

**SAN LUIS OBISPO COUNTY DEPARTMENT OF SOCIAL SERVICES**

**Resource Information Sheet**

**SERVICES & COUNSELING**

<b>Organization</b>	<b>Address</b>	<b>Phone</b>	<b>Description of Services</b>
<a href="#"><u>211 Resources Line / United Way</u></a>	P.O. Box 14309, SLO United Way	211 541-1234	Health & human services information United Way information & referral services
<a href="#"><u>Alcoholics Anonymous</u></a>	SLO Office	541-3211	Support & Recovery group for alcoholics (a 12-step program)
<a href="#"><u>Alpha Pregnancy &amp; Parenting Support</u></a>	11549 Los Osos Valley Road, # 104, SLO	541-3367	Free pregnancy testing, postpartum depression support line, clothing, parenting classes, rental deposit assistance, clothing, & education.
<a href="#"><u>Area Agency on Aging</u></a>	Santa Maria <b>Toll Free: 1-800-510-2020</b>	925-9554	Resources for senior issues and elder care
<a href="#"><u>Ca Rural Legal Assistance (CRLA)</u></a> Phone Hours 1 - 5 p.m. Closed Wed.	1011 Pacific, Ste A, SLO 400 Oak Hill Rd. Paso Robles	544-7997 239-3708	Legal services for low income & seniors in civil cases. Bilingual services available
<a href="#"><u>Catholic Charities</u></a>	3592 Broad St. #104, SLO	541-9110	Call first. Assistance with rent and utilities
<a href="#"><u>CenCal Member Services</u></a>	1-877-814-1861		Regional Medi-Cal
<a href="#"><u>Center for Alternatives to Domestic Violence</u></a>	P.O. Box 125, SLO	781-6401	Counseling Services
<a href="#"><u>Child Abuse Prevention (SLO-CAP)</u></a>	1110 California, Unit B, SLO	543-6216	Parenting & education classes
<a href="#"><u>Child Development Resources Center of the Central Coast</u></a>	1720 Bishop St. SLO	544-0801	Pre-School Program 2-5 yrs old, agency provides family counseling, group & individual play therapy for children, and nutrition program.
<a href="#"><u>Child Care Resource Center</u></a>	805 A Fiero Ln. SLO	541-2272	Information and referral to child care providers
<a href="#"><u>Child Support Services</u></a>	1200 Monterey, SLO	1-866-901- 3212	Child support enforcement services
<a href="#"><u>Community Action Partnership of SLO (CAP-SLO)</u></a>	1030 Southwood, SLO Atas & Paso <b>only</b>	544-4355 466-3444	Assistance with utility bills, heating fuels, childcare & housing
<a href="#"><u>Consumer Affairs/Small Claims Adv.</u></a> 9-12 & 1-4 Mon-Thu, 9-12 am Fri	Co Govt Center # 235, SLO	781-5856	Info &/or mediation of disputes (consumer affairs, landlord/tenant, employer/ee)
<a href="#"><u>Community Counseling Center</u></a> 9-5:30 Mon-Fri	1129 Marsh St. SLO	543-7969	Short-term counseling for individuals, couples or families. Sliding scale fee.
<a href="#"><u>Counseling, Senior Peer ( Wilshire Community Services)</u></a>	285 South St. Ste J, SLO	547-7025 ext 15	No charge counseling for seniors by trained volunteer counselors
<a href="#"><u>Department of Rehab – State of CA</u></a>	3220 S Higuera Ste 102, SLO	549-3361	Employment services for eligible persons with physical/mental disabilities
<a href="#"><u>Drug &amp; Alcohol Services (DAS)</u></a>	2180 Johnson Ave. SLO 1523 Longbranch, Grover 3556 El Camino Real, Atas 1763 Ramada Dr. PR	781-4275 473-7080 461-6080 226-3200	Treatment & Rehab for drug & alcohol problems. Support for family & friends.  <b>24 Hour Hotline: 1-800-783-0607</b>
<a href="#"><u>Employment Development Department (EDD)</u></a>	880 Industrial Way, SLO 2800 Buena Vista Dr. Bldg. 4000, Paso Robles	<b>Toll Free:</b> 1-800-300- 5616	For Info: unemployment insurance; job placement. Also see Disability Insurance (SDI).
