



NavigateSLO

San Luis Obispo County Department of Public Health-Maternal, Child & Adolescent Health

CONTACT US

San Luis Obispo County Department
of Public Health Maternal, Child, &
Adolescent Health

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San Luis Obispo, CA 93401

MCAH Resources for Providers

NavigateSLO Fall 2023 Version 19

Introduction

Directory is designed to be used by providers of services to parents, children and teens. Contents developed with the help of users of the directory so you are encouraged to make recommendations and corrections to the directory. Maternal Child & Adolescent Program maintains the directory.

About NavigateSLO

- Report is divided into five sections so you have option to print the section that is most useful to you.
- Report Links connect you to each section.
- Directory also contains links to other community resource directories and pages.
- Information is routinely verified.
- It is not an exhaustive listing of every resource, but those resources more commonly used.
- Resources listed do not constitute or imply an endorsement by Public Health Department.

For more information contact

Jamie Funderburk, MCAH Program by phone 805-788-2046 or email

jfunderburk@co.slo.ca.us

Go to [PMADSLO.org](https://www.pmadslo.org) for more information.



Crisis and Emergency Lines	
Crisis Hotline Lines	
Emergency Law or Ambulance	911
Adult and Elder Abuse Report and seek assistance regarding protective services for elders and dependent adults. (DSS)	805-781-1790 (After hours 844-729-8011)
Alcoholics Anonymous Call Line	805-541-3211
California Poison Control System Hotline	1-800-222-1222
Child Abuse Referral (SCAR) To file a Child Abuse/Neglect Report in SLO County	805-781-KIDS (5437) or toll free 1-800-834-KIDS (5437)
Communicable Disease Reporting To file a report of Communicable Disease (SLO PHD)	805-781-5500 (after-hours 805-781-4553)
Mental Health Evaluation Team (MHET) Emergency psychiatric evaluation and crisis intervention services.	800-838-1381. Ask for the Mental Health Evaluation Team
National Runaway Switchboard	1-800-RUN-AWAY (800-786-2929) 24/7 also available by chat or e-mail.
Suicide & Crisis Lifeline	Call 988 or go chat at 988lifeline.org
LUMINA Alliance – (RISE and Stand Strong) Dedicated to ending sexual assault and intimate partner violence . Emergency shelter, sexual assault counseling, immediate assistance for domestic violence, shelter, therapy and legal services.	805 545-8888 Crisis & Information line https://luminaalliance.org/
National Maternal Mental Health Hotline Free, confidential support before, during and after pregnancy.	Call or text 833-TLC-MAMA (833-852-6262)
SLO Hotline (Central Coast Hotline) Mental health, postpartum depression, suicide	Call or Text 1-800-783-0607
Suspected Abuse Response Team (SART) Provide immediate and compassionate forensic medical exams for victims of sexual violence. (PHD)	805-781-4878, after hours 805-781-4550; San Luis Obispo
California Youth Crisis Line Offer support and connect to resources.	1-800-843-5200, call or chat/text
Crisis Information Support Lines	
Child Welfare Services (CWS) Services concerned with welfare of child including neglect, abuse, and commercial trafficking. (DSS)	24 hours Hotline 805-781-KIDS (5437) or toll free 1-800-834-KIDS (5437)
Fussy Baby Network Warmline (English & Spanish) National source for fussy babies-Erikson Institute in Chicago	1-888-431-2229, email fussybaby@erikson.edu



<p>Mother to Baby Provide evidence-based information about medications and other exposures during pregnancy and while breastfeeding. Can talk directly to experts.</p>	<p>866-626-6847 or Text 855-999-3525 http://www.mothersobaby.org/</p>
<p>Narcotics Anonymous Central Coast 24-hour toll-free phone line, annual area activities, NA panels within local jails, prisons, hospitals and institutions.</p>	<p>800-549-7730</p>
<p>Postpartum Support International (PSI) Offers support and resources. Will connect with local coordinator in SLO.</p>	<p>1-800-944-4773 & Text in Spanish 971-203-7773 http://www.postpartum.net/</p>
<p>Pregnancy and Postpartum Support Line Pregnancy and Parenting Support SLO, program offering support, education, and assessment services.</p>	<p>805-541-3367 https://ppsslo.org/maternalwellness/</p>
<p>Safely Surrender Location for safely surrendering baby - See List of hospitals.</p>	<p>1-877-BABY.SAF (1-877-222-9723)</p>
<p>Stop Smoking California Department of Public Health</p>	<p>Direct 1-800-300-8086 https://www.kickitca.org</p>
<p>Substance Use Rehab Guide .com. National directory of rehab programs.</p>	<p>1-888-341-7785</p>
<p>211 United Way Website or phone to locate local social services.</p>	<p>211 or http://www.unitedwayslo.org/search-2-1-1-slo-county</p>
Police, Sheriff, and Highway Patrol Police	
<p>Arroyo Grande Police Department</p>	<p>805-473-5100, 200 N. Halcyon Rd, Arroyo Grande, CA 93420</p>
<p>Atascadero Police Department</p>	<p>805-461-5051, 5505 El Camino Real, Atascadero, CA 93422</p>
<p>Grover Beach Police Department</p>	<p>805-473-4511, 711 Rockaway, Grover Beach, CA 93433</p>
<p>Morro Bay Police Department</p>	<p>805-772-6225, 850 Morro Bay Blvd., Morro Bay, CA 93442</p>
<p>Paso Robles Police Department</p>	<p>805-237-6464, 900 Park Street, Paso Robles, CA 93446</p>
<p>Pismo Beach Police Department</p>	<p>805-773-2208, 1000 Bello St., Pismo Beach, CA 93449</p>
<p>San Luis Obispo Police Department</p>	<p>805-781-7317, 1042 Walnut St, San Luis Obispo, CA 93401</p>
<p>San Luis Obispo County Sheriff's Office</p>	<p>805-781-4540, 1585 Kansas Ave, San Luis Obispo, CA 93405</p>
<p>California Highway Patrol (San Luis Obispo)</p>	<p>805-594-8700, 675 California Blvd, San Luis Obispo, 93401</p>



Pregnancy-Postpartum Related Services	
Breastfeeding Support	
Breastfeeding Coalition	http://www.centralcoastbreastfeeding.com/
French Medical Center Breastfeeding Warmline	805-541-2229
French Medical Center Breastfeeding Class The benefits of breastfeeding, positioning baby for a successful latch and guidelines for knowing that your baby is getting enough breast milk will be discussed. Tips on returning to work and advice regarding pumps and milk storage are included.	805-541-2229 1st Saturday of every month 10:00 - 12:30 pm https://www.dignityhealth.org/central-coast/locations/frenchhospital/services/maternity/breastfeeding-support
French Medical Center Lactation Consultants Group to support and assistance with breastfeeding	805-541-2229 Lower-level Suite LL4 at 1941 Johnson Ave
Sierra Vista Medical Center Breastfeeding Warmline	805-546-7939 https://www.tenethealthcentralcoast.com/services/obstetrics/breastfeeding
Twin Cities Medical Center Breastfeeding Warmline	805-434-4644, In person OR online, Register online
Sierra Vista Medical Center Breastfeeding Classes Class provides expectant mothers (30-36 weeks of pregnancy) practical information for a successful and rewarding breastfeeding experience. Also include Partners/support persons.	805-546-7600 Register online at: www.tenethealthcentralcoast.com/events
Sierra Vista Medical Center Breastfeeding Support Group Group to encourage and support individuals. Open discussion with lactation specialists and other new mothers. Drop-ins welcomed.	800-483-6387, 2nd Thursday – 11:00-12:00pm, 2nd Floor Physical Therapy Gym Waiting Room, 1010 Murray Ave., San Luis Obispo
Twin City Community Hospital Breastfeeding Hotline	805-434-4644. Lactation clinic is located on the 3 rd floor in the Birth and Baby Center.
Twin City Community Hospital Baby Care & Breastfeeding Classes Series of three classes covering breastfeeding, baby care and safety. New	833-300-8748 https://www.tenethealthcentralcoast.com/events



parents are also taught how to keep their newborns clean, safe, and comfortable.	
SLO County Public Health-WIC Providing breastfeeding education and support for pregnant and breastfeeding mothers, including phone, virtual or in-person appointments. Services are available Monday-Friday. BABES services are open to all women, not just WIC clients.	805- 781-4344 www.slocounty.ca.gov/Departments/Health-Agency/Public-Health/All-Public-Health-Services/Women,-Infants-and-Children-(WIC)/SLO-WIC-Locations.aspx
Growing With Baby Breastfeeding education /consultation – individual or group Office/In home visits offered.	805-543-6988 1230 Marsh St., San Luis Obispo, CA 93401 https://www.growingwithbabyslo.com/
Megan Bochum, LM CPM, IBCLC – Pacific Midwifery Breastfeeding education/ consultation Virtual Consultation Only	805-994-0446 megan@pacificmidwiferycare.com https://www.pacificmidwiferycare.com/services/lactation
Aryel Sawdey-Certified Lactation educator, Doula Breastfeeding support/consultation Office/In home visits offered.	805-459-2962 Central Coast Lactation CentralCoastLactation@gmail.com https://www.centralcoastlactation.com/
Santa Lucia Birth Center In-person and virtual consults available.	805-548-0606 or 805-400-8231
La Leche League Breastfeeding, support groups & information.	LLLofSLO@gmail.com https://www.facebook.com/lllofslo/
Mother to Baby Provide evidence-based information about medications and other exposures during pregnancy and while breastfeeding. Can talk directly to experts.	866-626-6847 or Text 855-999-3525 http://www.movertobaby.org/
Pregnancy-Postpartum Related Support & Information Lines (Depression, Anxiety, Other)	
PSI SLO County Coordinator Will respond to either phone or email.	805-994-0873 psislocounty@gmail.com
SLO Hotline (Central Coast Hotline) and Information Line Support and information about counseling and other services.	1-800-783-0607 https://www.t-mha.org/slo-hotline.php
Postpartum Depression Support Line	805-541-3367



<p>Pregnancy & Parenting Support program (formerly Alpha) providing support and access to counseling.</p>	<p>https://ppsslo.org/maternalwellness/</p>
<p>Postpartum Support International Offers support and resources. Will connect with local coordinator.</p>	<p>1-800-944-4773 http://www.postpartum.net/</p>
<p>Postpartum Progress Information and blogs about motherhood, postpartum depression, etc.</p>	<p>http://www.postpartumprogress.com/</p>
<p>2020 Mom Resources, blogs, events, training, and more advocating for maternal mental health.</p>	<p>http://www.2020mom.org/</p>
<p>Mother to Baby Provide evidence-based information about medications and other exposures during pregnancy and while breastfeeding. Can talk directly to experts.</p>	<p>866-626-6847 or Text 855-999-3525 http://www.mohtertobaby.org/</p>
<p align="center">Pregnancy – Postpartum Related Depression & Anxiety (PMAD) – Therapists, Psychologists, Psychiatrists</p>	
<p>Mental Health Evaluation Team (MHET) MHET evaluates the individual for inpatient psychiatric care. Suspect medical emergency? Call 911 FIRST! MHET coordinates with first responders to provide psych eval AFTER medical clearance at nearest Hospital Emergency Department.</p>	<p>1-800-838-1381 24 Hour Access Line San Luis Obispo Ask for the Mental Health Evaluation Team and state the psychiatric emergency</p>
<p>Postpartum Support International - Perinatal Psychiatric Consult Line</p>	<p>1-877-499-4773 The Perinatal Psychiatric Consult Line is staffed by reproductive psychiatrists who are members of PSI and specialists in the treatment of perinatal mental health disorders. The service is free and available by appointment. **This service is for providers only.</p>
<p>Serena Andrews, AMFT PSI-PMAD trained. Insurance: Private pay, out of network provider, will provide super bill, sliding scale.</p>	<p>805-242-3683 1411 Marsh St. Suite 105, San Luis Obispo, CA 93401 mnelsontherapy@gmail.com www.swelltherapyslo.com</p>



