

Resource Information Sheet

Organization	Address	Phone	Description of Services
SERVICES & COUNSELING			
211 Resources Line	P.O. Box 14309, SLO United Way	2-1-1 541-1234	Health & human services information United Way information & referral services
Alcohol & Drug Services	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		
Alcoholics Anonymous	Arroyo Grande Atascadero Central Office	481-7991 466-8175 541-3211	Support & Recovery group for alcoholics (a 12-step program)
Aging, Area Agency on		541-0384 Toll Free: 1-800-510-2020	Resources for senior issues and elder care
Career Center, SLO (One Stop)	880 Industrial Way, SLO	903-1400	Multi-agency employment services center
Career Center, Estrella (One Stop)	2800 Buena Vista Dr. Bldng 4000, Paso Robles	237-3014	Multi-agency employment services center
Career Center, Five Cities (One-Stop)	1800 E. Grand, Grover Beach	270-3100	Multi-agency employment services center
Caring Callers		547-7025 ext 17	Free weekly in-home visits to connect isolated seniors aged 60+ to the community
Catholic Charities	941 Chorro St, SLO	541-9110	Call first. Assistance with rent and utilities
Child Abuse Prevention (SLOCAP)	1110 California, Unit B, SLO	543-6212	Parenting & education help
Child Development Center	1720 Bishop St, SLO	544-0801	Child abuse intervention, prevention & treatment
Child Care Resource Center	815 Fiero Ln, SLO	541-2272	Information and referral to child care providers
Child Support Services, Dept. of	1200 Monterey, SLO	1-866-901-3212	Child support enforcement services
Community Action Partnership	1030 Southwood, SLO	544-4355	Assistance with utility bills, heating fuels,
FAX - 549-8388 (CAPSLO formerly EOC)	Atas & Paso only:	466-3444	childcare & housing
Consumer Affairs/Small Claims Adv. 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)
Counseling Center, Community 9-5:30 Mon-Fri	1129 Marsh St, SLO	543-7969	Short-term counseling for individuals, couples or families. Sliding scale fee.
Counseling, Senior Peer	285 South St, Ste L, SLO	547-7025 ext 15	No charge counseling for seniors by trained volunteer counselors
Credit Counseling, Surepath	1303 E Grand Ave, Arro Gran	1-877-615-7873	Counseling for financial problems
Disability Insurance, State (SDI)	128 E Ortega, Santa Barbara	Toll Free: 1-800-480-3287	To apply for or obtain application status on SDI benefits.
Domestic Violence, Center for Alternatives to	PO Box 125 SLO	781-6406 473-6507	Counseling Services
Employment Development Dept. (EDD)	880 Industrial Way, SLO 2800 Buena Vista, Bldng 4000, Paso Robles	Toll Free: 1-800-300-5616 238-4964	For Info: unemployment insurance; job placement. Also see Disability Insurance (SDI).
Family Law Facilitator	1035 Palm St, SLO	788-3418	Help with child support matters. Call for hours
Friends Outside	Case Management Specialist	547-7589 Toll Free: 1-800-374-8474	CMC Visitor Center, crisis counseling, day care, clothing & food distribution, support groups for people effected by incarceration
Hospice of SLO County	1304 Pacific St, SLO	544-2266	Home care for the terminally ill. Bereavement counseling and support.
Housing Authority	487 Leff St, SLO 3201 Pine St, PR	543-4478 238-4015	Affordable housing for low-income families, seniors & disabled persons.
Housing Program, People's Self-help	3533 Empleo, SLO Call First	781-3088	Programs: minor home repair; special need rental & homeowner construction.
Income Tax Assistance, Federal (IRS)	2384 Professional Pkwy, Santa Maria	Toll Free: 1-800-829-1040	General Info. For seniors only: free income tax preparation.
Legal Assistance, Ca. Rural (CRLA) Phone Hours 1 - 5 p.m. Closed Wed.	1011 Pacific, Ste A, SLO 3350 Park St, PR	544-7994 239-3708	Legal services for low income & seniors in civil cases. Bilingual services available.