<a href="#"><u>Family Law Facilitator</u></a>	1035 Palm St. SLO	788-2491	Help with child support matters. Call for hours
<a href="#"><u>Family Resource Centers</u></a> <a href="#"><u>South County S.A.F.E.</u></a>	1086 Grand Ave. AG Oceano Nipomo	474-2105 474-3690 474-3799	Coordinated resources to keep children: safe, healthy, at home, in school & out of trouble. Comprehensive support services for families.
<a href="#"><u>The LINK</u></a>	6500 Morro Rd. Ste. A Atascadero 1802 Chestnut St. PR 1385 Mission St. San Miguel	466-5404  238-2775 712-5237	In-home & in-school Family Advocacy, Parent, Youth & Family Development, Parenting Support, Classes & Training, Direct Connections to Community Resources. Intensive Services in Atascadero and Paso Robles school districts.
<a href="#"><u>Friends Outside</u></a>	Case Management Specialist	547-7589	CMC Visitor Center, crisis counseling, day care, clothing, & food distribution, support groups for people affected by incarceration.
<a href="#"><u>Homeless Coalition - 5 Cities</u></a>	P.O. Box 558, Grover Beach	574-1638	Comprehensive services for the homeless in the Five Cities Area.
<a href="#"><u>Hospice of SLO County</u></a>	1304 Pacific St. SLO 811 12 <sup>th</sup> St. #301, Paso	544-2266 226-5641	Home care for the terminally ill. Bereavement counseling and support.
<a href="#"><u>Housing Authority</u></a>	487 Leff St. SLO 3201 Pine St. PR	543-4478 238-4015	Affordable housing for low-income families, seniors & disabled persons.
<a href="#"><u>Income Tax Assistance (IRS)-Federal</u></a>	2384 Professional Pkwy. SM <b>Toll Free: 1-800-829-1040</b>	352-0355	General information for <b>Seniors only</b> : Free income tax preparation

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<a href="#">Independent Living Resource Center</a> (ILRC)	7425 El Camino Real, Suite R Atascadero	462-1162	Help with information, referral, advocacy, housing and communication for individuals with disabilities
<a href="#">Life Steps</a>	1431 Pomeroy Rd. AG	549-0150	Alcohol/drug free living center for mothers & children
<a href="#">Maxine Lewis Homeless Shelter</a>	736 Orcutt Rd. Suite A, SLO	781-3993	Nightly bed, meal; shower; mail, phone & message services; information & referrals; health screenings, case management
<a href="#">Narcotics Anonymous</a>	SLO City Residents <b>Toll free: 1-800-549-7730</b>	549-7730	NA phone answering service for questions/directions to NA meetings
<b>Notary Public</b>	See phone directory		Notary services also available through banks
<b>Job Centers</b>			
<a href="#">South County Job Center</a>	1086 E. Grand, AG	474-2000	Multi-agency employment services center
<a href="#">America's Job Center of California SLO</a>	880 Industrial Way, SLO	903-1421	Multi-agency employment services center
<a href="#">North County Job Center</a>	534 Spring St. Paso Robles	237-3003	Multi-agency employment services center
<a href="#">Ombudsman Service - Long-Term Care</a>	3232 S Higuera, #101B, SLO	785-0132	List of licensed long-term care facilities. Advocacy & complaints.
<a href="#">Parenting Classes</a>	Email <a href="mailto:mfelicia@cuesta.edu">mfelicia@cuesta.edu</a> or call	546-3156	On-going parenting classes
<a href="#">Parent Connection</a>	Information line Helpline	543-3700 904-1411	Free parenting classes, resources & support services
<a href="#">People's Self –Help Housing Program</a>	3533 Empleo, SLO	<b>Call First</b> 781-3088	Programs: minor home repair; special need rental & homeowner construction
<a href="#">Prado Day Center</a>	43 Prado Rd. SLO	786-0617	Meals, showers & laundry
<a href="#">Planned Parenthood</a>	743 Pismo, SLO	1-888-898-3806	Family Planning Services & Info.
<a href="#">Public Guardian/Conservatorship</a>	P.O. Box 1489, SLO	781-5845	Information only.
<b>Safe &amp; Sober Support</b>		473-6507	Women substance abuse and violence help
<a href="#">RISE</a>	51 Zaca Ln. Suite 140, SLO 1030 Vine St. Paso Robles Toll Free 24 hr Crisis Line	226-5400  1-855-886-RISE	Emergency shelter & counseling. 24 hr support for sexual assault victims.