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<p>Lori Barraza, LMFT PSI-PMAD trained. Insurance: Blue Cross, Blue Shield, Aetna, Magellan, various EAPs, Cigna, Tricare.</p>	<p>805-225-4806 Leave voicemail 645 Main Street, Suite A, Morro Bay, CA loribmft@sbcglobal.net</p>
<p>Trinity Berguia, LMFT PSI-PMAD trained Insurance: private pay, will provide super bill.</p>	<p>805-242-1188 615 Clarion Court, Suite 2, San Luis Obispo, CA 93401 trinity.lmft@gmail.com https://www.trinityberguia.com/about</p>
<p>Marcia Bronstein, MSW, LCSW Child and Family Specialist. PSI-PMAD trained. (Adolescent – Yes) Tues – Thurs, 10am – after 5pm</p>	<p>805-547-9407 679 Monterey Street, San Luis Obispo, CA 93401 MHBLCSW@gmail.com</p>
<p>Erica Collins, LMFT Focus: couples, play therapy. PSI-PMAD trained. Insurance: cash now; applying to be on insurance panels.</p>	<p>805-316-7189 1110 California Blvd, Suite D, SLO ericacollinsmft@gmail.com https://www.psychologytoday.com/us/therapists/erica-collins-san-luis-obispo-ca/413103</p>
<p>Community Counseling Centers (CCC) Therapist and groups. Some PSI-PMAD trained counselors. Insurance: sliding scale, CenCal, private. Offering telehealth.</p>	<p>805-543-7969 Fax 805-543-0859 676 Pismo St., San Luis Obispo, CA 93401 Fax 805-226-5196 1035 Vine St., #A, Paso Robles, CA 93446</p>
<p>Shannon Easton-Carr, MD, MPH Fellowship Trained Psychiatrist (Adolescent – Yes)</p>	<p>805-762-4739 895 Aero Vista Place, Suite 106, San Luis Obispo. shannon@mdofficemail.com http://www.dreastoncarr.com/</p>
<p>Terra Clayton, NP PSI-PMAD trained. Insurance: Anthem, Blue Shield. Super bills provided as needed.</p>	<p>805-540-7060, Fax 805-540-7063 <u>The Bauman Clinic</u> 1368 Marsh St San Luis Obispo, Ca 93401</p>
<p>Elisabeth Ganiron, PsyD PSI-PMAD trained. Insurance: Aetna, Anthem, Blue Cross, Blue Shield, BlueCross and BlueShield, California Victim Compensation Board (CalVCB), Magellan, TriWest, UnitedHealthcare.</p>	<p>805-234-5930 310 James Way, Suite 110, Pismo Beach eganiron@gmail.com https://www.psychologytoday.com/us/therapists/elisabeth-ganiron-pismo-beach-ca/382685</p>



NavigateSLO

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<p>Amber Hullibarger, LMFT PSI-PMAD trained. Insurance: \$120/50 min sliding scale</p>	<p>805-244-6877 1075 Court St, Suite 211, San Luis Obispo www.amberhullibargerlmft.com</p>
<p>Jamie Hutchcraft, PhD PSI-PMAD trained. Licensed Clinical Psychologist. Specializing in PMAD, Infertility, and Couples. Insurance: CenCal, private pay</p>	<p>805-316-1006 <u>Serenity Mental Health and Wellness</u> 1147 East Grand Avenue #106, Arroyo Grande jamie@serenity-fp.com https://serenity-fp.com</p>
<p>Clarissa Kugler, MA, AMFT PSI-PMAD trained. Insurance: Private pay, out of network provider, will provide super bill, sliding scale.</p>	<p>805-556-8068 1411 Marsh St. Suite 105, San Luis Obispo, CA 93401 mnelsontherapy@gmail.com www.swelltherapyslo.com</p>
<p>Sheila Lassegard, LMFT PSI-PMAD trained. Insurance: Holman</p>	<p>805-462-4672 200 S Main St, Suite A, Templeton</p>
<p>Holl-lee Lawrence, LMFT PSI-PMAD trained. Insurance: United, private pay, sliding scale</p>	<p>805-792-2287 5975 Entrada Avenue, Atascadero https://meetmonarch.com/therapist/holl-lee-lawrence-ms-lmft-atascadero-ca</p>
<p>Bonnie Lords, LCSW PSI-PMAD trained. Insurance: None</p>	<p>805-776-3493 645 Main Street, Suite A, Morro Bay bonnielords.lcsw@gmail.com https://www.psychologytoday.com/us/therapists/bonnie-lords-morro-bay-ca/381365</p>
<p>Lynlee Olivera, LMFT PSI-PMAD trained. Insurance: Cen-Cal; victim witness</p>	<p>805-464-6360 1229 Higuera St, San Luis Obispo sloneasytherapy@gmail.com https://www.sloneasytherapy.com/</p>
<p>Bloom Maternal Therapy Private practice specializing in maternal mental health, in person or telehealth.</p>	<p>805-774-0656 310 James Way Suite 150, Pismo Beach, CA 93449 www.bloommaternaltherapy.com</p>
<p>Holli Rodriguez, LMFT PSI-PMAD trained. Insurance: Cencal and private pay Telehealth and in person sessions & Laura Tomlinson, LMFT</p>	<p>805-242-3242 Serving San Luis Obispo County hollir.lmft@gmail.com www.hollirodriguezlmft.com</p>
<p>David Rosenblatt, PsyD PSI-PMAD trained. Insurance: None</p>	<p>805-457-5792 Wellpath 1225 Pepper St, Suite A, San Luis Obispo david@doctordavidr.com</p>



<p>Jessica Shorts, AMFT PSI-PMAD trained. Insurance: Private pay</p>	<p>805-234-8007 <u>Pacific Emotional Wellness</u> 1411 Marsh St., Suite 206, San Luis Obispo https://pacificemotionalwellness.com/jessie-shorts-amft/</p>
<p>Monique Nelson Sigler, MA, LMFT, PMH-C PSI-PMAD trained and certified. Insurance: Private pay, out of network provider, will provide super bill, sliding scale</p>	<p>805-242-3683 <u>Swell Therapy and Wellness</u> 1411 Marsh St. Suite 105, San Luis Obispo mnelsontherapy@gmail.com https://www.swelltherapyslo.com/</p>
<p>Lisa Slover, PsyD, PMH-C PSI-PMAD trained & certified. Licensed Clinical Psychologist Specializing in PMAD Insurance: Out of network provider, will provide super bill</p>	<p>805-591-4579 <u>Ascent Psychological Services and Wellness</u> 1209 Park Street, Suite 301B Paso Robles, CA 93446 drlisaslover@gmail.com www.renaissancepsychologicalservices.com</p>
<p>Rebecca Velasquez, LCSW PSI-PMAD trained/bilingual. Insurance: None</p>	<p>805-305-4543 486 Marsh St, Suite A, San Luis Obispo rebvelasquez@gmail.com http://www.rebeccavelasqueztherapy.com/</p>
<p>Laura Weronki, LMFT PSI-PMAD trained. Insurance: Out of network provider, will provide super bill</p>	<p>805-419-5933 lauraweronki@gmail.com</p>
<p>Stephanie Wilson, LMFT Family Counselor PMAD trained; will do free consults/basic guidelines Insurance: approved as specialist</p>	<p>805-234-4484 1110 California St, Suite F San Luis Obispo, CA 93401 stefwilson.5@gmail.com</p>
<p>Angela Renée Wurtzel, MA, LMFT, CEDS-S, PMH-C. PSI-PMAD trained & certified. Clinical Psychologist Adolescent – Yes Providing virtual sessions</p>	<p>805-884-9794 27 East Victoria Street, Rear Cottage, Santa Barbara, CA, 93101 angela@angelawurtzelmft.com http://www.angelawurtzelmft.com/</p>
<p>Mental & Behavioral Health See County Services/Behavioral Health for more information.</p>	<p>805-838-1381</p>
<p>Pregnancy - Postpartum Related – Support Groups</p>	
<p>The Mommy Hour - Virtual Weekly supportive group for pregnant women and moms who might need resources or encouragement, including</p>	<p>805-541-2229(BABY) Meets every Wednesday, 10:30 am-12:00. Contact: wendy.beres@commonspirit.org</p>



perinatal mood and anxiety challenges.	
<p>Moms FIRST - Virtual Welcoming support group is here for you whether you are looking for resources, seeking support, struggling with anxiety and/or depression.</p>	<p>805-574-4244 Meets the 2nd and 4th Tuesday of each month, 10:00-11:15am. *Currently meets virtually-please email Jennifer Breska for meeting link information. jennifer.breska@commonspirit.org</p>
<p>Moms Club of Atascadero Great way to make friends with other stay-at-home or working moms. Also opportunities for children to have fun. Meetings, MOMS Night Out, Field Trips and Playgroups. (Annual fee of \$25 - can be waived for financial circumstances.)</p>	<p>www.momsclubofatascadero.weebly.com Contact via email atownmoms@gmail.com or message through Facebook. https://www.facebook.com/MOMSCLUBatascadero/</p>
<p>Navigating Motherhood Support Group: Birth & Beyond Interactive support group for mothers dealing with pregnancy-postpartum depression and anxiety issues.</p>	<p>805-434-4644 Every Monday from 10:00-11:30 in the Morgan Conference Room, downstairs. 1200 Las Tablas Rd, Templeton, CA. Register on Twin Cities Hospital website</p>
<p>Parent's Cafe and Groups for Dads (P.O.P.S.) Groups forming. To support dads with balancing family and work, improve communication, and accessing community resources. (Joint program of SV and CAPSLO)</p>	<p>Every Tuesday 5:30-7:30pm, 1118 Palm Street, San Luis Obispo. Call 805-544-4355 for more information.</p>
<p>MaMa MENTORING - Virtual Jennifer Stover CD, LLLL, BE. Growing into motherhood-free mama support group. Via zoom</p>	<p>Meets Every Tuesday 10:30 -12:00, 136 S. Halcyon, Arroyo Grande, CA 93420 Pacific Midwifery Facebook.com/laboroflovesupport</p>
<p>Mom Mood Boost Support Group \$40/session Megan Richert, LCSW, PMH-C</p>	<p>Meets Wednesdays 11:00am to 12:00pm Virt Juice, Arroyo Grande, CA 93420 Email: info@mrichertcounseling.com Website: http://mrichertcounseling.com Individual and couples counseling available; e-mail to inquiry.</p>
<p>Creating a Village Postpartum Support Group – Virtual \$150 for 8-week group sessions (can take Cencal). Holli Rodriquez, LMFT</p>	<p>Call/text: 805-242-3242 Email: hollir.lmft@gmail.com https://www.hollirodriguezlmft.com/ Also offers individual, couples, and family therapy.</p>



<p>Postpartum Support Group at Santa Lucia Birth Center</p> <p>No cost, no appt necessary, and do not need to be a patient.</p>	<p>Thursday 10-11:30AM at the birth center in SLO 4251 S Higuera St #300, San Luis Obispo, CA 93401 Lead by a postpartum doula or lactation consultant. Babies, kids, and dads all welcome, casual environment. Reach out to Nicki or Lisa (ICBLC) at 805-548-0606</p>
<p>Pregnancy – Postpartum Related - Classes</p>	
<p>French Hospital Family Birthing Center Childbirth, breastfeeding, infant care and sibling related classes.</p>	<p>(805) 542-6659 Childbirth Education Coordinator- Tamra Winfield-Pace, RN http://dignityhealth.org/frenchhospital</p>
<p>Parent Participation Program – San Luis Coastal Adult School Come to class with your infant, toddler or preschooler and learn about the developmental stages of your little one.</p>	<p>805-549-1222 1500 Lizzie Street, H2, San Luis Obispo, CA 93401 https://ae.slcsd.org/parent-part</p>
<p>Pregnancy - Postpartum Related – Other Activities</p>	
<p>Central Coast Childbirth Network Brings local providers together to strengthen the professional birth and wellness community. Shares information with the Central Coast to bring awareness of options from providers to wellness services. Comprehensive online resource directory.</p>	<p>805-CCC-N926 hello@centralcoastchildbirthnetwork.com Serving San Luis Obispo and Northern Santa Barbara Counties https://www.centralcoastchildbirthnetwork.com/</p>
<p>The SLO Doula Connection Linkage to birth and postpartum doulas birth and postpartum doula support. Serving women and families of SLO County.</p>	<p>Contact: complete form at www.slodoulaconnection.com/contact</p>
<p>SLO Birth Collective Linkage to birth and postpartum doulas birth and postpartum doula support. Serving women and families of SLO County.</p>	
<p>Baby Blossom SLO – virtual Postpartum Support International-certified parent educator teaches parents the Child’Space® Method to support and enhance their babies' development, and the parent-child bond, through touch and movement. Child'Space applies to</p>	<p>805-471-3308 Natalie Bowers, natalie@babyblossomslo.com www.babyblossoms.info hello@babyblossoms.info</p>



