



Perinatal Outpatient Extended Group (POEG) Program



COUNTY OF SAN LUIS OBISPO
BEHAVIORAL HEALTH DEPARTMENT

www.slobehavioralhealth.org
1-(800)-838-1381

Updated July 2025

What to Expect

The POEG program offers individuals the opportunity to receive substance use treatment along with their children ages birth to five. This gives parents more supervised time to spend with their child, while they are supported during their recovery to strengthen healthy relationships with their family.

Parents participate in adult education and therapy as well as supportive coaching and child development education. Five key parenting skills are modeled and encouraged to promote growth and development:

- Empathy
- Giving choices
- Setting appropriate limits and boundaries
- Tracking the child's activity
- Following the child's lead in play



Substance Use Treatment

Parents meet in adult group sessions to focus on recovery topics, including coping strategies, relapse prevention, self-care, boundary-setting, and more.

Family Time

Each program day, parents and children gather for a snack, enjoy playtime, and join in planned activities. Throughout this time, staff assists parents with concerns and interactions with their children.

Outcomes

- Gain skills and strategies to live a healthy lifestyle in recovery with their family
- Benefit from guidance to develop nurturing interactions with their children
- Experience the benefits of a secure, consistent, and supportive environment



Admission Criteria

This program is open to pregnant or parenting individuals seeking substance use treatment who have children ages birth through five years old. All treatment programs at County of San Luis Obispo Behavioral Health are abstinence-based.

Start Today

Call any of the Drug and Alcohol Service clinics listed below to make an appointment:

San Luis Obispo

2180 Johnson Avenue
805-781-4753

Grover Beach

1523 Longbranch Avenue
805-473-7080

Paso Robles

805 4th Street
805-226-3201

