

**CENTRAL COAST
PSYCHOLOGICAL ASSOCIATION**

COMMUNITY RESOURCE GUIDE

Compiled 2014

COMMUNITY RESOURCE GUIDE

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MANDATED REPORTING

Suspected Child Abuse Report

www.slocounty.ca.gov/dss/child_welfare_services.htm

As mandated reporters, suspicions of child abuse and neglect must be reported to Child Welfare Services. You are not required to have witnessed or have complete proof of the incident. You are obligated by law to report what you observe or what you are told that caused suspicion that a child is being physically, sexually, emotionally abused or being neglected. When in doubt, call CWS or law enforcement and get their input about the scope of your report.

Suspected Child Abuse Report
Child Welfare Services Division
805-781-1700

24-Hour Child Abuse Reporting Hotline
805-781-KIDS (5437)

Suspected Elder Abuse Report

www.slocounty.ca.gov/dss/adult.htm

As mandated reporters, suspicions of elder or dependent abuse and neglect must be reported to Adult Protective Services. You are not required to have witnessed or have complete proof of the incident. You are obligated by law to report what you observe or what you are told that caused suspicion.

Suspected Elder Abuse Report
805-781-1790
800-838-1381 after hours

Longterm Care Ombudsman
805-785-0132
info@ombudsmanslo.org

COMMUNITY AGENCIES

Cal Poly Community Counseling Clinic

Clinic of the MFT Program at Cal Poly. Therapists are Master students and are supervised by licensed therapists. Fees are very low, up to \$15, based on the person's income, not the parents' income.

805-756-1532
on-campus

Cal Poly Health & Counseling Services

www.hcs.calpoly.edu

Located next to the Recreation ("Rec") Center, provides care by appointment and on a walk-in basis to students.

Health Services

Building 27
805-756-1211
805-756-5298 – fax
805-756-1211 – after hours advice line

Counseling Services

Building 27, Room 136
805-756-2511
805-756-6525 - fax
800-783-0607 – local crisis line

CAPSLO

www.capslo.org

Community Action Partnership of SLO is a nonprofit agency that focuses on helping people and changing lives. Committed to eliminating poverty by empowering individuals and families to achieve economic self-sufficiency through a comprehensive array of community-based programs.

1030 Southwood Drive
SLO, CA 93401
805-544-4355

Central Coast Chapter PFLAG (Parents, Family and Friends of Lesbians and Gays)

www.pflagcentralcoastchapter.net

PFLAG is a national non-profit that promotes the health and well-being of gay, lesbian, bisexual, transgendered and questioning persons, and their families and friends.

PO Box 3313
SLO, CA 93403
805-801-2186
pflag.slo@gmail.com

Community Counseling Center

www.cccslo.com

CCC is a non-profit, community organization with the primary purpose to assist individuals and families to develop the ability to find choices and make changes when life becomes difficult. Provide up to 10 sessions.

SLO
1129 Marsh Street
805-543-7969

Paso Robles
811 12th St., Ste #301
805-226-5196

Grover Beach
13th St, Ste. #203
805-543-7969

Disability Resource Center (DRC), Cal Poly

drc.calpoly.edu

Location: Bldg 124 (*Student Services, across from Spanos Stadium*)

Phone: 805-756-1395

Fax: 805-756-5451

Email: drc@calpoly.edu

Gay and Lesbian Alliance (GALA)

www.galacc.org

An incorporated non-profit committed to ensuring a healthy and vibrant network of social gathering groups, events, business resources and educational services for its constituents.

1060 Palm Street
SLO, CA 93401
805-541-4252
email@galacc.org

Pride Center, Cal Poly

www.deanofstudents.calpoly.edu/content/pride/index

Supports and advocates for the unique academic and social needs of lesbian, gay, bisexual, trans, queer or questioning, intersex and asexual (LCBTQIA) students to promote personal growth and success.

PRISM (Peer Resource in Student Mentoring), a program offered through the Pride Center, is a peer counseling resource for LGBTQIA students and their allies.

Cal Poly
UU, Room 209
805-756-7733

San Luis Obispo County Mental Health Services Department

www.slocounty.ca.gov/health/mentalhealthservices.htm

Offers a full range of specialty mental health services provided by a culturally diverse network of community mental health programs, clinics and private psychiatrists, psychologists, and therapists.