<p>development from birth up until independent walking and can be particularly supportive of parents experiencing anxiety about their children's development, as well as those who are having trouble connecting.</p>	
<p>Meet You in Dreamland Kerrin Edmonds -Certified Pediatric Sleep Consultant for infant & child sleep consultation.</p>	<p>805-296-2149 Live Q&A each Thursday night from 7-8pm on Facebook. meetyouindreamland@gmail.com www.meetyouindreamland.com</p>
<p>Mom and Mind Podcast Episodes free, on demand. Host Dr. Kat. Focus mental health struggles of pregnancy, postpartum and parenthood.</p>	<p>https://drkaeni.com/</p>
<p>Pregnancy Related Stop Smoking Programs</p>	
<p>Baby's First Breath (Tobacco Cessation) Classes and Nicotine support for Medi-Cal.</p>	<p>805-781-5564 Call for class schedule.</p>
<p>California Stop Smoking State program. Online support</p>	<p>1-300-8086 https://info.nobutts.org/</p>



Children (0-21 years) and Family Services	
Multi-Discipline Assessment e.g. Medical/Neurological/Behavioral/Developmental	
<p>High Risk Infant Development Clinic – Sierra Vista Regional Medical Center Follow-up of graduate population of NICU to assess development, medical and neurological and psychological growth. Infant needs to meet eligibility criteria as outlined by CCS.</p>	<p>805-546-7601 ext. 7092 Michelle Mnich, PT Fax 805-546-7631 35 Casa St, Suite 360, San Luis Obispo, 93405 Clinic on 3rd Friday of month.</p>
<p>Martha’s Place Behavioral Assessment Center Ages 0-5 yrs. Provides multidisciplinary assessment and treatment for high risk health and behavioral problems. Comprehensive assessment of cognitive, behavioral, social educational and emotional development for individual and family.</p>	<p>805-781-4948 2925 McMillan Avenue #108 San Luis Obispo https://www.slocounty.ca.gov/Departments/Health-Agency/Behavioral-Health/Mental-Health-Youth/Services/Martha’s-Place-Children-s-Center.aspx</p>
<p>Tri-Counties Regional Center Evaluation and lifelong support and services for developmental disabilities. See section below about services through Tri-County Regional Center</p>	<p>805-543-2833 or 800-456-4153, Fax 805-543-8725 1146 Farmhouse Lane, San Luis Obispo 805-461-7402 or 800-322-6994 Fax 805-461-9479 7305 Morro Rd, Ste 101, Atascadero https://www.tri-counties.org/</p>
Developmental Screening	
<p>Child Find Ages 0-3 and school age 3-22 yrs. Part of Special Education Local Plan Area (SELPA) in school system. Identify, locate, and evaluate children with disabilities. Special education service at local school district. Services free.</p>	<p>805-467-2095 AACA 805-462-4230 Atascadero 805-595-7619 BSFCS 805-995-3694 Cayucos 805-927-7148 Coast USD 805-474-3000 Lucia Mar USD 805-769-1000 Paso Robles 805-467-3453 Pleasant Valley 805-549-1218 San Luis Coastal 805-467-3216 San Miguel 805-238-1782 Shandon 805-434-5853 Templeton</p>
<p>Public Health Nursing Ages 0-5. Screening for Development delays using ASQ3 and ASQSE2. Also programs for high risk, low income families Nurse Family Partnership and Early Support Program</p>	<p>805-788-2068</p>



<p>SLO County Help Me Grow (In partnership with CAPSLO) Supports families by offering free developmental screenings and connection to resources and services around SLO county. This is a service available to any community member who has or cares for a child or children from birth to 5 years of age.</p>	<p>805 544-4355 Email: slohmg@capslo.org Program Coordinator-Marieke Van Beurden mvanbeurden@capslo.org</p>
<p>Screening and Services - Physical, Developmental and Behavioral</p>	
<p>Vista del Mar Safe, secure, inpatient and outpatient psychiatric care for age 12-17 yrs. HMO, PPO, Medicare, Medi-Cal</p>	<p>805-653-6434 www.vistadelmarhospital.com</p>
<p>Best Pals Services for 0-6 yrs. Assessing and aiding behavioral management techniques for children with behavior and social difficulty in home relationships. Includes medical examination, cognitive, psychological, behavioral, emotional and social evaluations, mental health therapy, occupational therapy, sensory integration, family support, parent education and case management. Free screening, evaluation and intervention services.</p>	<p>805-461-7402 or 800-322-6994, Fax 805-461-9479 Atascadero 93422 http://www.tri-counties.org/ 805-543-2833 or 800-456-4153, Fax 805-543-8725 SLO 93401 www.best-pals.org</p>
<p>CAPSLO Early Head Start Safe and developmentally caregiving services for children under 3. Also support and education for families. Location Atascadero, Cambria, San Luis Obispo, Paso Robles, Nipomo, Los Osos</p>	<p>805-544-4355, 1-888-315-6741 Head Start and Early Head Start CAPSLO</p>
<p>Center for Autism & Related Disorders (CARDS) Assessment and treatment. Uses principles of applied behavior analysis (ABA) therapy. CARD offers center-based services, home-based services, school-based services, remote clinical services, group ABA therapy, diagnostic and assessment services, and social skills groups.</p>	<p>877-448-4747 1212 Marsh St., Suite 1, SLO, 93401 www.centerforautism.com 805-703-2120</p>
<p>Child Find Ages 0-3 and school age 3-up to 22 yrs. Part of Special Education Local Plan Area (SELPA) in school system. Identify, locate, and evaluate</p>	<p>805-467-2095 AACA 805-462-4230 Atascadero 805-595-7619 BSFCS 805-995-3694 Cayucos</p>



<p>children with disabilities. Special education service at local school district. Services free.</p>	<p>805-927-7148 Coast USD 805-474-3000 Lucia Mar USD 805-769-1000 Paso Robles 805-467-3453 Pleasant Valley 805-549-1218 San Luis Coastal 805-467-3216 San Miguel 805-238-1782 Shandon 805-434-5853 Templeton</p>
<p>Child Development Resource Center Preschool and school age educational and therapeutic programs.</p>	<p>805-544-0801, Fax 805-544-2611 1720 Bishop St., San Luis Obispo, 93401 www.childrensresource.org</p>
<p>Drug & Alcohol Services Services for 12-18 yrs. old and families. Walk-in clinics best place to start. Call to verify hours. Free screening individual assessment. Multiple programs: Substance use treatment, testing and classes. Provide list of AA and NA programs. Detox treatment and information (D&A)</p>	<p>1-800-838-1381 805-781-4275 2180 Johnson Ave, San Luis Obispo 93401 Adults: Tu, W 8:30-11:30, Th 2:30-5:30 Youth: W 1:00-5:00 805-473-7080 1523 Longbranch, Grover Beach, CA 93433 Adults: M 8:30-11:30, T 2:30-5:30, Th 11:00-2:00; Youth: Call for appt. 805-461-6080 3556 El Camino Real, Atascadero, CA 93422 805-226-3200 805 4th Street., Paso Robles, CA 93446 Tu 8:30-11:30</p>
<p>Jack’s Helping Hand, Inc. Provides financial assistance for therapeutic equipment or transportation for disabled children.</p>	<p>805-547-1914, Fax 805-592-2018 PO Box 14718, San Luis Obispo CA 93406 https://www.jackshelpinghand.org/</p>
<p>Seneca Family of Agencies Ages 0-21 yrs. psychological testing, medication support, in-home therapeutic behavioral services, occupational therapy evaluations, and parent education. Support for children and families in foster care or adoption.</p>	<p>805-434-2449 71 N Main St., Templeton, CA 93465</p>
<p>Martha’s Place Behavioral Assessment Center Ages 0-5 yrs. Provides multidisciplinary assessment and treatment for high risk health and behavioral problems. Comprehensive assessment of cognitive, behavioral, social educational and emotional development for individual and family.</p>	<p>805-781-4948 2925 McMillan Avenue #108 San Luis Obispo https://www.slocounty.ca.gov/Departments/Health-Agency/Behavioral-Health/Mental-Health-Youth/Services/Martha’s-Place-Children-s-Center.aspx</p>



<p>Monarch Behavior Solutions, Inc. Board Certified Behavior Analysts (BCBAs) specializing in ABA programming including consultation, assessment, staff training, direct intervention and parent education. Home and school based.</p>	<p>805-610-1998, Fax 805-392-4405 http://www.monarchbehaviorsolutions.com/</p>
<p>Pickles N’ Ticks Ages 0-3. In home or other natural environment, strength based and family focused, incorporate everyday routines, support modeling, coaching. Free through Early Start Program.</p>	<p>805-610-9540 http://picklesntickles.com/index.html</p>
<p>Tri-Counties Regional Center Evaluation and lifelong support and services for developmental disabilities.</p> <p>Early Start Program. Tri-Counties Regional Center will coordinate early intervention supports, services or programs to provide education to infants and toddlers up to three (3) years of age in areas such as feeding, social adaptive development, positioning and communication. Such services may include developmental monitoring and consultation, occupational and physical therapy, infant development and pre-school programs.</p>	<p>805-543-2833 or 800-456-4153 1146 Farmhouse Lane, San Luis Obispo 805-461-7402 7305 Morro Rd, Ste 101, Atascadero https://www.tri-counties.org/</p>
<p>Youth Mental Health Out-Patient Treatment Mental Health Services: medication management, case management, therapy, group rehabilitation, and individual rehabilitation.</p> <p>Best to start with the 1-800-838-1381 number to access services. If emergency call 911.</p>	<p>1-800-838-1381 Main Number</p>
<p>Balance Treatment Center Comprehensive, wrap-around mental health programming for all ages (children, teens, families, adults) and most of cost is covered by private insurance. We offer onsite and tele-health and do not have a wait list.</p>	<p>805-414-8100 San Luis Obispo & Santa Maria</p>
<p>Family Support & Resource Centers</p>	
<p>SLO Health Access Local health resources for young children and their families, including information regarding</p>	<p>https://slohealthaccess.org/</p>



