

## *Support Services for Families of Coast Unified School District*

- ♥ **211-Hotline**  
Services: 24 Hour confidential phone line for information, referrals, support and crisis support.  
Contact: 211, 1-800-783-0607
- ♥ **ALPHA Pregnancy Counseling and Support**  
Services: Rental/deposit assistance, clothing, counseling and more (pregnant or parent of 0-12 months)  
Contact: 541-3367 also in Los Osos [www.sloalpha.org](http://www.sloalpha.org)
- ♥ **Big Brother, Big Sister**  
Services: Adult role models for children ages 6 to 16 in San Luis Obispo County.  
Contact: 781-3226 [www.slobigs.org](http://www.slobigs.org)
- ♥ **CA Rural Legal Assistance**  
Service: Legal services for low-income in civil cases. Bi-lingual services available.  
Contact: 544-7994 (9-11 & 4-5 M, T, Th, F) [www.crla.org](http://www.crla.org)
- ♥ **Cal Poly Community Counseling**  
Services: Low cost counseling for individual, couples or families \$3-15 (based on need)  
Contact: 756-1532
- ♥ **Catholic Charities**  
Services: Assistance with rent and utilities. Immigration assistance.  
Contact: 541-9110 [www.catholiccharitiesusa.org](http://www.catholiccharitiesusa.org)
- ♥ **Center for Family Strengthening (formally known as SLO-CAP)**  
Services: Resource center for information on the prevention and treatment of child abuse.  
Contact: 543-6216 [www.cfsslo.org](http://www.cfsslo.org)
- ♥ **Child Development Resource Center (CDRC)**  
Services: Child care center for 0-5  
Contact: 544-0801 [www.childrensresource.org](http://www.childrensresource.org)
- ♥ **Child Welfare Services- CWS**  
Services: Emergency line for child abuse and neglect.  
Contact: 781-1700 or 781-KIDS [www.slocounty.ca.gov/dss/Child\\_Welfare\\_Services.htm](http://www.slocounty.ca.gov/dss/Child_Welfare_Services.htm)
- ♥ **Coastal Family Resource Center**  
Services: parenting classes, referrals, bi-lingual support, counseling services  
Contact: 235-6610 880 Manzanita Drive, Room 18 Los Osos
- ♥ **Community Action Partnership-SLO**  
Services: Services include assistance with rent, utility bills, childcare and homeless case management.  
Contact: 544-4355 Child Care Resource Center: 541-2272 [www.capslo.org](http://www.capslo.org)
- ♥ **Community Counseling Center (CCC)**  
Services: Low Cost counseling/Sliding scale.  
Contact: 543-7969 \*\*Appointments now available in Los Osos [www.cccslo.com](http://www.cccslo.com)
- ♥ **Community Health Centers (CHC)**  
Services: Low/No cost dental care, medical care and prescriptions. 14 locations. Medi-Cal accepted.  
Contact: 269-1500 SLO or 772-1055 Morro Bay [www.chccc.org](http://www.chccc.org)
- ♥ **Dentist Provider List**  
Service: List of Medi-Cal dentists.  
Contact: 1-800-322-6384
- ♥ **Department of Social Services (DSS)**  
Service: Financial aid, food stamps, Medi-Cal, & other Social Services programs.  
Contact: 781-1600 SLO or 772-6334 Morro Bay [www.slocounty.ca.gov/dss](http://www.slocounty.ca.gov/dss)
- ♥ **Department of Mental Health, Youth Services**  
Services: Out patient therapy services for children with mental illness or emotional problems.  
Contact: 1-800-838-1381 (24-hour crisis line for mental health emergency – 781-4700)
- ♥ **Drug & Alcohol Services**  
Services: Treatment and rehab for drug and alcohol problems. Support for families and friends.  
Contact: 781-4275 [www.slocounty.ca.gov](http://www.slocounty.ca.gov)
- ♥ **Exploration Station: Computers for Youth**  
Services: Provides 1 free refurbished computer per family in need. \$25 fee, includes 1 hour training  
Contact: 781-4838 or your school counselor <http://explorationstation.org>
- ♥ **Family Care Network**  
Services: Services designed to help parents/care givers keep behaviorally challenged children/teens in the home; mentoring program, out patient counseling, therapeutic behavioral services, support for foster children; parent training.  
Contact: 781-3535 [www.fcni.org](http://www.fcni.org)

