

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: 1-800-783-0607

♥ **ALPHA Pregnancy Counseling and Support**

Services: Rental/deposit assistance, clothing, counseling and more (pregnant or parent of 0-12 months)

Contact: 541-3367 also in Los Osos www.sloalpha.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

♥ **CA Rural Legal Assistance**

Service: Legal services for low-income in civil cases. Bi-lingual services available.

Contact: 544-7994 (9-11 & 4-5 M, T, Th, F) 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

♥ **Child Development Resource Center (CDRC)**

Services: 0-5 child development services

Contact: 544-0801 www.childrensresource.org

♥ **Child Welfare Services- CWS**

Services: Emergency line for child abuse and neglect. Voluntary services provided.

Contact: 781-1700 or 781-KIDS or 211 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

♥ **Community Counseling Center (CCC)**

Services: Low Cost counseling/Sliding scale.

Contact: 543-7969 **Appointments now available in Los Osos www.ccslo.com

♥ **Community Health Centers (CHC)**

Services: Low/No cost dental care, medical care and prescriptions. 14 locations. Medi-Cal accepted.

Contact: 269-1500 SLO or 772-1055 Morro Bay www.chccc.org

♥ **Dentist Provider List**

Service: List of Medi-Cal dentists.

Contact: 1-800-322-6384

♥ **Department of Social Services (DSS)**

Service: Financial aid, food stamps, Medi-Cal, & other Social Services programs.

Contact: 781-1600 SLO or 772-6334 Morro Bay 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 (24-hour crisis line for mental health emergency – 781-4700)

♥ **Drug & Alcohol Services**

Services: Treatment and rehab for drug and alcohol problems. Support for families and friends.

Contact: 781-4275 www.slocounty.ca.gov

♥ **Exploration Station: Computers for Youth**

Services: Provides 1 free refurbished computer per family in need. \$15 fee, includes 1 hour training

Contact: 781-4838 or your school counselor <http://explorationstation.org>

♥ **Family Law Facilitator**

Services: Assist with all family law issues including divorce, custody, visitation, child, etc.

Individual Appointments: Call (805) 788-3418 on **Fridays** from 8 am -12 pm

Walk-ins: Wednesday & Thursdays, 8:30 am - 11:30 am at the SLO Courthouse at 1035 Palm St., 3rd Floor Atrium

♥ **Grass Roots**

Services: Emergency housing, food, clothing, counseling and legal referrals.

Contact: 544-2333

- ♥ **Health Department**
Services: Immunizations, well-child exams, family planning services, prenatal services, STD clinics, testing.
Contact: 781-5500 (SLO) 772-6380 (Morro Bay) www.slocounty.ca.gov/page8402.aspx
- ♥ **Homeless Shelter-CAPSLO**
Services: Dinner, bed, shower. No alcohol/drugs. Children must be w/ parents.
Contact: 781-3993 Client Messages: 546-0776 www.capslo.org
- ♥ **Hospice**
Services: Home care for terminally ill, bereavement counseling and support.
Contact: 544-2266 www.hospiceslo.org
- ♥ **Housing Authority: HASLO**
Services: Access to low-income housing lists and availability.
Contact: 543-4478 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, www.jackshelpinghand.org
- ♥ **Medi-Cal**
Services: Health insurance for children and their families.
Contact: 805-781-1600 or apply online at: www.healthapp.net or www.mybenefitscalwin.org
- ♥ **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: 546-4040; Family Advocate 541-5144 ext. 171 www.nami.org
- ♥ **Parents Helping Parents**
Services: Offers support, information, and education to families of special needs children.
Contact: 549-8148 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, www.sloparents.org Parent 24 hour hotline: 904-1411 Spanish: 462-7135
- ♥ **Prado Day Center**
Services: Shower, meals, laundry facilities, health assessments, case management.
Contact: 781-0617 www.pradodaycenter.org
- ♥ **Rape Crisis Center (RISE)**
Services: 24 support for sexual assault victims.
Contact: 545-8888 or 1-800-656-HOPE www.sarpcenter.org/
- ♥ **Salvation Army**
Services: Emergency food, rental assistance, and utility assistance.
Contact: 544-2401 www.salvationarmy-socal.org/
- ♥ **SLO & Coastal Family Resource Center**
Services: parenting classes, referrals, bi-lingual support, counseling services
SLO: 1030 Southwood Drive, SLO Contact: 549-6830
Coastal: 880 Manzanita Drive, Room 18 Los Osos Contact: 540-3365
- ♥ **SLO-CAP**
Services: Resource center for information on the prevention and treatment of child abuse.
Contact: 543-6216 www.slocap.org
- ♥ **Transitions-Mental Health Association (T-MHA)**
Services: Provides innovative mental health support services for children, adults and family members.
Contact: 541-5144, Locations in SLO and Los Osos www.t-mha.org
- ♥ **Victim/Witness Assistance**
Services: Crisis intervention & emergency assistance.
Contact: 781-5821 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>
- ♥ **Women's Shelter Program of SLO**
Services: Emergency shelter, food, clothing, counseling & legal assistance to domestic violence victims.
Contact: 781-6401 or in a crisis 781-6400 CHAT Program: 473-6507 www.womensshelterslo.org