<p>insurance, general health-mental health-behavior resources, immigration and special needs. Includes a special needs resource matrix which lists resources for children with special needs age 0-5.</p>	
<p>Parent Connection of SLO County (Center for Family Strengthening) Resource to locate variety of parent education classes, parent coaching and support groups. Also community resources for parent, children 0-5 age, school age children, teens, and foster care/adoption. Lastly a section for children with special needs</p>	<p>805-543-3700 Coordinator & Parent Coach Line 805-904-1411 North County Parent Coach 805-540-1223 Spanish Parent Educator 805-543-3700 Parenting Classes 805-540-1223 Parenting Classes in Spanish http://www.sloparents.org/</p>
<p>Family Resource Centers Walk-In referral and support resource. Services include referral, assistance, advocacy, and case management for eligible families and students, and liaison for homeless and foster youth. Bilingual services</p>	<p>https://www.sloparents.org/246/ 805-458-5499 SLL & Coast 805-474-2105 Arroyo Grande 805-474-3000 ext. 5147 Nipomo 805-474-3690 Oceano Family Resource Center</p>
<p>United Cerebral Palsy (UCP) of SLO Services: United Cerebral Palsy (UCP) is an organization dedicated to the advancement of independence, productivity, and full citizenship for all people with disabilities. Our services provide social and recreational programs, individual and family support and educational instruction, youth and adult services, transportation, employment assistance, and advocacy for people with Cerebral Palsy and other developmental disabilities.</p>	<p>805-543-2039 http://ucp-slo.org/ Email: contact@ucp-slo.org</p>
<p>Parents Helping Parents PHP serves families of children with special needs throughout San Luis Obispo County. Two lending libraries, which cover a wide variety of special needs topics, are equipped with toys, games and a place for children to play while their parents browse. A reliable source of current information, referrals, and training, PHP regularly e-mails a Calendar of Upcoming Events to interested families.</p>	<p>North County Office: 805-461-7415 SLO Office: 805-543-3277 PHPSLO.ORG e-mail: php@ucp-slo.org</p>
<p>Central Coast Assistive Technology Center The CCATC has been providing assistive technology service in Central California for the past 12 years. CCATC is vendor to provide</p>	<p>805-549-7420 https://ccatc.org/</p>



these services through the California Department of Rehabilitation, Tri-Counties Regional Center and the County of San Luis Obispo. CCATC has accumulated an expansive library and demonstration center full of technology that can positively impact an individual's life.	
Center for Family Strengthening – Promotores Collaborative SLO County Leadership development and community engagement opportunities for Latinos to promote emotional and well-being and healthy lifestyles in their neighborhoods and homes.	805-305-4575 Erica@cfsslo.org http://cfsslo.org/promotoreslo/ http://www.facebook.com/promotoreslo
South County Youth Coalition Multiple services to children and families of South County (SLO County), including no cost parenting and child-parent participation classes.	805-474-2032 www.scyouthcoalition.org
Mariposa Project Counseling Services Therapeutic services to eligible infants and toddlers. Limited free counseling for parents with children aged 0-5.	805-253-2547 or 805-259-7820 www.mariposasproject.com
Child Care & Preschool	
Childcare Centers / Preschools	http://www.childcarecenter.us/
CAPSLO – Childcare Resource Connection Families: Find childcare, assistance with child care payments, child care provider training and support, and toy lending library	805-544-4355 805A Fiero Lane, San Luis Obispo https://capslo.org/child-care-resource-connection/
Head Start SLO County Ages 3-5 yrs. Promote school readiness from low income families. Enhance cognitive, social and emotional development.	888-315-6741 https://capslo.org/head-start-and-early-head-start/
Early Head Start SLO County Ages 0-3 yrs. Early, continuous, intensive and comprehensive child development and family support to infants and toddlers from low income families	888-315-6741 https://capslo.org/head-start-and-early-head-start/
Migrant and Seasonal Head Start Ages 0-5 yrs. Full and extended-day care and early childhood education services.	888-633-6747 https://capslo.org/migrant-and-seasonal-head-start/
SLO County Early Care & Educational Planning Council Community members, childcare providers, and agency work toward quality childcare.	805-782-7370 San Luis Obispo 93401 http://www.sanluischildcare.org/



Includes section for finding childcare, subsidized care and parent resources.	
Child Programs and Services	
Boys and Girls Clubs	805-481-7339 & (805) 922-7163 https://www.bgcslo.org/ https://centralcoastkids.org/
CAPSLO –Teen Programs Services for teens: sexual health education and services, mindfulness, nutrition & fitness, theater project, teen jobs, teen parenting, professional development training	805-544-2478 San Luis Obispo Center, 705 Grand Ave., SLO 805-489-4026 Arroyo Grande Center, 1152 E. Grand Ave., Arroyo Grande https://capslo.org/teen-programs-2/
Car Seat Program Program through Health Promotion at the County Department of Health.	805-781-1568 for car seat inspections https://www.slocounty.ca.gov/Departments/Health-Agency/Public-Health/All-Public-Health-Services/Car-Seat-Inspections.aspx
Center for Family Strengthening – Kids Toolbox for Personal Safety Qualified educators teach assertiveness and self-protection skills. Lessons vary according to age of children and developmental appropriateness.	805-439-1994 https://cfsslo.org/programs/kidz-tool-box/
Children’s Health and Disability Prevention Program Program coordinating health and dental services. Call for eligibility requirements	805-781-5527 800-660-3313 (Español) 2180 Johnson Ave, San Luis Obispo, CA 93401 https://www.slocounty.ca.gov/Departments/Health-Agency/Public-Health/All-Public-Health-Services/Child-Health-and-Disability-Prevention.aspx
Safely Surrender Hospitals are location for safe surrendering of baby.	877-222-9723 (877-BABYSAF) https://www.slocounty.ca.gov/Departments/Social-Services/Child-Welfare-Services-(CWS)/Services/Safely-Surrender-a-Baby.aspx
Foster Care Services & Adoption	
CASA (Court Appointed Special Advocates) Trained volunteers advocate for children in the court system.	805-541-6542 75 Higuera St, Ste. 180, San Luis Obispo 93401 https://www.slocasa.org/
Family Connections Christian Adoptions Adoption services for those adopting and wishing to place baby for adoption.	https://www.fcadoptions.org/
Health Care Program for Children in Foster Care (HPCFC) Public Health Nurse located with DSS Child Welfare Office	805-781-1715 San Luis Obispo https://www.slocounty.ca.gov/Departments/Health-Agency/Public-Health/All-Public-Health-Services/Health-Care-Program-for-Children-in-



	Foster-Care.aspx
Family Care Network For youth at risk of group home placement	805-781-3535 1255 Kendall Rd, San Luis Obispo, CA 93401 https://fcni.org/
Seneca Family of Agencies Ages 0-21 yrs. psychological testing, medication support, in-home therapeutic behavioral services, occupational therapy evaluations, and parent education. Support for children and families in foster care or adoption.	805-434-2449 https://senecafoa.org/
Child Medical Services	
California Children’s Services (CCS) Program helps children 0-21 with certain diseases, physical limitations or chronic health problems. Provides physical and occupational therapy for certain conditions. Call for more information on eligibility.	805-781-5527 fax805-781-4492 1-800-660-3313 toll free 2180 Johnson Ave, San Luis Obispo, CA 93401 https://www.slocounty.ca.gov/Departments/Health-Agency/Public-Health/All-Public-Health-Services/California-Children-s-Services.aspx
Children’s Health and Disability Prevention Program Program coordinates health and dental services for low-income families with children 0-21. The program conducts provider recruitment, training and recertification, community education, and encourage families the completion of ongoing healthcare coverage. Call for eligibility requirements	805-781-5527 800-660-3313 (Español) 2180 Johnson Ave, San Luis Obispo, CA 93401 https://www.slocounty.ca.gov/Departments/Health-Agency/Public-Health/All-Public-Health-Services/Child-Health-and-Disability-Prevention.aspx
High Risk Infant Development Clinic – Sierra Vista Regional Medical Center Follow-up of graduate population of NICU to assess development, medical and neurological and psychological growth. Infant needs to meet eligibility criteria as outlined by CCS.	805-546-7601 ext. 7092 Michelle Mnich, PT Fax 805-546-7631. 35 Casa St, Suite 360, San Luis Obispo, 93405. Clinic on 3 rd Friday of month.
Infant SEE Public Health Program of American Optometric Association. Website to identify participating optometrists for comprehensive eye assessment between 6 - 12 months at no cost.	www.infantsee.org 1-888-396 EYES (3937) or 1-314-983-4160
Medi-Cal and Covered California For information about programs.	805-781-1790 Dept of Social Services http://www.coveredca.com/ Covered California http://www.mybenefitscalwin.org/
Sierra Vista Pediatric Clinics (GI, Endo, Cardio)	833-300-8748 Fax to Valley Children’s 559-353-8888



<p>Specialist from Valley Children’s Hospital. Not definite schedule must call or send fax. To refer send referral form plus history and physical of the concern.</p>	<p>Local Contact 805-546-7676 Sierra Vista Scheduler Marcia Martin Office 35 Casa St, Suite 360, San Luis Obispo, 93405 https://www.valleychildrens.org/heart/regional-practices</p>
<p>Child Dental Services (Sliding Scale or Free)</p>	
<p>CHC-Dental Nipomo, Oceano, and Templeton Clinics. Mobile Clinics.</p>	<p>805-929-3254 Fax 805-931-2569 150 Tejas Place, Nipomo, CA 93444 805-542-6702 Fax 805-542-6791 1330 Las Tablas Rd., Templeton, CA 93465 805-994-2103 2120 Cienaga St, Oceano 93445 Ages 0-12 http://communityhealthcenters.org/en/dental-services.html</p>
<p>Clinica de Tolosa Dental Service for children ages 0-12. Sliding fee for the dentally uninsured. All insurances billed including Denti-Cal. Spanish and English.</p>	<p>805-592-2445 4251 S. Higuera St., Suite 401, San Luis Obispo, CA 93401 805-238-5334 717 Walnut Dr, Paso Robles, 93446 https://tolosachildrendental.org/</p>
<p>Dental Care for Children Limited reimbursement of participating dentists for initial exam, ex-rays and approved treatment plan. Eligibility requirements. Funds supported by grants and community donation through the Center for Family Strengthening.</p>	<p>CHDP Program Information 805-781-5527 805-781-4492 (fax) 1-800-660-3313 toll free 2180 Johnson Ave, San Luis Obispo, CA 93401 https://www.slocounty.ca.gov/Departments/Health-Agency/Public-Health/All-Public-Health-Services/Child-Health-and-Disability-Prevention.aspx</p>
<p>Dental Hygiene Services Dental Hygienist Only. California Dental Hygienist Association. Covered by Denti-Cal.</p>	<p>Coast Smiles on Wheels 805-441-7262 Pure Dental Hygiene 805-549-7873 1177 Palm St., San Luis Obispo http://www.purehygiene.com/contact.html</p>
<p>Don Tran DDS Ages 1 and above. Spanish speaking.</p>	<p>805-481-3433 871 Oak Park Blvd, Pismo Beach 93449 http://centralcoastdental.org/</p>
<p>In Home Dental Hygiene Services Mobile service for those who have limited access to traditional dental offices. Fee for services. Areas: Paso Robles, San Luis Obispo, Morro Bay, Cambria, Arroyo Grande, Santa María. Melinda “Mindy” Voight RDHAP</p>	<p>805-720-4665 Mindy@InHomeDentalHygiene.com http://www.inhomedentalhygiene.com/</p>



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San Luis Obispo County Department of Public Health-Maternal, Child & Adolescent Health

Huong Doan DDS Ages 1 and above. Sliding Scale. Denti-Cal. Spanish speaking.	805-538-1888 425 S Higuera Street Suite 101, San Luis Obispo 93401 https://www.doandentistry.com/
Noor Dental Dental services. Sliding scale/Free	805-592-2240 3071 S. Higuera # 110, San Luis Obispo 93401 https://slonoorfoundation.org/
Denti-Cal	1-800-322-6384 https://www.denti-cal.ca.gov/



Health and Social Services	
Medical Services (Sliding Scale or Free)	
<p>Access Support Network of San Luis Obispo and Monterey Services for Hep C/HIV, PrEP program awareness, and counseling/services for insurance benefits, health, housing and financial. Memorial Grove at El Chorro Regional Park</p>	<p>805-781-3660 1320 Nipomo St, San Luis Obispo, CA 93401 https://www.asn.org/</p>
<p>CAPSLO The Center for Health & Prevention Clinic Pregnancy testing. Birth control. STI testing & treatment. Menopausal services. Education. Teen services. LGBTQ friendly.</p>	<p>805-544-2478 fax 805-544-3649 705 Grand Ave, San Luis Obispo, CA 93401 805-489-4026 fax 805-489-7013 1152 E. Grand Ave, Arroyo Grande, CA 93420 https://capslo.org/the-center/</p>
<p>Community Health Clinics of the Central Coast Primary care, family dentistry, pediatrics, OB/GYN, health education & Chronic Disease Management.</p>	<p>1-866-614-4636 toll free or contact nearest health center. http://www.communityhealthcenters.org/locations.html</p>
<p>County Family Planning/Reproductive Health Clinics Reproductive Health, Family Planning, Every Women Counts Program, breast and cervical care, STI/HIV testing and treatment, HIV prevention, vaccine administration, teen services, LGBTQ friendly.</p>	<p>805-237-3050 Paso Robles Clinic 805 4Th St., Paso Robles, CA 93446 https://www.slocounty.ca.gov/Departments/Health-Agency/Public-Health/All-Public-Health-Services/Sexual-and-Reproductive-Health.aspx Insurance accepted- TriCare, Family PACT, Medi-Cal, CenCal, Medicare, Sliding Scale</p>
<p>Infant SEE Public Health Program of American Optometric Association. Website to identify participating optometrists for comprehensive eye assessment between 6 - 12 months at no cost.</p>	<p>www.infantsee.org 1-888-396 EYES (3937) or 1-314-983-4160</p>
<p>Planned Parenthood Birth control. HIV testing. LGBTQ services. Emergency contraception. Pregnancy Testing. STI testing & treatment. Abortion services.</p>	<p>1-888-898-3806 (fax 805- 549-0749) 743 Pismo St, San Luis Obispo, CA 93401 https://www.plannedparenthood.org/health-center/california/san-luis-obispo/93401/san-luis-obispo-center-2252-90170</p>