<a href="#">Salvation Army</a>	8420 El Camino Real, Unit G, Atas 711 Paso Robles St. Paso P.O. Box 1536, Cambria 815 Islay St. SLO 540 Quintana, Morro Bay 1197 Highland Way, Grover Bch	466-7201 238-9591 927-4044 544-2401 772-7062 481-0278	Water and utility bill assistance. Eviction prevention, food, groceries, diapers, clothing, RTA day passes, and sleeping bags.
<a href="#">Senior Legal Services Project</a>	1011 Pacific St. SLO	543-5140	Free legal aid to seniors. Advice on public benefits, estate planning, civil law, housing, long-term care & civil rights/elder abuse
<a href="#">SLO Hotline</a>	<b>24 hrs Toll Free 1-800-783-0607</b>		Suicide prevention, mental health and emotional support phone line
<a href="#">Social Security Administration-SSA</a> 9-3 Mon-Tue-Thur-Fri, 9-12 Wed	3240 S Higuera, SLO 855-207-4865 (local) <b>Toll Free: 1-800-772-1213</b>		Information on Social Security benefits & applications.
<a href="#">Social Services, Dept. of (DSS)</a>	3433 S. Higuera, SLO 1086 Grand Ave. Arroyo Gran 681 W Tefft, Ste 1, Nipomo 9415 El Camino Real, Atas 406 Spring St. Paso Robles	781-1600 474-2000 931-1800 461-6000 237-3110	Temporary aid to needy families, CalFresh, Medi-Cal, Foster Care, General Assistance & other Social Services programs. <b>North Co, Toll free: 1-800-834-3002</b> <b>South Co, Toll free: 1-800-834-4636</b>
<a href="#">State Disability Insurance (SDI)</a>	128 E Ortega, Santa Barbara <b>Toll Free: 1-800-480-3287</b>		To apply for or obtain application status on SDI benefits.
<a href="#">Superior Court Of San Luis Obispo</a>	1050 Monterey St.	781-5143	Information, public notices, bail, calendars, and fee schedules.
<a href="#">Veterans Services Office (VA)</a>	801 Grand Ave, SLO	781-5766	Information on Veteran's benefits.
<a href="#">Victim/Witness Assistance</a>	Courthouse Annex, #384, SLO 1035 Palm St. SLO	781-5821	Support victims of crime and their families and support victims throughout the criminal justice process.
<a href="#">WIC (Women Infants and Children)</a>		781-5570	Call for an appointment
<a href="#">Women's Shelter of SLO</a> 24-hour service	Crisis calls 51 Zaca Lane, SLO	781-6400	Provide emergency shelter, food, clothing & counseling to victims of violence and other crimes. Confidential locations

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<b>HEALTH &amp; MEDICAL SERVICES</b>			
<b>Organization</b>	<b>Address</b>	<b>Phone</b>	<b>Description of Services</b>
<a href="#"><u>Center for Health and Prevention (CAP-SLO)</u></a>	1152 E. Grand Av. AG 705 Grand, SLO	489-4026 544-2478	Comprehensive reproductive health services including: birth control, pregnancy testing, health screening for women 40+ yrs, services for parenting teens. Community education on family life, STDs & AIDS for youth (9-18 yrs) & adults.
<a href="#"><u>Central Coast Dental</u></a>	871 Oak Park Blvd, Pismo Beach, CA. 93449	481-3433	Dental provider in Pismo Beach that accepts Medi-Cal.
<a href="#"><u>Clinica de Tolosa Dental Clinic</u></a> SLO Hours 8:00 – 4:30 Thurs Only	717 Walnut Dr. Paso 3071 S. Higuera, Sp 110, SLO	238-5334	Dental services for children ages 3 - 13. Sliding fee for the dentally uninsured. All insurances billed, including Medi-Cal.
