

Resource Information Sheet

Organization	Address	Phone	Description of Services
SERVICES & COUNSELING			
<u>211 Resources Line</u>	P.O. Box 14309, SLO <u>United Way</u>	2-1-1 541-1234	Health & human services information United Way information & referral services
<u>Alcohol & Drug Services</u>	2180 Johnson Ave, SLO 1523 Longbranch, Grover Bch 3556 El Camino Real, Atasc	781-4275 473-7080 461-6080	Treatment & Rehab for drug & alcohol problems. Support for family & friends. 24 hour Hotline: 1-800-549-4499
<u>Alcoholics Anonymous</u>	SLO Office	541-3211	Support & Recovery group for alcoholics (a 12-step program)
<u>Aging, Area Agency on</u>	Santa Maria	925-9554 Toll Free: 1-800-510-2020	Resources for senior issues and elder care
<u>Career Center, SLO (One Stop)</u>	880 Industrial Way, SLO	903-1400	Multi-agency employment services center
<u>Career Center, Estrella (One Stop)</u>	2800 Buena Vista Dr. Bldng 4000, Paso Robles	237-3014	Multi-agency employment services center
<u>Career Center, Five Cities (One-Stop)</u>	1800 E. Grand, Grover Beach	270-3100	Multi-agency employment services center
<u>Caring Callers</u>	285 South Street, Suite J San Luis Obispo, CA	547-7025 ext 17	Free weekly in-home visits to connect isolated seniors aged 60+ to the community
<u>Catholic Charities</u>	751 Palm St, SLO	541-9110	Call first. Assistance with rent and utilities
<u>CenCal Member Services</u>		1-877-814-1861	Regional Medi-Cal
<u>Child Abuse Prevention (SLOCAP)</u>	1110 California, Unit B, SLO	543-6212	Parenting & education help
<u>Child Development Center</u>	1720 Bishop St, SLO	544-0801	Child abuse intervention, prevention & treatment
<u>Child Care Resource Center</u>	805 A Fiero Ln, SLO	541-2272	Information and referral to child care providers
<u>Child Support Services, Dept. of</u>	1200 Monterey, SLO	1-866-901-3212	Child support enforcement services
<u>Community Action Partnership</u>	1030 Southwood, SLO FAX - 549-8388 (CAPSLO formerly EOC)	544-4355 Atas & Paso only: 466-3444	Assistance with utility bills, heating fuels, childcare & housing
<u>Consumer Affairs/Small Claims Adv.</u>	Co Govt Center # 235, SLO 9-12 & 1-4 Mon-Thu, 9-12 am Fri	781-5856	Info &/or mediation of disputes (consumer affairs, landlord/tenant, employer/ee)
<u>Counseling Center, Community</u>	1129 Marsh St, SLO 9-5:30 Mon-Fri	543-7969	Short-term counseling for individuals, couples or families. Sliding scale fee.
<u>Counseling, Senior Peer</u>	285 South St, Ste J, SLO	547-7025 ext 15	No charge counseling for seniors by trained volunteer counselors
<u>Disability Insurance, State</u>	128 E Ortega, Santa Barbara (SDI)	Toll Free: 1-800-480-3287	To apply for or obtain application status on SDI benefits.
<u>Domestic Violence, Center for</u>	PO Box 125 SLO	781-6401 473-6507	Counseling Services
<u>Alternatives to</u>			
<u>Employment Development Dept.</u>	880 Industrial Way, SLO (EDD)	Toll Free: 1-800-300-5616 238-4964	For Info: unemployment insurance; job placement. Also see Disability Insurance (SDI).
<u>Family Law Facilitator</u>	1035 Palm St, SLO	788-2491	Help with child support matters. Call for hours
<u>Friends Outside</u>	Case Management Specialist	547-7589	CMC Visitor Center, crisis counseling, day care, clothing & food distribution, support groups for people effected by incarceration
<u>Healthy Families</u>		1-800-880-5305	Health, vision, dental insurance
<u>Hospice of SLO County</u>	1304 Pacific St, SLO 1345 Oak St, Paso	544-2266 226-5641	Home care for the terminally ill. Bereavement counseling and support.