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San Luis Obispo County Department of Public Health-Maternal, Child & Adolescent Health

<p>Medi-Cal and Covered California For information about programs.</p>	<p>805-781-1797 Dept of Social Services www.coveredca.com Covered California http://www.mybenefitscalwin.org/</p>
<p>Noor Clinic Primary care and vision. Vision is by appointment only. Sliding scale/Free</p>	<p>805- 439-1797 fax 805- 439-1799 1428 Phillips Lane B-4, San Luis Obispo 93401 https://slonoorfoundation.org/</p>
<p>SLO Health Navigators First 5 Program to assist families in understanding enrolling into insurance and finding other services.</p>	<p>805-474-2022 South County 805-544-4355 Coastal Navigators 805-238-2775 North County https://linkslo.org/what-we-do/first-5-health-navigation-2/</p>
<p>Site to Find Primary Care and Specialty Medical Services</p>	<p>Contact insurance carrier. Hospitals have listings. http://www.healthgrades.com/</p>
<p>Pharmaceutical Assistance</p>	
<p>Alliance for Pharmaceutical Access Medications discounted. Call first to set up an appointment or to talk with APA staff.</p>	<p>805-548-0894 San Luis Obispo Noor Clinic 1428 Phillips Lane B-4, San Luis Obispo 93401 https://www.dignityhealth.org/central-coast/locations/marianregional/patients-and-visitors/for-patients/alliance-for-pharmaceutical-access</p>
<p>Free/Discounted prescription drug card Call any CHC, Costco, Walmart. Each brand of discount card offers different discounts. Need to ask around. Anyone can use Costco pharmacy. Discount cards cannot be used at the same time as other health insurance.</p>	<p>Costco Pharmacy in SLO 805- 541-7028. Walmart pharmacy Arroyo Grande 805- 474-0900.</p>
<p>Good Rx Comparison shopping and coupons.</p>	<p>http://www.goodrx.com/</p>
<p>Integrated Waste Management Authority – Disposal of Medications Pick up disposal bags at local pharmacies. List of drugs, sites, and directions for using disposal bags, etc.</p>	<p>805-782-8530 iwma@iwma.com https://www.iwma.com/</p>
<p>Home Health Services</p>	



<p>Medical Services: Home based services are often required to meet the “medically necessary” criteria for the insurance to cover expense. (Referred to as Medicare Certified Home Health)</p> <p>Non-Medical or Respite Services: Home support services e.g. help with household work usually are fee for services.</p>	<p>If you think it is medical services or not sure then suggest call insurer first. You can also call one of the home health agencies to determine medically necessary. The home health agencies may also suggest respite services or other non-medical agencies.</p> <p>http://www.carepathways.com/ca/home-health-care-san-luis-obispo? - home 805-782-8600 Wilshire Home Health 277 South St., Suite W, San Luis Obispo https://www.wilshirehomehealthcc.org/</p> <p>BrightStar Care 3220 S. Higuera St., Suite 315, San Luis Obispo 805-548-8811 https://www.brightstarcare.com/san-luis-obispo 844-430-7649</p> <p>Dignity Home Health, Hospice & Infusion 4555 El Camino Real, Unit A, Atascadero CA 93422 https://www.dignityhealth.org/central-coast/services/home-health-hospice-and-infusion-services</p>
<h2 style="background-color: #00a0a0; color: white; padding: 2px;">Immunizations</h2>	
<p>County Immunization Program Best to call first and make appointment.</p>	<p>805-781-5500 (after hours 805-781-4563) 2191 Johnson Ave, San Luis Obispo, CA 93403 805-237-3050 Paso Robles Clinic 805 4th St. Paso Robles, CA 93446 805-473-7050 Grover Beach Clinic 286 S 16th St, Grover Beach, CA 93433 https://www.slocounty.ca.gov/Departments/Health-Agency/Public-Health/All-Public-Health-Services/Vaccines-Immunizations.aspx</p>
<p>Retail Pharmacies Offer immunizations. Services for walk-in. Best to call for best time.</p>	
<h2 style="background-color: #00a0a0; color: white; padding: 2px;">Disability Access Services</h2>	
<p>SLO Access for All Listings for American Sign Language and Deaf interpreters, provides information to providers on accessibility best practices, advocacy and outreach for people with disabilities.</p>	<p>http://www.sloaccessforall.org/ 805-543-2323</p>
<h2 style="background-color: #00a0a0; color: white; padding: 2px;">Hospitals</h2>	
<p>Arroyo Grande Community</p>	<p>805-489-4261</p>



Hospital	345 S. Halcyon Rd, Arroyo Grande, CA 93420 https://www.dignityhealth.org/central-coast/locations/arroyo-grande
French Hospital Medical Center	805-543-5353 1911 Johnson Ave, San Luis Obispo, CA 93401 https://www.dignityhealth.org/central-coast/locations/frenchhospital
Sierra Vista Regional Medical Center	805-546-7600 1010 Murray Ave, San Luis Obispo, CA 93405 https://www.tenethealthcentralcoast.com/
Twin Cities Community Hospital	805-434-3500 1100 Las Tablas Rd, Templeton, CA 93465 https://www.tenethealthcentralcoast.com/location/detail/twin-cities-community-hospital
Nutritionist Services	
Public Health Department Nutritionist See WIC program Public Health Department See WIC program Public Health Department	805-781-5570 (after hours 805-781-4563) 2191 Johnson Ave, San Luis Obispo, CA 93403 Atascadero: 805-781-5570 5575 Hospital Drive, Atascadero, CA 93422 Cambria: 805-781-5570 Veterans Memorial Building, 1000 Main St., Cambria CA 93428 Grover Beach: 805-473-7130 286 S 16th St, Suite B, Grover Beach, CA 93433 Morro Bay: 805-781-5570 760 Morro Bay Blvd, Morro Bay, CA 93442 Nipomo: 805-781-5570 200 E Dana St., Nipomo CA 93444 Paso Robles: 805-237-3065 805 4Th St, Paso Robles, CA 93446 https://www.slocounty.ca.gov/Departments/Health-Agency/Public-Health/All-Public-Health-Services/Women,-Infants-and-Children-(WIC)/SLO-WIC-Locations.aspx
Diabetes & Nutrition Education Center Joanna Cooper W, C.D.E., Libby Kerr RN C.D.E. English and Spanish	805-434-1166 295 Posada Lane, Suite C, Templeton CA 93465 jcooperrd@charter.net
Patricia Leonard, RD For appointment call. Languages English, Polish, Spanish CenCal and private pay insurance Virtual Appointments	805-904-9782 Paso Robles, CA
French Hospital Medical Center	
Healthy for Life Wellness Program	For schedule see: https://www.dignityhealth.org/central-



Three class nutritional lecture series presented in English and Spanish	coast/locations/frenchhospital/classes-and-events/healthier-living-workshops
Healthier Living: Take Care of Your Life A program designed to help those coping with long-term health conditions. English and Spanish.	For schedule see: https://www.dignityhealth.org/central-coast/locations/frenchhospital/classes-and-events/healthier-living-workshops
DEEP (Diabetes Education Empowerment Program™) An evidence-based diabetes education program for people with diabetes or pre-diabetes in English and Spanish.	For schedule see: https://www.dignityhealth.org/central-coast/locations/frenchhospital/classes-and-events/healthier-living-workshops
Diabetes Support Group An open discussion support Group.	805-597-6780 Meets quarterly, 5:30- 6:30 pm. For dates see https://www.dignityhealth.org/central-coast/locations/frenchhospital/classes-and-events/diabetes
Weight Loss Surgery Education and Support Groups The educational seminars are presented to any adult who is interested in becoming a candidate for weight loss surgery. Monthly support groups are also available.	Meetings in San Luis Obispo and Santa Maria. For schedule see: https://www.dignityhealth.org/central-coast/locations/frenchhospital/classes-and-events/weight-loss-surgery-support-groups
Clothing & Food Services	
For More Resources - Clothing and Food Services	Call 211 or www.unitedwayslo.org/2-1-1/search-2-1-1-slo-county or Mobile application “slo community resources”.
Goodwill Industries Primarily clothing and household goods. Also provides assistance with food and housing.	805-544-0542 880 Industrial Way, San Luis Obispo CA 93401 https://www.cgoodwill.org/
40 Prado Homeless Services Center Shelter, food, laundry, shower, mail services, medical care for homeless	805-544-4004 40 Prado Road, San Luis Obispo, CA 93401 https://capslo.org/40-prado/
Salvation Army Provide financial assistance in an emergency for housing, rental assistance, food, funds for paying utility bills, transportation to medical, holiday assistance and more. Available Tuesdays-Fridays.	805-544-2401 815 Islay St, San Luis Obispo, CA 93401 https://sanluisobispo.salvationarmy.org/



<p>The Traveling Children’s Closet and The Teen Closet Free clothing, school supplies and resources for newborns-teens</p>	<p>805-709-5404 Locations in Arroyo Grande, Nipomo, Santa Maria, and San Luis Obispo on varying days. Dates and locations on website calendar. http://www.childrensresourcenetwork.org/traveling-childrens-closet.htm</p>
<p>WIC Offers food assistance using E-WIC Debit card, nutrition counseling, breastfeeding support and referrals to community services. WIC services are for women who are pregnant, or have just had a baby, infants and children up to age 5. Phone: 805-781-5571 Text Line: 888-417-6180 Call or text to confirm office hours.</p>	<p>SLO WIC office: 805-781-5570 (after hours 805-781-4563) 2180 Johnson Ave, San Luis Obispo, CA 93403 Atascadero WIC office: 805-781-5570 5575 Hospital Drive, Atascadero, CA 93422 Cambria WIC office: 805-781-5570 Veterans Memorial Building, 1000 Main St., Cambria CA 93428 Grover Beach: 805-473-7130 286 S 16th St, Suite B, Grover Beach, CA 93433 Morro Bay: 805-781-5570 760 Morro Bay Blvd, Morro Bay, CA 93442 Nipomo: 805-781-5570 200 E Dana St., Nipomo CA 93444 Paso Robles: 805-237-3065 805 4Th St., Paso Robles, CA 93446 https://www.slocounty.ca.gov/Departments/Health-Agency/Public-Health/All-Public-Health-Services/Women,-Infants-and-Children-(WIC).aspx</p>
<p>GIVEslo Providing weekend food to students at Laguna Middle School and other local needs.</p>	<p>(303) 908-4498 info@giveslo.org https://www.facebook.com/GIVEslo/</p>
<p>Los Osos Cares/Womenade Helping families meet basic needs, financial and housing support, medical needs and more.</p>	<p>locwomenade@gmail.com https://www.facebook.com/Los-Osos-Cares-Womenade-104598214286593/</p>
<p>North County Womenade</p>	<p>7343 El Camino Real Box 217, Atascadero, CA 93422 northcountyywomenade@gmail.com</p>
<p>South County Womenade Distributes food bank food, clothes, and books at Nipomo Elementary School. Weekend nutrition program at local schools.</p>	<p>rosemary.cleaves@rscinag.com slocwomenade@gmail.com</p>
<p>Housing & Shelter Services</p>	
<p>More Resources – Housing and Shelter Information</p>	<p>Call 211 or www.unitedwayslo.org/2-1-1/search-2-1-1-slo-county or</p>



