capabilities.  
Contact: 547-1914, [jhh@jackshelpinghand.org](mailto:jhh@jackshelpinghand.org), [www.jackshelpinghand.org](http://www.jackshelpinghand.org)
- ♦ **Medi-Cal**  
Services: Health insurance for children and their families.  
Contact: 800-541-5555 805-772-6405 apply online at: [www.coveredca.org](http://www.coveredca.org) or [www.medi-cal.ca.gov](http://www.medi-cal.ca.gov)
- ♦ **National Alliance on Mental Illness (NAMI)**  
Services: Support groups for persons with mental illness, Family education classes and support groups for family and friends of people with mental illness.  
Contact: 805-543-1825 [www.namislo.org](http://www.namislo.org)
- ♦ **Parents Helping Parents**  
Services: Offers support, information, and education to families of special needs children.  
Contact: 805-543-3277 email: [php@ucp-slo.org](mailto:php@ucp-slo.org) [www.phpslo.org](http://www.phpslo.org)
- ♦ **Parent Connection of San Luis Obispo County**  
Services: A web-based family resource center, listing parenting classes and family resources in SLO County.  
Contact: 543-3700, Spanish Speaking Parent Coaching 805-712-5038 [www.sloparents.org](http://www.sloparents.org)
- ♦ **Prado Day Center**  
Services: Shower, meals, laundry facilities, health assessments, case management.  
Contact: 805-544-4004 [www.capslo.org/40-prado/](http://www.capslo.org/40-prado/)
- ♦ **Rape Crisis Center (RISE)**  
Services: 24 support for sexual assault victims.  
Contact: 805-226-5400 24 HR Crisis Line 1-855-866 RISE (7473) [www.riseslo.org](http://www.riseslo.org)
- ♦ **Salvation Army**  
Services: Emergency food, rental assistance, and utility assistance.  
Contact: 544-2401 [www.salvationarmy-socal.org/](http://www.salvationarmy-socal.org/)
- ♦ **SLO & Coastal Family Resource Center**  
Services: parenting classes, referrals, bi-lingual support, counseling services  
SLO: Mariana Gutierrez, Family Advocate 805-458-5499  
MB/LO: Roccio Hernandez, Family Advocate 805-235-6610
- ♦ **SLO-CAP**  
Services: Resource center for information on the prevention and treatment of child abuse.  
Contact: 543-6216 [www.cfsslo.org](http://www.cfsslo.org)
- ♦ **Transitions-Mental Health Association (T-MHA)**  
Services: Provides innovative mental health support services for children, adults and family members.  
Contact: 805-540-6500 [www.t-mha.org](http://www.t-mha.org)
- ♦ **Victim/Witness Assistance**  
Services: Crisis intervention & emergency assistance.  
Contact: 781-5821 [www.slocounty.ca.gov/DA/Victim\\_Witness.htm](http://www.slocounty.ca.gov/DA/Victim_Witness.htm)
- ♦ **WIC (Women, Infant, & Children)**  
Services: Food assistance for women with children at least one child under 5 years of age.  
Contact: 781-5570 <http://www.wicworks.ca.gov>
- ♦ **Stand Strong**  
Services: Emergency shelter, food, clothing, counseling & legal assistance to domestic violence victims.  
Contact: 781-6401 or in a crisis 781-6400 [www.standstrongnow.org](http://www.standstrongnow.org)