San Luis Obispo Clinic:
2178 Johnson Avenue
SLO, CA 93401
805-781-4700

North County Clinic:
5575 Hospital Drive
Atascadero, CA 93422
805-461-6060

South County Clinic:
354 South Halcyon
Arroyo Grande, CA 93420
805-473-7060

Shoreline Workforce Development Services

www.shorelineworks.org

Provide workforce development services designed to assist people with barriers to employment as they maximize the use of their abilities in the competitive labor market. Our services include evaluation, situational assessment, vocational exploration, classroom and on-the-job training programs, placement assistance and supported employment.

SLO Center
880 Industrial Way
SLO, CA 93401
805-903-1400

North County
2800 Buena Vista Dr, #4000
Paso Robles, CA 93447
805-237-3014

South County
1800 E. Grand Ave
Grover Beach, CA 93433
805-270-3100

Public Health Department

www.slocounty.ca.gov/health/publichealth.htm

To promote, preserve and protect the health of all San Luis Obispo County residents through disease surveillance, health education, direct services and health policy development. Services include: Tobacco Control Program, Obesity Prevention Program, Women Infants and Children (WIC) and the HIV/AIDS Program.

2191 Johnson Ave
San Luis Obispo, CA 93401
805-781-5500 or after hours 805-781-4550
Fax: 805-781-5543

RISE (formerly SARP center) - Respect, Inspire, Support, Empower

www.riseslo.org

Organization that provides crisis intervention and treatment services to survivors of sexual and intimate partner violence and their loved ones. All services are provided confidentially, at low or no cost, to anyone regardless of age, ethnicity, gender, sexual orientation, religion, or ability.

855-866-RISE (24-Hr Crisis Line)
805-226-5400 (Business Line)

SLO Office
51 Zaca Lane, Suite 140
SLO, CA 93401

North County
1030 Vine Street
Paso Robles, CA 93446

Transitions Mental Health Association

www.t-mha.org

Transitions-Mental Health Association (TMHA) is a nonprofit organization committed to eliminating the stigma of mental illnesses, maximizing personal potential and providing innovative mental health services to individuals and families in need. We offer a full spectrum of programs in both San Luis Obispo and Northern Santa Barbara Counties.

784 High Street
San Luis Obispo, CA 93401
Phone: 805-540-6500
Fax: 805-540-6501
info@t-mha.org

VA Resources

The San Luis Obispo Veterans Service Office provides assistance to Veterans and Veterans' dependants in the following areas: filing for service-connected disability, filing for pension benefits, filing for burial benefits, providing referrals for educational and employment benefits, filing for survivor benefits, applying for VA medical care, obtaining military records and medals, obtaining college fee waivers and educational benefits.

**SLO
Veterans Hall**
Monday-Friday
9am-5pm

801 Grand Avenue
San Luis Obispo, CA 93408
805-781-5766

**Paso Robles
Veterans Memorial Bldg.**
Wednesday & Thursday
10am-3pm (by appt.)

240 Scott Street
Paso Robles, CA 93446
805-781-5766 for appts.

**Pismo Beach
Veterans Memorial Bldg.**
Monday & Tuesday
10am-3pm (by appt.)

780 Bello Street
Pismo Beach, CA 93449
805-781-5766 for appts.

Victim and Witness Assistance

www.slocounty.ca.gov/DA/Victim_witness.htm

Designed to reduce the trauma and insensitive treatment victims and witnesses may experience following a crime.

1035 Palm St. Room 384
San Luis Obispo, CA 93408
805-781-5821
866-781-5821 (toll free)
805-781-5828 (fax)

MEDICAL SERVICES

AIDS Support Network

www.asn.org

The AIDS Support Network (ASN) works to stabilize clients' health – financially, emotionally and physically, at no cost to the client.

1320 Nipomo Street
SLO, CA 93401
805-781-3660 or 800-491-9141

American Cancer Society

www.acsworkplacesolutions.com/cancerresourcenetwork.asp

Cancer Resource Network: Free information, day-to-day help, and emotional support to help employees through every step of their cancer journey.

1540 W. Branch Street
Arroyo Grande, CA 93420
805-922-2354

American Heart Association

www.americanheart.org

Building healthier lives free of cardiovascular diseases and stroke.

1371 Pacific St
San Luis Obispo, CA 93401
805-544-0263

Cancer Survivors Network

www.cancer.org

Free online community created by and for people with cancer and their loved ones. Includes social connections, discussion boards, chat rooms, personal web space to share, resource library, etc.