	Mobile application “slo community resources”
<p>Goodwill Industries Primarily clothing and household goods. Also provides assistance with food and housing.</p>	<p>805-544-0542 880 Industrial Way, San Luis Obispo CA 93401 https://www.cgoodwill.org/</p>
<p>SLO HUB Crystal Racicot, Lead Case Manager Counseling and recovery services for homeless individuals with mental health and substance use challenges.</p>	<p>805-440-6168</p>
<p>Housing Authority (HASLO) Voucher programs, Section 8, and other services. Call to check waiting lists.</p>	<p>805-543-4478 San Luis Obispo Housing Authority 487 Leff St, San Luis Obispo, CA 93401 https://www.haslo.org/ 805-238-4015 Paso Robles Housing Authority 901 30th St, Paso Robles, CA 93446 https://pasoroblesha.org/</p>
<p>Five Cities Homeless Coalition Case management and direct financial support to the homeless</p>	<p>805-574-1638 100 South 4th St., Grover Beach, CA 93433 www.5chc.org</p>
<p>Salvation Army Provide financial assistance in an emergency for housing, rental assistance, food, funds for paying utility bills, transportation to medical, holiday assistance and more. Available Tuesdays-Fridays.</p>	<p>805-544-2401 815 Islay St, San Luis Obispo, CA 93401 https://sanluisobispo.salvationarmy.org/</p>
<p>Echo Homeless Shelters Emergency shelter for individuals and families. Case management, resources and meals provided.</p>	<p>805-462-FOOD (3663) Locations in Atascadero and Paso Robles. www.echoshelter.org</p>
<p>Prado Homeless Shelter Emergency shelter for individuals and families. Case management, resources and meals provided.</p>	<p>805-544-4004 40 Prado Rd, San Luis Obispo, CA 93401 www.capslo.org/40-prado</p>
Transportation	
More Resources - Transportation Information	<p>Call 211 or www.unitedwayslo.org/2-1-1/search-2-1-1-slo-county</p>



<p>CenCal Health Transportation CenCal members requiring assistance with transportation. Transportation vendor is Ventura Transportation Services (VTS). Clients need to 48 business hours and provide CenCal # and DOB. Only mom & NB are eligible</p>	<p>855-659-4600 http://www.ride-on.org/ride-on-medi-cal-cen-cal-shuttle.php</p>
<p>Ride-on Transport for those who can't use public transport. Pregnancy qualifies if covered by Medi-Cal or CenCal. Call to check.</p>	<p>805-541-8747 3620 Sacramento Dr #201 San Luis Obispo, CA 93401 http://www.ride-on.org/</p>
<p>RTA Bus Service Info Line Cash fares, discount passes, dial-a-ride</p>	<p>805-541-2228 rider info and 805-781-4472 Office 253 Elks Lane, San Luis Obispo, CA 93401 info@slorta.org https://www.slorta.org/</p>
<p>SCAT (South County Area Transit) Three daily fixed routes that serve bus stops throughout the area and a Mon-Fri route for Arroyo Grande High School</p>	<p>805-541-2228 805-781-4472 Office info@slorta.org https://www.slorta.org/about-rta/south-county-transit-sct/</p>
<p>SLO Transit City of SLO transit schedule information</p>	<p>805-541-2877 San Luis Obispo 29 Prado Road, San Luis Obispo, CA 93401 https://www.slocity.org/government/department-directory/public-works/slo-transit</p>
<p>CHC Patient Transport Services Offering transportation services to and from clinic appointments.</p>	<p>805-743-3242 www.communityhealthcenters.org/patient-resources</p>
<p>Veterans Services</p>	
<p>List of Veterans Services</p>	<p>Call 211 or www.unitedwayslo.org/2-1-1/search-2-1-1-slo-county</p>
<p>Veterans Outpatient Clinic Clinics for veterans.</p>	<p>805-543-1233 San Luis Obispo 1288 Morro Street, San Luis Obispo, CA 93401 http://www.losangeles.va.gov/locations/directions-SLO.asp</p>



Immunizations	
<p>County Immunization Program Best to call first and make appointment.</p>	<p>805-781-5500 (after hours 805-781-4563) 2191 Johnson Ave, San Luis Obispo, CA 93403 805-237-3050 Paso Robles Clinic 805 4th St. Paso Robles, CA 93446 805-473-7050 Grover Beach Clinic 286 S 16th St, Grover Beach, CA 93433 https://www.slocounty.ca.gov/Departments/Health-Agency/Public-Health/All-Public-Health-Services/Vaccines-Immunizations.aspx</p>
<p>Retail Pharmacies Offer immunizations. Services for walk-in. Best to call for best time.</p>	
Disability Access Services	
<p>SLO Access for All Listings for American Sign Language and Deaf interpreters, provides information to providers on accessibility best practices, advocacy and outreach for people with disabilities.</p>	<p>http://www.sloaccessforall.org/ 805-543-2323</p>
Hospitals	
<p>Arroyo Grande Community Hospital</p>	<p>805-489-4261 345 S. Halcyon Rd, Arroyo Grande, CA 93420 https://www.dignityhealth.org/central-coast/locations/arroyo-grande</p>
<p>French Hospital Medical Center</p>	<p>805-543-5353 1911 Johnson Ave, San Luis Obispo, CA 93401 https://www.dignityhealth.org/central-coast/locations/frenchhospital</p>
<p>Sierra Vista Regional Medical Center</p>	<p>805-546-7600 1010 Murray Ave, San Luis Obispo, CA 93405 https://www.tenethealthcentralcoast.com/</p>
<p>Twin Cities Community Hospital</p>	<p>805-434-3500 1100 Las Tablas Rd, Templeton, CA 93465 https://www.tenethealthcentralcoast.com/location/detail/twin-cities-community-hospital</p>
Nutritionist Services	
<p>Public Health Department Nutritionist See WIC program Public Health Department</p>	<p>805-781-5570 (after hours 805-781-4563) 2191 Johnson Ave, San Luis Obispo, CA 93403 Atascadero: 805-781-5570 5575 Hospital Drive, Atascadero, CA 93422 Cambria: 805-781-5570 Veterans Memorial Building, 1000 Main St., Cambria CA</p>



<p>See WIC program Public Health Department</p>	<p>93428 Grover Beach: 805-473-7130 286 S 16th St, Suite B, Grover Beach, CA 93433 Morro Bay: 805-781-5570 760 Morro Bay Blvd, Morro Bay, CA 93442 Nipomo: 805-781-5570 200 E Dana St., Nipomo CA 93444 Paso Robles: 805-237-3065 805 4Th St, Paso Robles, CA 93446 https://www.slocounty.ca.gov/Departments/Health-Agency/Public-Health/All-Public-Health-Services/Women,-Infants-and-Children-(WIC)/SLO-WIC-Locations.aspx</p>
<p>Diabetes & Nutrition Education Center Joanna Cooper W, C.D.E., Libby Kerr RN C.D.E. English and Spanish</p>	<p>805-434-1166 295 Posada Lane, Suite C, Templeton CA 93465 jcooperrd@charter.net</p>
<p>Patricia Leonard, RD For appointment call. Languages English, Polish, Spanish CenCal and private pay insurance Virtual Appointments</p>	<p>805-904-9782 Paso Robles, CA</p>
<p>French Hospital Medical Center</p>	
<p>Healthy for Life Wellness Program Three class nutritional lecture series presented in English and Spanish</p>	<p>For schedule see: https://www.dignityhealth.org/central-coast/locations/frenchhospital/classes-and-events/healthier-living-workshops</p>
<p>Healthier Living: Take Care of Your Life A program designed to help those coping with long-term health conditions. English and Spanish.</p>	<p>For schedule see: https://www.dignityhealth.org/central-coast/locations/frenchhospital/classes-and-events/healthier-living-workshops</p>
<p>DEEP (Diabetes Education Empowerment Program™) An evidence-based diabetes education program for people with diabetes or pre-diabetes in English and Spanish.</p>	<p>For schedule see: https://www.dignityhealth.org/central-coast/locations/frenchhospital/classes-and-events/healthier-living-workshops</p>
<p>Diabetes Support Group An open discussion support Group.</p>	<p>805-597-6780 Meets quarterly, 5:30- 6:30 pm. For dates see https://www.dignityhealth.org/central-coast/locations/frenchhospital/classes-and-events/diabetes</p>
<p>Weight Loss Surgery Education and Support Groups The educational seminars are presented to any adult who is interested in</p>	<p>Meetings in San Luis Obispo and Santa Maria. For schedule see: https://www.dignityhealth.org/central-coast/locations/frenchhospital/classes-and-events/weight-</p>



<p>becoming a candidate for weight loss surgery. Monthly support groups are also available.</p>	<p>loss-surgery-support-groups</p>
<p>Clothing & Food Services</p>	
<p>For More Resources - Clothing and Food Services</p>	<p>Call 211 or www.unitedwayslo.org/2-1-1/search-2-1-1-slo-county or Mobile application “slo community resources”.</p>
<p>Goodwill Industries Primarily clothing and household goods. Also provides assistance with food and housing.</p>	<p>805-544-0542 880 Industrial Way, San Luis Obispo CA 93401 https://www.ccgoodwill.org/</p>
<p>40 Prado Homeless Services Center Shelter, food, laundry, shower, mail services, medical care for homeless</p>	<p>805-544-4004 40 Prado Road, San Luis Obispo, CA 93401 https://capslo.org/40-prado/</p>
<p>Salvation Army Provide financial assistance in an emergency for housing, rental assistance, food, funds for paying utility bills, transportation to medical, holiday assistance and more. Available Tuesdays-Fridays.</p>	<p>805-544-2401 815 Islay St, San Luis Obispo, CA 93401 https://sanluisobispo.salvationarmy.org/</p>
<p>The Traveling Children’s Closet and The Teen Closet Free clothing, school supplies and resources for newborns-teens</p>	<p>805-709-5404 Locations in Arroyo Grande, Nipomo, Santa Maria, and San Luis Obispo on varying days. Dates and locations on website calendar. http://www.childrensresourcenetwork.org/traveling-childrens-closet.htm</p>
<p>WIC Offers food assistance using E-WIC Debit card, nutrition counseling, breastfeeding support and referrals to community services. WIC services are for women who are pregnant, or have just had a baby, infants and children up to age 5. Phone: 805-781-5571 Text Line: 888-417-6180 Call or text to confirm office hours.</p>	<p>SLO WIC office: 805-781-5570 (after hours 805-781-4563) 2180 Johnson Ave, San Luis Obispo, CA 93403 Atascadero WIC office: 805-781-5570 5575 Hospital Drive, Atascadero, CA 93422 Cambria WIC office: 805-781-5570 Veterans Memorial Building, 1000 Main St., Cambria CA 93428 Grover Beach: 805-473-7130 286 S 16th St, Suite B, Grover Beach, CA 93433 Morro Bay: 805-781-5570 760 Morro Bay Blvd, Morro Bay, CA 93442 Nipomo: 805-781-5570 200 E Dana St., Nipomo CA 93444 Paso Robles: 805-237-3065</p>