<u>Housing Authority</u>	487 Leff St, SLO 3201 Pine St, PR	543-4478 238-4015	Affordable housing for low-income families, seniors & disabled persons.
<u>Housing Program, People's Self-help</u>	3533 Empleo, SLO Call First	781-3088	Programs: minor home repair; special need rental & homeowner construction.
<u>Income Tax Assistance, Federal</u>	2384 Professional Pkwy, Santa Maria (IRS)	352-0355 Toll Free: 1-800-829-1040	General Info. For seniors only: free income tax preparation.
<u>Legal Assistance, Ca. Rural (CRLA)</u>	1011 Pacific, Ste A, SLO Phone Hours 1 - 5 p.m. Closed Wed.	544-7997 239-3708	Legal services for low income & seniors in civil cases. Bilingual services available.

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SERVICES & COUNSELING (Continued)			
<u>Legal Services Project, Senior</u>	1160 Marsh St Ste 114, SLO	544-7994	Free legal aid to seniors. Advice on public benefits, estate planning, civil law, housing, long term care & civil rights/elder abuse
<u>Life Steps</u>	71 Zaca Lane, SLO	549-0150	Alcohol/drug free living center for mothers & children
<u>Maxine Lewis Homeless Shelter</u>	750 Orcutt Rd, SLO	781-3993	Nightly bed, meal; shower; mail, phone & message services; information & referrals; health screenings, case management
<u>Narcotics Anonymous</u>	SLO City Residents Toll free: 1-800-549-7730	549-7730	NA phone answering service for questions/directions to NA meets
<u>Notary Public</u>	See phone directory		Notary services also available through banks
<u>Ombudsman Service - Long-Term Care</u>	3232 S Higuera #101B, SLO	785-0132	List of licensed long-term care facilities. Advocacy & complaints.
<u>Parenting Classes</u>	Call or email Mimi at mfelicia@cuesta.edu	546-3156	On-going parenting classes
<u>Prado Day Center</u>	43 Prado Rd, SLO 743 Pismo, SLO	786-0617	Meals, showers & laundry
<u>Planned Parenthood</u>	1-888-898-3806		Family Planning Services & Info.
<u>Pregnancy Counseling & Support</u>	11549 LOVR, # 104, SLO	541-3367	Free pregnancy testing, counseling & support
ALPHA			
<u>Public Guardian/Conservatorship</u>	P.O. Box 1489, SLO	781-5845	Information only.
<u>Rape Crisis Center</u>	51 Zaca Lane, Suite 140, SLO	545-8888	24 hr support for sexual assault victims
<u>Sexual Assault Recovery & Prevention</u>	Toll Free: 1-800-656-HOPE		
<u>Safe & Sober Support</u>	473-6507		Women substance abuse and violence help
<u>Rehab Dept./State of California</u>	3230 S Higuera Ste 102, SLO	549-3361	Employment services for eligible persons with physical/mental disabilities
<u>Salvation Army</u>	5411 El Camino Real, Atascadero (appt only) 711 Paso Robles St. Paso 5301 Hillcrest Dr. 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, sleeping bags
<u>Senior Services, San Luis Obispo</u>		627-1760	Information & referral service for seniors. Includes: Phone Friends, health screening, Senior Centers, legal assistance, nutrition sites
<u>SLO Hotline</u>	24 Hour Toll Free: 1-800-549-4499		Crisis and support counseling
<u>Social Security Administration-SSA</u>	3240 S Higuera, SLO 1-855-207-4865 (local) Toll Free: 1-800-772-1213		Information on Social Security benefits & applications.
9-4 Mon-Fri			
<u>Social Services, Dept. of (DSS)</u>	3433 S. Higuera, SLO 1086 Grand Ave, Arroyo Gran 681 W Tefft, Ste 1, Nipomo 9415 El Camino Real, Atascadero 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. North Co, Toll free: 1-800-834-3002 South Co, Toll free: 1-800-834-4636
<u>Veterans Services Office (VA)</u>	801 Grand Ave, SLO	781-5766	Information on Veteran's benefits.
<u>Victim/Witness Assistance</u>	Courthouse Annex, #384, SLO	781-5821	Crisis intervention, emergency assistance
<u>WIC (Women Infants and Children)</u>		781-5570	Call for an appointment
<u>Women's Community Center</u>	1124 Nipomo St Ste D, SLO	544-9313	Info on jobs, housing, medical, divorce, support groups & other agencies.