Cancer Survivors Network
1-800-ACS-2345

Central Coast Autism Spectrum Center

www.autismspectrumcenter.com

CCASC provides support and services to individuals throughout the lifetime- from early diagnosis and intervention, through pre-vocational and vocational training, to transitional services and beyond. Provides support and workshop for families as well as professionals in the community.

P.O. Box 3417
San Luis Obispo, CA 93403
805-763-1100 (phone) 805-456-7891 (fax)
contact@autismspectrumcenter.com

Central Coast Parkinson's Support Group

www.cccpsg.org

A Parkinson Support Group is primarily composed of those who are diagnosed with any of the several forms of Parkinson Disease and their caregivers.

805-543-7717 – Jack Brill, President

Coastal Cancer Care Center

Arroyo Grande Community Hospital

www.arroyoandehospital.org

921 Oak Park Blvd, Suite 100B

Pismo Beach, CA
(805) 481-7245

Dignity Health Hospice

Marian Medical Center
(805)739-3830

Hearst Cancer Resource Center

The HCRC is a resource in San Luis Obispo County for those living with cancer and their families. Services offered at no cost include: Nurse Navigator to assist patient navigating needs and options, Social Services and Support Programs offering financial and emotional counseling services, Nutritional Coaching, Alternative Practices aiding in holistic wellbeing.

1941 Johnson Ave, Suite 201A
San Luis Obispo, CA 93401
805-542-6234

**Hope for Stroke: Stroke Support Group for Survivors & Caregivers
Sierra Vista Regional Medical Center**

A group of stroke survivors, caregivers, friends and healthcare professionals who meet once a month to share stories and support one another. Their goal is to provide information that is useful and relevant. Meets on the third Monday of each month at 1pm in the Sierra Vista Auditorium.

Contact: Jessie Stone @ (805) 481-0770 or jessiesmessage09@gmail.com

Hospice of Paso Robles

811 12th St. #301
Paso Robles, CA 93446
805-226-5641

Hospice of San Luis Obispo

1304 Pacific Street
San Luis Obispo, CA 93401
805-544-2266

Hospice Partners of the Central Coast

277 South Street, Suite R
San Luis Obispo, CA 93401
805-782-8608

**Marian Cancer Care, Mission Hope Cancer Center
Marian Regional Medical Center**

www.marianmedicalcenter.org/mariancancercare

1325 East Church Street
Santa Maria, CA
(805) 219-4673

COMMUNITY HEALTH CENTERS (CHC)

Offer fully accredited Medical, Dental and Chiropractic care as well as Health Education and Specialty Care. Services include: Primary Health Care, Dental Services, Chiropractic Care, Speciality Care, Behavioral Health, Health Education, Preventative Care Services, Wellness Pregnancy Programs, Specialized Medical Services and Patient Support.

Arroyo Grande CHC

Services Offered: Primary Medical Care and Internal Medicine
260 Station Way Suite A
Arroyo Grande, CA 93420
805-473-6201

Atascadero CHC

Services Offered: Primary Medical Care and Chiropractic
7512 Morro Road
Atascadero, CA 93422
805-792-1400

Cambria CHC

Services Offered: Primary Medical Care and Family Practice
2515 Main Street
Cambria, CA 93428
805-927-5292

Coastal Medical Center

Services Offered: Pediatrics, Women's Health and Chiropractic Services
336 S. Halcyon Road
Arroyo Grande, CA 93420
805-270-1600

Fair Oaks Community Health Center and The Doctors Office

Services Offered: Primary Medical Care, Family Practice, Chiropractic and Immediate Care
1057 Grand Avenue
Arroyo Grande, CA 93420
805-270-1700

Guadalupe CHC

Services Offered: Primary Medical Care, Family Practice and Immunization Clinic
4581 10th Street Suite C
Guadalupe, CA 93434
805-343-5577

Lompoc CHC

Services Offered: Primary Medical Care, Family Practice, Internal Medicine, General Dentistry
425 W. Central, Suite 201
Lompoc, CA 93436
805-737-1169

Morro Bay CHC

Services Offered: Primary Medical Care
660 Harbor Street
Morro Bay, CA 93442
805-772-1055