	<p>805 4Th St., Paso Robles, CA 93446</p> <p>https://www.slocounty.ca.gov/Departments/Health-Agency/Public-Health/All-Public-Health-Services/Women,-Infants-and-Children-(WIC).aspx</p>
<p>GIVESlo Providing weekend food to students at Laguna Middle School and other local needs.</p>	<p>(303) 908-4498 info@giveslo.org https://www.facebook.com/GIVEslo/</p>
<p>Los Osos Cares/Womenade Helping families meet basic needs, financial and housing support, medical needs and more.</p>	<p>locwomenade@gmail.com https://www.facebook.com/Los-Osos-Cares-Womenade-104598214286593/</p>
<p>North County Womenade</p>	<p>7343 El Camino Real Box 217, Atascadero, CA 93422 northcountyywomenade@gmail.com</p>
<p>South County Womenade Distributes food bank food, clothes, and books at Nipomo Elementary School. Weekend nutrition program at local schools.</p>	<p>rosemary.cleaves@rscinag.com slocwomenade@gmail.com</p>
<p>Housing & Shelter Services</p>	
<p>More Resources – Housing and Shelter Information</p>	<p>Call 211 or www.unitedwayslo.org/2-1-1/search-2-1-1-slo-county or Mobile application “slo community resources”</p>
<p>Goodwill Industries Primarily clothing and household goods. Also provides assistance with food and housing.</p>	<p>805-544-0542 880 Industrial Way, San Luis Obispo CA 93401 https://www.cgoodwill.org/</p>
<p>SLO HUB Crystal Racicot, Lead Case Manager Counseling and recovery services for homeless individuals with mental health and substance use challenges.</p>	<p>805-440-6168</p>
<p>Housing Authority (HASLO) Voucher programs, Section 8, and other services. Call to check waiting lists.</p>	<p>805-543-4478 San Luis Obispo Housing Authority 487 Leff St, San Luis Obispo, CA 93401 https://www.haslo.org/ 805-238-4015 Paso Robles Housing Authority 901 30th St, Paso Robles, CA 93446</p>



	https://pasoroblesha.org/
Five Cities Homeless Coalition Case management and direct financial support to the homeless	805-574-1638 100 South 4th St., Grover Beach, CA 93433 www.5chc.org
Salvation Army Provide financial assistance in an emergency for housing, rental assistance, food, funds for paying utility bills, transportation to medical, holiday assistance and more. Available Tuesdays-Fridays.	805-544-2401 815 Islay St, San Luis Obispo, CA 93401 https://sanluisobispo.salvationarmy.org/
Echo Homeless Shelters Emergency shelter for individuals and families. Case management, resources and meals provided.	805-462-FOOD (3663) Locations in Atascadero and Paso Robles. www.echoshelter.org
Prado Homeless Shelter Emergency shelter for individuals and families. Case management, resources and meals provided.	805-544-4004 40 Prado Rd, San Luis Obispo, CA 93401 www.capslo.org/40-prado
Transportation	
More Resources - Transportation Information	Call 211 or www.unitedwayslo.org/2-1-1/search-2-1-1-slo-county
CenCal Health Transportation CenCal members requiring assistance with transportation. Transportation vendor is Ventura Transportation Services (VTS). Clients need to 48 business hours and provide CenCal # and DOB. Only mom & NB are eligible	855-659-4600 http://www.ride-on.org/ride-on-medi-cal-cen-cal-shuttle.php
Ride-on Transport for those who can't use public transport. Pregnancy qualifies if covered by Medi-Cal or CenCal. Call to check.	805-541-8747 3620 Sacramento Dr #201 San Luis Obispo, CA 93401 http://www.ride-on.org/
RTA Bus Service Info Line Cash fares, discount passes, dial-a-ride	805-541-2228 rider info and 805-781-4472 Office 253 Elks Lane, San Luis Obispo, CA 93401 info@slorta.org https://www.slorta.org/



NavigateSLO

San Luis Obispo County Department of Public Health-Maternal, Child & Adolescent Health

<p>SCAT (South County Area Transit) Three daily fixed routes that serve bus stops throughout the area and a Mon-Fri route for Arroyo Grande High School</p>	<p>805-541-2228 805-781-4472 Office info@slorta.org https://www.slorta.org/about-rta/south-county-transit-sct/</p>
<p>SLO Transit City of SLO transit schedule information</p>	<p>805-541-2877 San Luis Obispo 29 Prado Road, San Luis Obispo, CA 93401 https://www.slocity.org/government/departments-directory/public-works/slo-transit</p>
<p>CHC Patient Transport Services Offering transportation services to and from clinic appointments.</p>	<p>805-743-3242 www.communityhealthcenters.org/patient-resources</p>
<p>Veterans Services</p>	
<p>List of Veterans Services</p>	<p>Call 211 or www.unitedwayslo.org/2-1-1/search-2-1-1-slo-county</p>
<p>Veterans Outpatient Clinic Clinics for veterans.</p>	<p>805-543-1233 San Luis Obispo 1288 Morro Street, San Luis Obispo, CA 93401 https://www.losangeles.va.gov/locations/directions-SLO.asp</p>



County and City Services	
Department of Social Services	
<p>My Benefits - California Website for people to look up programs and track benefits.</p>	<p>www.mybenefitscalwin.org</p>
<p>CalFresh/SNAP Helps those with low income to buy food needed for good health</p>	<p>805-781-1600 3433 S. Higuera St, San Luis Obispo, CA 93403 805-772-6405 600 Quintana Rd., Morro Bay, CA 93442 805- 474-2000 1086 East Grand Ave, Arroyo Grande, CA 93420 805-931-1800 681 West Tefft St., Suite 1, Nipomo, CA 93444 805-237-3110 406 Spring St, Paso Robles, CA 93446 805- 461-6000 9630 El Camino Real, Atascadero, CA 93422 https://www.slocounty.ca.gov/Departments/Social-Services/CalFresh/Services/CalFresh-Food-Assistance.aspx</p>
<p>Cal-Learn Program for pregnant and parenting teens who receive CalWORKs, to help them graduate from high school and form healthy families.</p>	<p>Apply at https://www.mybenefitscalwin.org/ or at local social service offices: https://www.slocounty.ca.gov/Departments/Social-Services/Cash-Assistance-Programs/Services/Cal-Learn.aspx</p>
<p>CalWorks Cash aid to help pay living expenses. Time-limited to families with children under 19. (DSS)</p>	<p>805-781-1600 3433 S. Higuera St, San Luis Obispo, CA 93403 805-772-6405 600 Quintana Rd., Morro Bay, CA 93442 805 461-6000 9630 El Camino Real, Atascadero, CA 93422 805-237-3110 406 Spring St, Paso Robles, CA 93446 805-474-2000 1086 Grand Ave, Arroyo Grande, CA 93420 805-931-1800 681 W. Tefft St., Suite 1, Nipomo, CA 93444 https://www.slocounty.ca.gov/Departments/Social-Services/Cash-Assistance-Programs/Services/CalWORKs-Cash-Aid.aspx</p>



<p>Child Welfare Services (CWS) Concern about welfare of child including neglect, abuse, and commercial trafficking. Foster care, adoption, and kinship guardian services.</p>	<p>805-781-5437 3433 S. Higuera St, San Luis Obispo, CA 93403 https://www.slocounty.ca.gov/Departments/Social-Services/Child-Welfare-Services-(CWS).aspx</p>
<p>Cash Assistance Program for Immigrants (CAPI) State program for aged, blind, or disabled non-citizens not eligible for SSI/SSP solely.</p>	<p>805-781-1600 3433 S. Higuera St, San Luis Obispo, CA 93403 https://www.slocounty.ca.gov/Departments/Social-Services/Cash-Assistance-Programs/Services/California-Assistance-Program-for-Immigrants-(CAPI).aspx</p>
<p>Medi-Cal and Covered California Help pay for health and medical care for Children, families and aged/disabled adults.</p>	<p>805-781-1600 3433 S. Higuera St, San Luis Obispo, CA 93403 805-772-6405 600 Quintana Rd., Morro Bay, CA 93442 805 461-6000 9630 El Camino Real, Atascadero, CA 93422 805-237-3110 406 Spring St, Paso Robles, CA 93446 805-474-2000 1086 Grand Ave, Arroyo Grande, CA 93420 805-931-1800 681 W. Tefft St., Suite 1, Nipomo, CA 93444 Covered California http://www.coveredca.com/</p>
<p>SAFE (Services Affirming Family Empowerment) Program Community and school based resource center, reducing number of children requiring out of home care. Parenting. Some Transportation.</p>	<p>805-458-5499 San Luis Obispo 805-238-2775 Paso Robles 805-466-5404 Atascadero 805-474-2105 Arroyo Grande 805-474-3690 Oceano 805-473-4373 Nipomo 805-235-6610 Los Osos https://www.slocounty.ca.gov/Departments/Health-Agency/Behavioral-Health/Mental-Health-Youth/Services/Services-Affirming-Family-Empowerment-(SAFE).aspx</p>



Public Health Department	
Clinics and Services	
<p>County Family Planning/Reproductive Health Clinics Reproductive Health, Family Planning, HIV, STI health care available at San Luis Obispo and Paso Robles.</p>	<p>805-781-5500 (after hours 805-781-4563) 2191 Johnson Ave, San Luis Obispo, CA 93403 805-237-3050 Paso Robles Clinic 805 4th St., Paso Robles, CA 93446 https://www.slocounty.ca.gov/Departments/Health-Agency/Public-Health/All-Public-Health-Services/Sexual-and-Reproductive-Health.aspx</p>
<p>Public Health Nursing Home Visiting Programs for high risk, low income families Nurse Family Partnership and Healthy Families America.</p>	<p>805-788-2068, 800-660-3313 (Spanish) Fax 805-781-1372 https://www.slocounty.ca.gov/Departments/Health-Agency/Public-Health/All-Public-Health-Services/Nurse-Home-Visiting.aspx</p>
<p>Immunizations, TB, Communicable Disease</p>	<p>805-781-5500 (after hours 805-781-4563) 2191 Johnson Ave, San Luis Obispo, CA 93403 805-237-3050 Paso Robles Clinic 805 4th St., Paso Robles, CA 93446 805-473-7050 Grover Beach Clinic 286 S 16th St, Grover Beach, CA 93433 https://www.slocounty.ca.gov/Departments/Health-Agency/Public-Health/All-Public-Health-Services/Vaccines-Immunizations.aspx</p>
Programs	
<p>Baby's First Breath and Tobacco Prevention-Control Program Counseling programs. Baby's First Breath. Includes some nicotine patches.</p>	<p>805-781-5564 San Luis Obispo 2180 Johnson Ave, San Luis Obispo, CA 93401</p>
<p>Car Seat Program Certified car seat checks, pedestrian and bicycle safety. Free car seat if Medi-Cal eligible.</p>	<p>805-781-1568 https://www.slocounty.ca.gov/Departments/Health-Agency/Public-Health/All-Public-Health-Services/Car-Seat-Inspections.aspx</p>
<p>California Children's Services (CCS) Program helps children 0-21 with certain diseases, physical limitations or chronic health problems. Provides physical and occupational therapy for certain conditions. Call for more information on eligibility.</p>	<p>805-781-5527 fax 805-781-4492 1-800-660-3313 toll free 2180 Johnson Ave, San Luis Obispo, CA 93401 https://www.slocounty.ca.gov/Departments/Health-Agency/Public-Health/All-Public-Health-Services/California-Children-s-Services.aspx</p>
<p>Children's Health and Disability Prevention Program Program coordinating health and dental services. Call for eligibility requirements</p>	<p>805-781-5527 800-660-3313 (Español) 2180 Johnson Ave, San Luis Obispo, CA 93401 https://www.slocounty.ca.gov/Departments/Health-Agency/Public-Health/All-Public-Health-Services/Child-Health-and-Disability-</p>



	Prevention.aspx
<p>Childhood Lead Poisoning Prevention Testing for children ages 0- 21 yrs. Appointments are needed. May be eligible for no or low cost services if Medi-Cal, Medicare or certain insurances.</p>	<p>805-781-5500 2191 Johnson Ave, San Luis Obispo, CA 93403 805-473-7050 Paso Robles Clinic 805 4Th St., Paso Robles, CA 93446 805-473-7130 Grover Beach Clinic 286 S 16th St, Grover Beach, CA 93433 https://www.slocounty.ca.gov/Departments/Health-Agency/Public-Health/All-Public-Health-Services/Childhood-Lead-Poisoning-Prevention.aspx</p>
<p>Health Care Program for Children in Foster Care (HCPCFC) Public Health Nurse located with DSS Child Welfare Office</p>	<p>805-781-1715 3433 S Higuera St., San Luis Obispo CA 93401 https://www.slocounty.ca.gov/Departments/Health-Agency/Public-Health/All-Public-Health-Services/Health-Care-Program-for-Children-in-Foster-Care.aspx</p>
<p>Maternal Child and Adolescent Health (MCAH) Universal Screening Program (drug, alcohol, tobacco, intimate partner violence, and depression), PMAD (Perinatal Mood Anxiety Disorder Project), SIDS (sudden infant death syndrome)</p>	<p>805-788-2068</p>
<p>Martha’s Place Behavioral Assessment Center Ages 0-5 yrs. Provides multidisciplinary assessment and treatment for high-risk health and behavioral problems. Comprehensive assessment of cognitive, behavioral, social educational and emotional development for individual and family.</p>	<p>805-781-4948 2925 McMillan Avenue #108 San Luis Obispo https://www.slocounty.ca.gov/Departments/Health-Agency/Behavioral-Health/Mental-Health-Youth/Services/Martha’s-Place-Children-s-Center.aspx</p>
<p>Medically Indigent Services Program (MISP) Assistance with procuring medical services.</p>	<p>805-781-4838 2180 Johnson Ave, San Luis Obispo, CA 93401 https://www.slocounty.ca.gov/Departments/Health-Agency/Public-Health/All-Public-Health-Services/Medically-Indigent-Services-Program-(MISP).aspx</p>
<p>Vital Records Birth and death certificates.</p>	<p>805-781-5080 vitals@co.slo.ca.us fax 805-781-1111 1055 Monterey St., Suite D120, San Luis Obispo,</p>