<u>Women's Shelter of SLO</u>	SLO	781-6400	Provide emergency shelter, food, clothing & counseling to victims of violence and other crimes. Confidential locations
24 hour service	Crisis calls Hotline	781-6400 549-8989	
<u>Women's Shelter, North County</u>	1030 Vine St, Paso Robles	226-5400	Emergency shelter & counseling
<u>Workforce Development, Shoreline</u>	880 Industrial Way, SLO	903-1400	Multi-agency employment services center

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HEALTH & MEDICAL SERVICES			
<u>Central Coast Dental</u>	871 Oak Park Blvd Pismo Beach, CA. 93449	481-3433	Dental provider in Pismo Beach that accepts Medi-Cal and Healthy Families
<u>Clinica de Tolosa Dental Clinic</u>	717 Walnut Dr, Paso	238-5334	Dental services to children ages 3 - 13. Sliding fee for the dentally uninsured. All insurances billed, including MC, HF. Not Preferred Provider for any insurance program
<u>CMSP - County Medical Services Program</u>	2180 Johnson Ave, SLO	781-4838	Limited authorized medical care for county residents between 21 & 64 who are not eligible for Medi-Cal and are unable to pay for medical care
<u>Denti-Cal Providers</u>	Toll Free: 1-800-322-6384 For a list of Medi-Cal dental providers		
<u>Family Planning, Health Services</u>	Community Action Partership		Comprehensive reproductive health services
FAX - 544-3649	705 Grand, SLO	544-2478	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.
	1152 E. Grand Av, AG	489-4026	
<u>Health Centers, Community (CHC)</u>		929-3211	Many health care services available
	Coastal Medical Center 336 S. Halcyon, AG	270-1600	M-F 8:00-7:00
	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 Morro Bay 660 Harbor St, Morro Bay	772-1055	M,W,F 9:00-6:00
	CHC Nipomo 150 Tejas Pl, Nipomo	929-3211	M-F 9:00-6:00
		929-3254	Dental: M-Th 8:00-4:45; F,S 8:00-4:15
	CHC Oceano 1981 Cienaga St, Oceano	270-0028	M,W,F 8:00-2:00; T, Th 8:00-6:00
	CHC Paso Robles 416 Spring St, Paso	238-7250	M-F 9:00-6:00; Sat 9:00-1:00
	North County Pediatrics 500 1st St, Paso	286-3100	M, Tu & Th 8:00-7:00; Wed & Fri 8:30-5:30
	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, 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	M-F 9:00-6:00
		542-6702	Dental M-Th 8:00-5:00; F 8:00-4:30
		542-6701	Wellness Pregnancy M-F 8:00-5:00
<u>Health Department of SLO</u>	2191 Johnson Ave, SLO	781-5500	High Risk infant follow-up. Immunizations.
	Paso Robles	237-3050	Communicable disease testing.
	Grover Beach	473-7050	
	Morro Bay	781-5500	(call SLO office)
<u>HICAP - Health Insurance Counseling & Advocacy Program</u>	Toll Free: 1-800-434-0222 Assistance with understanding Medicare, medical billing problems, medical insurance comparison, filing Appeal Claims, review HMO & Managed Care options		
<u>Medi-Cal/State Information</u>	Toll free:1-800-541-5555 Information on Medi-Cal benefits.		
<u>Medicare and Medi-gap</u>	Toll free:1-800-633-4227 Information on Medicare and Medi-gap.		
<u>Medical Society of SLO County</u>	3220 S. Higuera #305, SLO	544-3020	Information on SLO County physicians
<u>Mental Health Services</u>	2180 Johnson Ave, SLO	781-4190	Mental Health & drug-related problems
	354 S. Halcyon, Arroyo Grande	473-7060	including help/treatment/referrals
	5575 Hospital Dr, Atas	461-6060	
	24 hrs Toll Free 1-800-838-1381		
<u>Pharmacy (CHC at General Hospital)</u>	2180 Johnson Ave Ste A/B, SL	269-1321	Prescriptions filled for applicants 'pending' Medi-Cal eligibility