Nipomo Community Medical Center

Services Offered: Primary Medical Care, Family Practice, Internal Medicine, Psychiatry,
 Optometry
 150 Tejas Place
 Nipomo, CA 93444
 Medical 805-929-3211
 Dental 805-929-3254
 Optometry 805-931-2548

Oceano CHC

Services Offered: Primary Medical Care and Family Practice
 1981 Cienega Street
 Oceano, CA 93445
 805-489-4236

Paso Robles CHC

Services Offered: Primary Medical Care and Chiropractic
 416 Spring Street, Suite 201
 Paso Robles, CA 93446
 805-238-7250

Paso Robles Pediatrics

500 1st Street
 Paso Robles, CA 93446
 805-286-3100

San Luis Obispo CHC

Services Offered: Women's Health, Radiology, Pharmacy, Behavioral Health and Speciality
 Services- Orthopedics, Infectious Diseases, Neurology, Rheumatology, Podiatry
 1551 Bishop St.
 San Luis Obispo, CA 93401

Speciality Services: 805-269-1350 Pharmacy: 805-269-1321
 Women's Health: 805-549-0402 Radiology 805-269-1313

San Luis Obispo CHC

Services Offered: Primary Medical Care, Pediatrics, Chiropractic, Health Education and
 Ultrasound
 77 Casa Street Suite 201
 San Luis Obispo, CA 93401
 805-269-1500

San Miguel CHC

Services Offered: Primary Medical Care
 1385 Mission Street
 San Miguel, CA 93451
 805-467-2344

Los Robles Community Medical Center

Services Offered: Primary Medical Care, Family Practice, Internal Medicine, Psychiatry, Women's
 Health, General Dentistry and Chiropractic
 325 Posada Lane Suites A-C
 Templeton, CA 93465
 805-542-6700 Main
 805-542-6701 Women's Health

805-542-6703 Medical
 805-542-6702 Dental

HOSPITALS

Arroyo Grande Community Hospital

www.arroyograndehospital.org

345 S. Halcyon Rd.
Arroyo Grande, CA 93420
805-473-7626 or call 805-489-4261 and ask for ER

French Hospital

www.frenchmedicalcenter.org

1911 Johnson Ave
San Luis Obispo, CA 93401
805-542-6621 or call 805-543-5353 and ask for ER

Marian Regional Medical Center

www.marianmedicalcenter.org

1400 East Church St
Santa Maria, CA 93454
805-739-3000

Sierra Vista Regional Medical Center

www.sierravistaregional.com

1010 Murray Ave
San Luis Obispo, CA 93401
805-456-7650 or call 805-546-7600 and ask for ER

Twin Cities Community Hospital

www.twincitieshospital.com

1100 Las Tablas Rd
Templeton, CA 93465
805-434-4550 or call 805-434-3500 and ask for ER

HOME CARE

Amdal In Home Care

www.amdalinhome.com

Primary focus is to foster maximum independence, dignity and safety. Amdal In-Home Care caregivers are trained to provide a wide variety of care services.

7400 A Morro Rd.
Atascadero, CA 93422
805-464-0108

Home Instead

www.homeinstead.com

One-on-One service to clients performed by caregivers who are screened (including fingerprinting by the State Department of Justice), trained, bonded and insured. Careful attention is paid to matching caregivers with clients to ensure the utmost compatibility. Services available for as little as 1-hour or ongoing 24-hour care.

330 James Way Suite #150
Pismo Beach CA, 93449
805-773-3744

Central Coast Caregivers Associates

www.centralcoastcaregiver.com

Small, locally owned and operated home health care staffing agency, serving clients in Northern Santa Barbara and SLO counties.

805-461-5339
805-462-8518 fax
Givecare1956@gmail.com

Comfort Keepers In-Home Care

www.comfortkeepers.com

Travel to clients' homes to provide care services and living assistance, allowing seniors and disabled individuals to live comfortably and independently.

660 Santa Ysabel
Los Osos, CA 93402
805-528-8863
slocounty@comfortkeepers.com

Family Home Care, Inc

www.familyinhomecare.com

Arroyo Grande Office presently serves all of San Luis Obispo and Northern Santa Barbara Counties.

717 East Grand Avenue, Suite D
Arroyo Grande, CA 93420
805-481-6081
877-481-6081
fhccentralcoast@familyinhomecare.com

In-Home Supportive Services (IHSS)

www.cdssca.gov/agedblinddisabled/pg1296.htm

The In-Home Supportive Services Program provides homemaker/chore services to seniors and disabled residents through the services caregivers. Domestic care such as meal preparation, laundry, shopping and personal care services are provided to enable elderly, blind or disabled persons to remain in their own home. IHSS is provided by individual providers who are hired by recipient, monitored by the Department of Social Services and paid by the state.