	<p>CA 93408 https://www.slocounty.ca.gov/Departments/Clerk-Recorder/Vital-Records-(Births,-Deaths,-Marriages).aspx</p>
<p>WIC Food assistance, nutrition counseling, breastfeeding support, lactation specialists available. Services are offered to non-WIC members. Call to confirm office hours. Sites may only be one day/week.</p>	<p>805-781-5570 (after hours 805-781-4563) 2191 Johnson Ave, San Luis Obispo, CA 93403 Atascadero: 805-781-5570 5575 Hospital Drive, Atascadero, CA 93422 Cambria: 805-781-5570 Veterans Memorial Building, 1000 Main St., Cambria CA 93428 Grover Beach: 805-473-7130 286 S 16th St, Suite B, Grover Beach, CA 93433 Morro Bay: 805-781-5570 760 Morro Bay Blvd, Morro Bay, CA 93442 Nipomo: 805-781-5570 200 E Dana St., Nipomo CA 93444 Paso Robles: 805-237-3065 805 4Th St., Paso Robles, CA 93446 https://www.slocounty.ca.gov/Departments/Health-Agency/Public-Health/All-Public-Health-Services/Women,-Infants-and-Children-(WIC)/SLO-WIC-Locations.aspx</p>
<p>Environmental Health</p>	
<p>Environmental Health Restaurant inspection, beach water quality, body art, disaster response, food, hazardous materials, land use, pests, pools, water and waste disposal</p>	<p>805-781-5544 2156 Sierra Way Suite B, San Luis Obispo , CA 93401 https://www.slocounty.ca.gov/Departments/Health-Agency/Public-Health/eh.aspx</p>
<p>Behavioral Health Services</p>	
<p>Drug & Alcohol Services</p>	
<p>Drug & Alcohol Services Services for 12-18 yrs old and families. Walk-in clinics best place to start. Call to verify hours. Free screening individual assessment. Multiple programs: Substance use treatment, testing and classes. Provide list of AA and NA programs. Detox treatment and information (D&A)</p>	<p>1-800-838-1381 805-781-4275 2180 Johnson Ave, San Luis Obispo 93401 Adults: Tu, W 8:30-11:30, Th 2:30-5:30 Youth: W 1:00-5:00 805-473-7080 1523 Longbranch, Grover Beach, CA 93433 Adults: M 8:30-11:30, T 2:30-5:30, Th 11:00-2:00; Youth: Call for appt. 805-461-6080 3556 El Camino Real, Atascadero, CA 93422 805-226-3200 1763 Ramada Dr., Paso Robles, CA 93446</p>



	Tu 8:30-11:30
<p>POEG Program (Perinatal Outpatient Extended Group) Outpatient treatment program designed to provide a safe, positive, structured drug and alcohol free learning environment with focus on the family as a unit. POEG meets four days a week, three hours a day.</p>	<p>805-473-7080 1523 Longbranch, Grover Beach, CA 93433 805-461-6080 3556 El Camino Real, Atascadero, CA 93422 https://www.slocounty.ca.gov/Departments/Health-Agency/Behavioral-Health/Drug-Alcohol-Services/Services/Perinatal-Outpatient-Extended-Group-(POEG).aspx</p>
Non-county related behavioral & mental health services	
<p>AEGIS Treatment Centers Treatment for substance use disorders, as well as case management, therapy and social services.</p>	<p>805-461-5212 1551 Bishop St. Suite 520, San Luis Obispo CA 93401</p> <p>805-461-5212 6500 Morro Rd. Suites C&D, Atascadero CA 93422</p>
<p>Transitions Mental Health Support services for people with mental health illness. Work, housing and family support services available.</p>	<p>805-540-6500 784 High St, San Luis Obispo, CA 93401 www.t-mha.org</p>
<p>Cencal Mental Health Services Therapy for Cencal members to help manage mild to moderate symptoms of mental health illness.</p>	<p>877-814-1861</p>
Mental Health	
<p>Mental Health and Behavioral Health Services Mental Health Services: medication management, case management, therapy, group rehabilitation, and individual rehabilitation.</p> <p>Best to start with the 1-800-838-1381 number to access services. If emergency call 911.</p>	<p>1-800-838-1381 Main Number 805-781-4700 San Luis Obispo Clinic 2178 Johnson Avenue, SLO, CA 93401 805-474-2154 South County Clinic 1350 Grand Ave., Arroyo Grande, CA 93420 805-461-6060 North County Clinic 5575 Hospital Drive, Atascadero, CA 93422 https://www.slocounty.ca.gov/Departments/Health-Agency/Behavioral-Health/Mental-Health-Adult/Services/Adult-Mental-Health-Outpatient-Treatment.aspx</p>



<p>Mental Health Evaluation Team (MHET) MHET evaluates the individual for inpatient psychiatric care. Suspect medical emergency? Call 911 FIRST! MHET coordinates with first responders to provide psych eval AFTER medical clearance at nearest Hospital Emergency Department.</p>	<p>1-800-838-1381 24 Hour Access Line San Luis Obispo Ask for the Mental Health Evaluation Team and state the psychiatric emergency</p>
<p>Youth Mental Health Services</p>	<p>805-461-6060 5575 Hospital Dr., Atascadero, CA 93422</p>
<p>Prevention & Outreach</p>	
<p>Prevention and Outreach Division of Behavioral Health Behavioral Health Programs such as the following: Friday Night Live, School Wellness, Veterans Outreach and Treatment, and Campus Programs.</p>	<p>805-781-4754 277 South St, Suite T San Luis Obispo 93401</p>
<p>Employment Services</p>	
<p>Employment Development Department Unemployment Insurance and State Disability Insurance</p>	<p>805-781-1908 880 Industrial Road, San Luis Obispo 93401 https://www.slocounty.ca.gov/Departments/Social-Services/Workforce-Development-Board/Job-Center.aspx</p>
<p>Legal Services</p>	
<p>Birth or Death Certificates</p>	<p>805-781-5080 vitals@co.slo.ca.us fax 805-781-1111 1055 Monterey St., Suite D120, San Luis Obispo, CA 93408 https://www.slocounty.ca.gov/Departments/Clerk-Recorder/Vital-Records-(Births,-Deaths,-Marriages).aspx</p>
<p>CA Rural Legal Assistance Free legal assistance income based. Cases: denials of benefits, labor and employment, health, education and housing. San Luis Obispo: M-Tu and Th-Fr 1-5pm Paso Robles: Call</p>	<p>805-544-7997 175 Santa Rosa St., San Luis Obispo, CA 93405 https://www.crla.org/</p>
<p>Child Support Services Department Assist to establish, modify or enforce orders. Also establish paternity. M-F 8a-5pm.</p>	<p>866-901-3212 1200 Monterey St, San Luis Obispo, CA https://www.slocounty.ca.gov/Departments/Child-Support.aspx</p>
<p>District Attorney Includes Victim Witness Program as part of office</p>	<p>805-780-5800 County Courthouse Annex Bldg 1035 Palm St., San Luis Obispo, CA</p>



	<p>Victim Witness Program 805-781-5821 https://www.slocounty.ca.gov/Departments/District-Attorney.aspx</p>
Family Court Services	<p>805-706-3600 1050 Monterey St., San Luis Obispo, CA 93408 805-706-3608 Paso Robles, CA https://www.slo.courts.ca.gov/dv/familycourt.htm</p>
Family Court Mediation Services Mediation involving custody and visitation	<p>805-706-3608 778 Osos St Suite A-1, San Luis Obispo, CA https://www.slo.courts.ca.gov/dv/civil-mediation.htm</p>
Family Law Facilitator A self-help center available to help all self-represented parties who have questions about divorce, separation, child support, child custody and spousal support.	<p>805-706-3617 Or https://calendly.com/self-help-center/</p>
San Luis Obispo County Probation Office	<p>805-781-5300 1585 Kansas Ave, San Luis Obispo, CA 93405 https://www.slocounty.ca.gov/Departments/Probation/Contact-Us.aspx</p>
Libraries, Parks Recreation, Schools	
City Libraries	
Arroyo Grande Public	<p>805-473-7161 800 W Branch St, Arroyo Grande, CA 93420 https://www.slolibrary.org/index.php/about/locations/arroyo-grande-library</p>
Atascadero Public	<p>805-461-6161 6555 Capistrano, Atascadero, CA 93422 https://www.slolibrary.org/index.php/about/locations/atascadero-library</p>
Cambria Public	<p>805 927-4336 1043 Main St., Cambria, CA https://www.slolibrary.org/index.php/about/locations/cambria-library</p>
Cayucos Public	<p>805-995-3312 310 B St, Cayucos, CA https://www.slolibrary.org/index.php/about/locations/cayucos-library</p>
Los Osos Public	<p>805-528-5989 2075 Palisades, Los Osos, CA 93402</p>



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San Luis Obispo County Department of Public Health-Maternal, Child & Adolescent Health

	https://www.slolibrary.org/index.php/about/locations/los-osos-library
Morro Bay Public	805-772-6394 625 Harbor St., Morro Bay, CA https://www.slolibrary.org/index.php/about/locations/morro-bay-library
Nipomo Public	805- 929-3994 918 W. Tefft, Nipomo, CA 93444 https://www.slolibrary.org/index.php/about/locations/nipomo-library
Oceano Public	805-474-7478 1511 19th St, Oceano, CA 93445 https://www.slolibrary.org/index.php/about/locations/oceano-library
San Luis Obispo Law Library	805-781-5855 1050 Monterey St # 125, San Luis Obispo, CA slocll.org
San Luis Obispo Public	805-781-5991 995 Palm St, San Luis Obispo, CA https://www.slolibrary.org/index.php/about/locations/slo-library
Santa Margarita Public	805-438-5622 9630 Murphy Ave, Santa Margarita, CA 93453 https://www.slolibrary.org/index.php/about/locations/santa-margarita-library
San Miguel Public	805-467-3224 254 13 th St , San Miguel CA. https://www.slolibrary.org/index.php/about/locations/sanmiguel-library
Shandon Public	805-237-3009 195 N. 2 nd St., Shandon, CA https://www.slolibrary.org/index.php/about/locations/shandon-library
Creston Public	805-237-3010 6290 Adams Creston CA ksaffell@slolibraiy.org
Parks and Recreation	
San Luis Obispo County Parks and Recreation	https://slocountyparks.com/
Schools	
County Office of Education	805-543-7732 3350 Education Drive, San Luis Obispo, CA
Atascadero Unified School District	(805) 462-4200 5601 West Mall, Atascadero, CA 93422



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San Luis Obispo County Department of Public Health-Maternal, Child & Adolescent Health

Bellevue-Santa Fe Charter School	(805) 595-7169 1401 San Luis Bay Dr, San Luis Obispo, CA
Cayucos Elementary School District	(805) 995-3694 301 Cayucos Dr, Cayucos, CA
Coast Unified School District	(805) 927-3880 1350 Main St., Cambria, CA 93428
Grizzly Youth Academy	805-782-6882 721 Mendocino Ave, San Luis Obispo, CA
Lucia Mar Unified school district	(805) 474-3000 602 Orchard St, Arroyo Grande, CA 93420
Paso Robles Joint Unified School District	(805) 769-1000 800 Niblick Rd, Paso Robles, CA 93446
Pleasant Valley Joint Union School District	(805) 467-3453 2025 Ranchita Canyon Rd, San Miguel, CA
San Luis Coastal Unified School District Additional programs for Morro Bay and Los Osos	(805) 549-1200 1500 Lizzie St, San Luis Obispo, CA
San Miguel Joint Union School District	(805) 467-3216 1601 L St, San Miguel, CA
Shandon Unified School District	805-238-0286 101 S First St, Shandon, CA 93461
Templeton Unified School District	805-434-5800 960 Old County Rd, Templeton, CA 93465