

# San Luis Obispo County

## 2023 Directory of Family Resource Centers & Family Support Programs

Learn more at [www.sloparents.org/slo-frc-directory](http://www.sloparents.org/slo-frc-directory)

Family Resource Center	Address/Phone/Email	Population/Services
<b>The Link Family Resource Center</b> Atascadero FRC	4507 Del Rio Ave., Bldg. 1 Atascadero, CA 93422 (805) 794-0217	<i>Basic needs and preventive services:</i> Family Advocate services for families with children 0-18 in North County, SLO, Coast, and South County. Bilingual basic needs support, parenting classes, homeless services.
Paso Robles FRC (also serves Shandon and San Miguel) <a href="http://www.linkslo.org">www.linkslo.org</a>	1802 Chestnut St. Paso Robles, CA 93447 (805) 794-0217	<i>Intensive services:</i> North County families, including San Miguel, Shandon, Creston and Santa Margarita.
<b>Community Action Partnership of SLO County (CAPSLO)</b> <a href="http://www.capslo.org">www.capslo.org</a>	1030 Southwood Drive San Luis Obispo, CA 93401 (805) 544-4355	Programs to help individuals and families with employment, childcare and preschool, parent education, housing, and medical services, etc.
<b>SLO County Help Me Grow</b> <i>A program of CAPSLO</i> <a href="http://www.slohelpmegrow.org">www.slohelpmegrow.org</a>	1030 Southwood Drive San Luis Obispo, CA 93401 (805) 544-4355  704 Spring St. Paso Robles, CA 93446 (805) 440-1878	Families with children 0-5 in SLO County. Support for developmental screenings, 0-5 health navigation, identifying services, and child development information.
<b>South County SAFE</b> Arroyo Grande Family Resource Center	1086 Grand Ave. Arroyo Grande, CA 93420 (805) 474-2105	<i>Basic needs and preventive services:</i> Families with children ages 0-18, bilingual services, parenting classes, homeless services
Nipomo Family Resource Center – Dana Elementary School	920 W. Tefft St. Nipomo, CA 93444 (805) 474-3000 ex.5147	<i>Intensive services:</i> Children in the Lucia Mar Unified School District
Oceano Family Resource Center	1511 19th St. Oceano, CA 93445 (805) 474-3690	
<b>Parent Connection of SLO County</b> <a href="http://www.sloparents.org">www.sloparents.org</a>	Parent Coach - English (805) 904-1411 Parent Coach - Spanish (805) 540-1223	Online listing for in-person and virtual parenting classes, support groups and workshops in English and Spanish. Free, confidential, qualified bilingual Parent Coaching for parents and caregivers.
Information Helpline (805) 543-3700		Information Helpline provides countywide referrals and resources.

<b>Family Resource Center</b>	<b>Address/Phone/Email</b>	<b>Population/Services</b>
<b>Community Counseling Center</b> <a href="http://www.cccslo.org">www.cccslo.org</a>	676 Pismo Street San Luis Obispo, CA 93401 (By appointment only) (805) 543-7969  1035 Vine St. Ste. A Paso Robles, CA 93446 (By appointment only) (805) 543-7969	Sliding scale counseling services for children and adults
<b>Lumina Alliance</b> (Formerly RISE & Stand Strong) <a href="http://www.luminaalliance.org">www.luminaalliance.org</a>	51 Zaca Lane Suite 150 San Luis Obispo, CA 93401  1030 Vine Street Paso Robles, CA 93446 (805) 545-8888	Support and resources for survivors of sexual and intimate partner violence through 24-Hour Crisis Line, emergency shelter, transitional housing, counseling services, referrals for legal services, Latinx services, children's services, education, prevention.
<b>Los Osos Cares</b> <a href="http://www.lososocares.com">www.lososocares.com</a>	Sunnyside School Rm. 18 880 Manzanita Dr. Baywood-Los Osos, CA 93402 (Appointment preferred) (805) 592-2701	<i>Basic needs and preventive services:</i> Assistance accessing medical/mental health services, employment, housing, transportation, food and legal services for families in Estero Bay, Morro Bay, Los Osos and Cayucos.
<b>Pregnancy &amp; Parenting Support of SLO County</b> <a href="http://www.ppsslo.org">www.ppsslo.org</a>	3480 South Higuera, Ste. 100 San Luis Obispo, CA 93401 (Appointment preferred) (805) 541-3367	Pregnant and parenting mothers and fathers until child is age five. Mental health support for pregnant and postpartum women.
<b>Seneca Family of Agencies</b> <a href="http://www.senecafoa.org">www.senecafoa.org</a>	6850 Morro Road Atascadero, CA 93422 (805) 434-2449	Foster and adoptive families, relative caregivers (e.g., grandparents). Services include mental health, support groups, parent education, and adoptions.
<b>The Cambria Connection</b> <a href="http://www.thecambriacconnection.org">www.thecambriacconnection.org</a>	1069 Main St. Unit B Cambria, CA 93428 (805) 927-1654	Referrals for countywide families, adults, and teens with substance abuse issues. Immediate services for Cambria and San Simeon residents.
<b>Transitions-Mental Health Association Family Services Program</b> <a href="http://www.t-mha.org/family-support.php">www.t-mha.org/family-support.php</a>	784 High Street San Luis Obispo, CA 93401 (805) 540-6571	Individuals with mental health issues and their families and caregivers
<b>Parents Helping Parents</b> SLO Resource Center/Library  Atascadero Resource Center/Library <a href="http://www.phpslo.org">www.phpslo.org</a>	1146 Farmhouse Lane San Luis Obispo, CA 93401 (805) 543-3277  7305 Morro Road Ste 104A Atascadero, CA 93422 (805) 461-7415	Families of children with special needs.