- ♥ **Family Law Facilitator**  
 Services: Assist with all family law issues including divorce, custody, visitation, child support, spousal support, legal separation, annulment, paternity, domestic violence and Department of Child Support Services cases. We also assist in civil harassment, name change and guardianship cases.  
 Contact: Walk-in Wednesday and Thursdays, 8:30 am - 11:30 am at the San Luis Obispo Courthouse located at 1035 Palm St., on the 2nd Floor in Department 11 or call for an appointment on Fridays between 8-12 at 788-2491.
- ♥ **Family Resource Coordinator for San Luis Coastal USD**  
 Services: Refer, assist, advocate and provide case management for eligible families and students, liaison for homeless and foster youth.  
 Contact: 549-1219, [mmusgrave@slcusd.org](mailto:mmusgrave@slcusd.org) Melissa Musgrave, MA
- ♥ **Grass Roots**  
 Services: Emergency housing, food, clothing, counseling and legal referrals.  
 Contact: 544-2333
- ♥ **Harvest Bag: Zion Lutheran Church Foothill Blvd.**  
 Services: Emergency food and other items. **Call 1<sup>st</sup> to sign up.**  
 Contact: 543-8327
- ♥ **Health Department**  
 Services: Immunizations, well-child exams, family planning services, prenatal services, STD clinics, AIDS testing.  
 Contact: 781-5500 (SLO) 772-6380 (Morro Bay) [www.slocounty.ca.gov/health/publichealth](http://www.slocounty.ca.gov/health/publichealth)
- ♥ **Homeless Shelter-CAPSLO**  
 Services: Dinner, bed, shower. No alcohol/drugs. Children must be w/ parents.  
 Contact: 781-3993 Client Messages: 546-0776 [www.capslo.org/homeless-services](http://www.capslo.org/homeless-services)
- ♥ **Hospice**  
 Services: Home care for terminally ill, bereavement counseling and support.  
 Contact: 544-2266 [www.hospiceslo.org](http://www.hospiceslo.org)
- ♥ **Housing Authority: HASLO**  
 Services: Access to low-income housing lists and availability.  
 Contact: 543-4478 [www.haslo.org](http://www.haslo.org)
- ♥ **Jack's Helping Hand**   
 Services: a non-profit org. that assists children with illnesses and disabilities, providing special treatments, services, equipment and transportation that are not provided by other sources; or which exceed family financial capabilities.  
 Contact: 547-1914 [www.jackshelpinghand.org](http://www.jackshelpinghand.org)
- ♥ **National Alliance on Mental Illness (NAMI)**  
 Services: Support groups for persons with mental illness, Family education classes and support groups for family and friends of people with mental illness.  
 Contact: 546-4040; Family Advocate 541-5144 ext. 171 [www.namislo.org](http://www.namislo.org)
- ♥ **Parents Helping Parents**  
 Services: Offers support, information, and education to families of special needs children.  
 Contact: 549-8148 [www.php.com](http://www.php.com)
- ♥ **Parent Connection of San Luis Obispo County**  
 Services: A web-based family resource center, listing parenting classes and family resources in SLO County.  
 Contact: 543-3700, [www.sloparents.org](http://www.sloparents.org) Parent 24 hour hotline: 904-1411
- ♥ **Prado Day Center**  
 Services: Shower, meals, laundry facilities, health assessments, case management.  
 Contact: 781-0617 [www.pradodaycenter.org](http://www.pradodaycenter.org)
- ♥ **Rape Crisis Center (RISE)**  
 Services: 24 support for sexual assault victims.  
 Contact: 545-8888 or 1-800-656-HOPE [www.riseslo.org](http://www.riseslo.org)
- ♥ **Salvation Army**  
 Services: Emergency food, rental assistance, and utility assistance.  
 Contact: 544-2401 [www.salvationarmy-socal.org/](http://www.salvationarmy-socal.org/)
- ♥ **Transitions-Mental Health Association (T-MHA)**  
 Services: Provides innovative mental health support services for children, adults and family members.  
 Contact: 541-5144, Locations in SLO and Los Osos [www.t-mha.org](http://www.t-mha.org)
- ♥ **Victim/Witness Assistance**  
 Services: Crisis intervention & emergency assistance.  
 Contact: 781-5821 [www.slocounty.ca.gov/DA/Victim\\_Witness.htm](http://www.slocounty.ca.gov/DA/Victim_Witness.htm)
- ♥ **WIC (Women, Infant, & Children)**  
 Services: Food assistance for women with children at least one child under 5 years of age.  
 Contact: 781-5570 <http://www.wicworks.ca.gov> Morro Bay location also
- ♥ **Women's Shelter of SLO**  
 Services: Emergency shelter, food, clothing, counseling & legal assistance to domestic violence victims.  
 Contact: 781-6401 or in a crisis 781-6400 CHAT Program: 473-6507 [www.womensshelterslo.org](http://www.womensshelterslo.org)