805-781-1790
Monday-Friday
8:00am-5:00pm

LivHome

www.livhome.com

Senior Home Care providing caregivers as well as a Care Manager. Care Managers are credentialed experts in senior care with a specialty in social work, nursing or mental health. Care Managers supervise all caregivers.

805-781-3723

Maxim Home Health

www.maximhomecare.com

Provides home health care, pediatric homecare, respite care, intermittent care and companion services to those in need.

735 Tank Farm Road Suite 135 & 135A
San Luis Obispo, CA 93401
805-788-0456

San Luis Obispo ResCare Home Care

Provides personalized home care services to people of all ages, physical conditions and cognitive abilities. HomeCare provides a wide range of services including personal care, Alzheimer's care, dementia care, homemaking, companionship, respite and many other home care services - all in the comfort of the patient's home, the hospital, a long-term assisted living facility or other place of temporary or permanent residence.

3220 S. Higuera St. Ste 307
San Luis Obispo, CA 93401
805-781-8156 or 805-225-5016

Senior Helpers

Offers a variety of services, including Alzheimer's and dementia care, personal and companion care, senior care management and evaluation, nurse and "peace of mind" visits, surgery assistance, sitter services, veterans services and more.

Senior Helpers San Luis Obispo
805-461-5892

Synergy

Home health care for sick, disabled and homebound.

7305 Morro Road Suite 201
Atascadero, CA 93401
805-462-1300, 805-462-1304 fax
emadsen@shccentralcoast.com

Quality Caregivers

At home caregivers for sick, disabled and homebound.

1001 Goldenrod Lane
San Luis Obispo, CA 93401
805-543-8860

ADDICTION AND SUBSTANCE USE SERVICES

Al-Anon Central Coast

www.al-anoncentralcoast.org

Email: ais_slo@hotmail.com

Al-Anon Information Services: (805) 534-9204

Alcoholics Anonymous San Luis Obispo County Area 93, District 22

www.sloaa.org

1137 #B Pacific St

SLO, CA 93401

24 Hour Service: (805) 541-3211

Adult Children of Alcoholics (ACA)

www.adultchildren.org

Grover Beach – Tuesdays 7:00pm,

Fellowship Room at First Presbyterian Church, 1830 Farroll.

ACA's only, closed meeting, all ACA women welcome

Grover Beach – Saturday 2:00pm,

The Lowell Center across from First Presbyterian Church, 1825 Farroll.

Beginner's welcome, ACA's only, closed meeting

Atascadero – Mondays 7:00pm,

North County Connection Building, 8600 Atascadero Ave.,

open to all

Santa Maria – Mondays 6:00pm,

Community room at 1554 South Broadway at Battles Rd,

open to all

California Smokers Helpline

www.nobutts.org

1-800-NO-BUTTS

Casa Solana – Sober living /Transitional living

10-bed facility for females aged 18-72. 12 step based program. Initial program is 90 days. Follow up can be 6 months in second transition house if space available. Random drug testing and full time manager.

383 South 13th Street

Grover Beach, CA 93433

805-481-8555

24 Hour Help line: 888-629-3330

Cottage Health System – Outpatient Center of San Luis Obispo

1035 Peach St.

San Luis Obispo, CA 93401

805-541-9113

Cottage Residential Center – Detoxification and Recovery

www.cottagehealthsystem.org/cottageresidentialcenter.aspx

316 W. Montecito St.

Santa Barbara, CA 93101

805-569-7422

Drug and Alcohol Services- San Luis Obispo County

www.slocounty.ca.gov/health/DAS_home.htm

San Luis Obispo:
2180 Johnson Ave.
San Luis Obispo, CA 93401
805-781-4275

Grover Beach:
1523 Longbranch Ave.
Grover Beach, CA 93433
805-473-7080

Atascadero
3556 El Camino Real
Atascadero, CA 93422
805-461-6080

Walk In Hours:
Tuesdays 9-11:30
Tuesdays 2:30-5:30

Mondays 9-11:30
Mondays 2:30-5:30

Tuesdays 9-11:30
Tuesdays 2:30-5:30

Gryphon Society

www.middlehouse.org/soberliving.php

3 sober living homes for adult males, 1 for adult females, ages 18 – 72, addicted to alcohol or drugs. Program is a minimum of 90 days and doesn't accept clients with serious mental disorders. Initially, client completes phone interview and then a face-to-face interview. Cost is \$150 week includes room and board.