Resource Information Sheet

SERVICES & COUNSELING (Continued)			
Legal Services Project, Senior	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
Life Steps	3450 Broad St, SLO	549-0150	Alcohol/drug free living center for mothers &
Maxine Lewis Homeless Shelter	750 Orcutt Rd, SLO	781-3993	Nightly bed, meal; shower; mail, phone & message services; information & referrals; health screenings, case management
Mobile Home Owner's Tenant Assoc	PO Box 446 Oceano	481-3430	Mobile-home owners/tenants rights & info.
Narcotics Anonymous	SLO City Residents	549-7730	Answering service to NA phone numbers for questions/directions to NA meets
	Toll free: 1-800-549-7730		
Notary Public	See phone directory		Notary services also available through banks
Ombudsman Service - Long-Term Care	3232 S Higuera #101B, SLO	785-0132	List of licensed long-term care facilities. Advocacy & complaints.
Parent Support Group (DSS)	For info & appointment	781-1781	Parent education, therapy & support
Prado Day Center	43 Prado Rd, SLO	786-0617	Meals, showers & laundry
Planned Parenthood	743 Pismo, SLO	549-9446	Family Planning Services & Info.
Pregnancy Counseling & Support	11549 LOVR, # 104, SLO	541-3367	Free pregnancy testing, counseling & support
ALPHA			
Project Amend	657 Sweeney Lane, SLO	782-9700	30-day residential substance abuse treatment for men
Private Industry Council	880 Industrial Way, SLO	903-1400	Job training for low-income residents
Public Guardian/Conservatorship	P.O. Box 1489, SLO	781-5845	Information only.
Rape Crisis Center	11575 LOVR, Unit D, SLO	545-8888	24 hr support for sexual assault victims
Sexual Assault Recovery & Prevention	Toll Free: 1-800-656-HOPE		
Safe & Sober Support	473-6507		Women substance abuse and violence help
Rehab Dept./State of California	3232 S Higuera, SLO	549-3361	Employment services for eligible persons with physical/mental disabilities
Salvation Army	North County	466-7201	Food and utility assistance
	711 Paso Robles St. Paso	238-9591	
	Cambria	927-4044	
	815 Islay St. SLO	544-2401	
	540 Quintana, Morro Bay	772-7062	
	1197 Highland, Grover Bch	481-0278	
	Nipomo	929-2388	
Senior Services, San Luis Obispo		627-1760	Information & referral service for seniors. Includes: Phone Friends, Health Screening, Senior Centers, legal assistance, nutrition sites.
SLO Hotline	24 Hour Toll Free: 1-800-549-4499		Crisis and support counseling
Social Security Administration (SSA)	3240 S Higuera, SLO	544-5251	Information on Social Security benefits & applications.
9-4 Mon-Fri	Toll Free: 1-800-772-1213		
Social Services, Dept. of (DSS)	3433 S. Higuera, SLO	781-1600	Temporary aid to needy families, Food Stamps, Medi-Cal, Foster Care, General Assistance & other Social Services programs.
	1086 Grand Ave, Arro Gran	474-2000	
	671 W Tefft, Ste 1, Nipomo	931-1800	
	9415 El Camino Real, Atascadero	461-6000	North Co, Toll free: 1-800-834-3002
	530 12th St. Paso Robles	237-3110	South Co, Toll free: 1-800-834-4636
Veterans Services Office (VA)	801 Grand Ave, SLO	781-5766	Information on Veteran's benefits.
Victim/Witness Assistance	Courthouse Annex, #384, SLO	781-5821	Crisis intervention, emergency assistance
Women's Community Center	1009 Morro #201, SLO	544-9313	Info on jobs, housing, medical, divorce, support groups & other agencies.
Women's Shelter of SLO	SLO	781-6400	Provide emergency shelter, food, clothing & counseling to victims of violence and other crimes
24 hour service	Crisis calls	781-6400	
	Atascadero	461-1338	
	Hotline	549-8989	Confidential locations
Women's Shelter, North County	7360 El Camino Real, Atascadero	461-1338	Emergency shelter & counseling
Workforce Development, Shoreline	880 Industrial Way, SLO	903-1400	Multi-agency employment services center