<a href="#"><u>Community Health Centers (CHC)</u></a>			Many health care services available
Fair Oaks Community Health Center	1057 Grand Ave. AG	270-1700	M-F 9-6, Urgent care M-F 8-8, Sat, Sun 9-5
CHC Arroyo Grande	260 Station Way, AG	473-6201	M-F 8:00-6:00
CHC Atascadero	7512 Morro Rd. Atascadero	792-1400	M-F 8:30-6:00
CHC Cambria	2515 Main St. Cambria	927-5292	M-Th 9:00-6:00; F 9:00-12:30
CHC Nipomo	150 Tejas Pl. Nipomo	929-3211 929-3254	M-F 9:00-6:00 <b>Dental:</b> M-Th 8:00-4:45; F,S 8:00-4:15
CHC Paso Robles	416 Spring St. Paso	238-7250	M-F 9:00-6:00; Sat 9:00-1:00
CHC Paso Robles Pediatrics	416 Spring St. Paso	226-1102	M-F 9:00-6:00; Sat 9:00-1:00
CHC San Luis Obispo	77 Casa St. Ste 201, SLO	269-1500	M-F 8:00-6:00; S 8:00-5:00
CHC San Luis Obispo	1551 Bishop SLO	269-1350	M-F 8:00-6:00
Women's Health	1551 Bishop, Ste. B240, SLO	549-0402	M-F 8:00-6:00
CHC San Miguel	1385 Mission St. San Miguel	467-2344	M & W 8:30-5:30; F 8:30-12:30
Los Robles Community Medical Center	325 Posada Ln. Suites A-C, Templeton	542-6700 542-6702 542-6701	M-F 9:00-6:00 <b>Dental</b> M-Th 8:00-5:00; F 8:00-4:30 <b>Wellness Pregnancy</b> M-F 8:00-5:00
<a href="#"><u>CHC Chiropractic</u></a>	1551 Bishop St. Ste.B-260, SLO	269-1350	Hours, Mon, Thurs, Fri. 8:00-5:00pm
<a href="#"><u>CHC Pharmacy</u></a>	2180 Johnson Ave. Ste. A/B	269-1321	Prescriptions for applicants with no insurance, or pending Medi-Cal.
<a href="#"><u>CHC Radiology Department</u></a>	2180 Johnson Ave. Ste. A/B	269-1313 269-1387	Radiology hours M-F 9:00-5:00pm
<a href="#"><u>Denti-Cal Providers</u></a>	<b>Toll Free: 1-800-322-6384</b>		For a list of Medi-Cal dental providers
<a href="#"><u>Health (Public) Department of SLO</u></a>	2191 Johnson Ave. SLO	781-5500	Immunizations, influenza injections, TB Testing, communicable disease testing, HIV/STI Testing, and Reproductive Health.
To report a public health emergency or urgent communicable disease condition, after normal business hours, call 781-4553	723 Walnut Dr. Paso Robles 286 S. 16 <sup>th</sup> St. Grover Beach Morro Bay (call SLO office)	237-3050 473-7050 781-5500	
<a href="#"><u>HICAP - Health Insurance</u></a>	<b>Toll Free: 1-800-434-0222</b>		Assistance with understanding Medicare, medical billing problems, medical insurance comparison, filing Appeal Claims, review HMO & Managed Care options
<a href="#"><u>Martha's Place (Children's Assessment Center)</u></a>	2925 McMillan Ave. Unit 108, SLO	781-4948	Assessment and treatment strategies for children at high risk for health and behavioral health problems. Treat children who have been prenatally exposed to alcohol and other drugs and are exhibiting at-risk behaviors.
<a href="#"><u>Medi-Cal/State Information</u></a>	<b>Toll free:1-800-541-5555</b>		Information on Medi-Cal benefits.
<a href="#"><u>Medicare and Medi-gap</u></a>	<b>Toll free:1-800-633-4227</b>		Information on Medicare and Medi-gap.
<a href="#"><u>Medical Society of SLO County</u></a>	3220 S. Higuera #305, SLO	544-3020	Information on SLO County physicians
<a href="#"><u>Mental Health Services</u></a>	2178 Johnson Ave. SLO	781-4700	Outpatient Mental Health & drug-related problems for youth, adults, and senior citizens to help with family, personal, or psychiatric issues.
<b>24 hrs Toll Free: 1-800-838-1381</b>	354 S. Halcyon, Arroyo Grande 5575 Hospital Dr. Atas	473-7060 461-6060	
<a href="#"><u>Psychiatric Health Facility</u></a>	2178 Johnson St. SLO	781-4711	In-patient psychiatric services.
<a href="#"><u>Youth Services</u></a>	2178 Johnson St. SLO	781-4711	Services for minors