805-550-8140 men - Fredrick Chaney (Bull)
805-459-8735 women - Jody Dye-Jones

Marijuana Anonymous

www.marijuana-anonymous.org

Tuesdays
8:00pm, Open to All –
Odd Fellows Hall,
710 Harbor St., At piney Way,
Morro Bay, CA
805-543-9817

Thursdays
8:00pm, Open to All–
SLO Alano Club,
3075 Broad Street,
San Luis Obispo, CA
805-543-9817

Narcotics Anonymous San Luis Obispo County

www.centralcoastna.org
800-549-7730

Nicotine Anonymous

www.nicotine-anonymous.org

805-773-1783
Tuesdays
7:00pm -
545 Shasta,
Morro Bay, CA 93442

Thursdays
5:30pm –
1700 15th St.
Oceano, CA 93445

San Luis Obispo County Public Health Tobacco Control Program

2180 Johnson Avenue
San Luis Obispo, CA 93401
805-781-5564

Sex Addicts Anonymous

www.saa-recovery.org

Mondays
5:30pm –
North County
Connection Building
Atascadero, CA

1st and 3rd Saturdays
5:00pm –
St. Stephens
Episcopal Church,
San Luis Obispo, CA

Wednesdays
8:00pm –
St. Stephens
Episcopal Church,
San Luis Obispo, CA

Vista Del Mar – medical detoxification for adults
www.vistadelmarhospital.com/psychiatric/detox.php
Aurora Vista Del Mar Hospital
801 Seneca St.
Ventura, CA 93001
805-653-6434 or 1-800-776-0040

HOMELESS SERVICES

CAPSLO Homeless Services South County

www.capslo.org/programs/cat-homeless-services/menu-client-services

Assistance includes obtaining long term stable housing, assistance in setting up a new household, assistance in increasing income, assistance in addressing drug and alcohol issues, assistance in addressing physical health issues, assistance in addressing mental health issues, assistance with transportation, assistance with parenting skills, assistance with budgeting and other financial management issues, assistance with child care and school interaction, a case plan tailored to each individual person or family which may also address issues not mentioned above.

CAPSLO Homeless Services South County:

1616 Manhattan

Grover Beach, CA 93433

805-473-8210

ECHO Shelter

www.echoshelter.net

ECHO (El Camino Homeless Organization) shelter provides safe shelter and meals to children and parents, as well as adult men and women.

P.O. Box 2077

Atascadero, CA 93422

805-462-3663

Good Samaritan Shelter

www.goodsamshelter.net

An emergency shelter for men, women & children with services including: employment search assistance, children's services - After School Program, drug & alcohol treatment, housing search assistance, programs for pregnant & parenting women, case management, medical and mental health services, counseling, clothing and food.

245 East Inger Drive Suite 103-B

Santa Maria, CA 93454

805-346-8185

Maxine Lewis Memorial Center

Located in San Luis Obispo, the shelter provides 50 beds nightly year-round.

750 Orcutt Road

San Luis Obispo, CA 93401

805-781-3993

Prado Day Center

www.pradodaycenter.org

The site, managed by the Community Action Partnership of San Luis Obispo County Inc and located at 43 Prado Road in San Luis Obispo, offers: restrooms and showers, laundry service, local phone use, bus tokens, mail and message service, employment listings, reading and writing area, resume computers, on site health screenings, children's playroom and yard, Community Garden.

43 Prado Road

San Luis Obispo, CA 93401

805-541-7963

Program Director – Dee Torres

Transitional Food and Shelter

www.nowheretogo.com

Mission is to provide shelter and other services to homeless persons in San Luis Obispo County provides temporary, emergency shelter for medically fragile (disabled) homeless persons too ill, injured or

disabled to be in a homeless shelter at night and outdoors during the day. Each client is screened and referred by a hospital or social service agency and has a doctor's letter.

P.O. Box 4471
Paso Robles, CA 93447

Transitions Mental Health Association

Transitional Housing for Homeless (THH) program serves disabled adult residents of San Luis Obispo County who are currently or potentially homeless. The goal for all program residents is successful independent living within 24 months. At completion of the program, residents may be eligible for Section 8 housing assistance.