Resource Information Sheet

HEALTH & MEDICAL SERVICES			
Central Coast Dental	871 Oak Park Blvd Pismo Beach, CA. 93449	481-3433	A new dental provider in Pismo Beach that accepts Medi-Cal and Healthy Families
Clinica de Tolosa Dental Clinic	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
CMSP - County Medical Services Program	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
Denti-Cal Providers	Toll Free: 1-800-322-6384		For a list of Medi-Cal dental providers
Family Planning, Health Services	Community Action Partership 705 Grand, SLO 1152 E. Grand Av, AG	544-2478 489-4026	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.
Health Centers, Community (CHC)		929-3211	Many health care services available
Coastal Medical Center	336 S. Halcyon, AG	481-3652	M-F 8:00 am - 7:00 pm
Fair Oaks Community Health Center	1057 Grand Ave, AG	481-7220	M-F 9-6, Urgent care M-F 8-8, S-S 9-5
CHC Atascadero	7512 Morro Rd, Atascadero	792-1400	M-F 8:00-7:00
CHC Cambria	2515 Main St, Cambria	927-5292	M-Th 9:00-5:00, F 9:00-1:00
CHC Morro Bay	660 Harbor St, Morro Bay	771-8489	M,W,F 8:00-5:00, Tu & Th 9:00-6:00
CHC Nipomo	150 Tejas Pl, Nipomo	929-3211	M-F 9:00-6:00
CHC Oceano	1981 Cienaga St, Oceano	929-3254	Dental: M-F 8:00-6:00, S 8:00-4:00
CHC Paso Robles	345 Spring St, Paso	270-0025	M-F 9:00-6:00
North County Pediatrics	500 1st St, Paso	238-7250	M-F 9:00-6:00, Sat 9:00-1:00
CHC San Luis Obispo	1551 Bishop, Suite A160, SLO	286-3100	Mo, Tu & Th 8:00-7:00. Wed & Fri 8:00-6:00
Women's Health	1551 Bishop, Suite B240, SLO	269-1500	M-F 8:00-6:00, Sat 8:00-5:00
CHC San Miguel	1385 Mission St, San Miguel	549-0402	M-F 8-5
Los Robles Community Medical Center	1050 Las Tablas #16, Tmpltn	467-2275	M-Th 9:00-1:00 & 2:00-6:00, Fr 8:30-12:30
	1105 Las Tablas St A, Tmpltn	434-1038	M-F 9:00-6:00
		434-2020	Dental M-F 8:00-5:00
		434-9641	Wellness Pregnancy M-F 8:30 - 5:30
Health Department of SLO	2191 Johnson Ave, SLO	781-5500	High Risk infant follow-up. Immunizations.
	Paso Robles	237-3050	Communicable disease testing.
	Atascadero	461-6050	AIDS testing.
	Grover Beach	473-7050	
	Morro Bay	772-6380	
HICAP - Health Insurance Counseling & Advocacy Program	Toll Free: 1-800-434-0222		Assistance with understanding Medicare, medical billing problems, medical insurance comparison, filing Appeal Claims, review HMO & Managed Care options
Medi-Cal/State Information	Toll free:1-800-541-5555		Information on Medi-Cal benefits.
Medicare and Medi-gap	Toll free:1-800-633-4227		Information on Medicare and Medi-gap.
Medical Society of SLO County	3220 S. Higuera #205, SLO	544-3020	Information on SLO County physicians
Mental Health Services	2180 Johnson Ave, SLO	781-4275	Mental Health & drug-related problems
	1106-B Grand Ave, AG	473-7060	including help/treatment/referrals
	3556 El Camino Real, Atas	461-6060	
	24 hrs Toll Free 1-800-838-1381		
Pharmacy (CHC at General Hospital)	2180 Johnson Ave, SLO	269-1321	Prescriptions filled for applicants 'pending' Medi-Cal eligibility