784 High Street
San Luis Obispo, CA 93401
805-540-6500
info@t-mha.org

Women's Shelter Program

www.womensshelterslo.org

The women's Shelter Program is committed to recognizing and responding to the community's needs for comprehensive domestic violence and child abuse services.

P.O. Box 125
San Luis Obispo, CA 93406
805-781-6401
805-781-6400 – 24 Hr Crisis Line

MEALS / FOOD SERVICES

Harvest Bag

Providing breads, cereals, canned goods, snack foods, fresh fruits and vegetables. Each household will receive a bag of shelf stable food items as well as a bag of healthy produce. In order to qualify, must attend the distribution held within your local community and must self-certify that you meet the income guidelines. No income documentation is required, but recipients are asked to bring proof of address in the form of a driver's license, bill or other piece of mail.

LOCATIONS:

Arroyo Grande:	Soto Park: 1275 Ash St. Every Wednesday/Month 7:30 AM to 9:00 AM
Cayucos:	Community Church: 60 South 3 rd St. 1 st , 2 nd & 4 th Wednesday/Month 10:15 AM to 11:00AM
Los Osos:	South Bay Community Center: 2160 Palisades Ave. 1 st , 2 nd & 4 th Wednesday/Month 10:00 AM to 11:00 AM
Morro Bay:	Senior Center: 1001 Kennedy Way Every Thursday/Month 9:00 AM to 10:30 AM
Morro Bay:	Rock Harbor Christian Fellowship: 1475 Quintana Rd. Every Saturday/Month 10:00 AM to 12:00 PM
Nipomo:	Senior Center: 200 East Dana Every Wednesday/Month 8:00 AM to 8:30 AM
San Luis Obispo:	Zion Church: 1010 E. Foothill Blvd. Every Wednesday/Month 9:30 AM to 11:30 AM

Must call (805) 543-8327 ext. 5 by 4:00 PM to request your name be added to the list.

Loaves & Fishes**www.loavesandfishes Paso.org**

Christian ministry that provides clients with food, counseling and compassion.

2650 Spring Street

Paso Robles, CA 93446

805-238-4742

Mon – Fri 2:00pm – 4:00pm (except holidays)

Tues & Thursday 5:30pm – 7:00pm

Meals-On-Wheels

Provides warm and nourishing meals for people who are homebound and/or disabled.

780 Bello Street

Pismo Beach, CA 93448

805-773-2053

1637 La Vineda Court

SLO, CA 93401

805-541-1336

People's Kitchen**www.peopleskitchen.org**

Goal is to feed homeless individuals with special needs (e.g. with a disability), the working poor, and seniors with limited income. General Questions: Mary Parker 805-544-8047.

People's Kitchen SLO

Prado Day Center

43 Prado Road

San Luis Obispo, CA 93401

12 noon daily

People's Kitchen South County

675 W. Grand Ave

Grover Beach, CA 93433

805-489-0982

Mon – Sat 12pm– 1pm, Sun 1-2pm

OLDER ADULT RESOURCES

Adult Protective Services

www.slocounty.ca.gov/dss/adult/htm

805-781-1790 or 1-800-834-3002

805-788-2834 – fax

Alzheimer's Association San Luis Obispo County

www.alz.org

3480 S. Higuera Street, Suite 120

San Luis Obispo, CA 93401

805-547-3830

24 Hour Helpline: 1-800-272-3900

Area Agency on Aging/ Senior Connections

www.centralcoastseniors.org

528 South Broadway

Santa Maria, CA 93454

805-541-0384 or 1-800-510-2020

Caring Callers of SLO County

www.caringcallers@wilshirehcs.org

In-home visiting services to senior citizens, aged 60 or over who are frail, homebound and at risk. Services are delivered at no cost to the client for as long as the client needs the service.

285 South Street Suite. J

San Luis Obispo, CA 9340

805-547-7025 ext. 17

Department of Social Services County of SLO County

www.slocounty.ca.gov/dss

3422 S. Higuera St.

San Luis Obispo, CA 93401

805-781-1600

805-781-1686 – fax

9415 El Camino Real

Atascadero, CA

805-461-6000

805-461-6036 – fax

530-12th St.

Paso Robles, CA

805-237-3110

805-237-3115 – fax

1086 Grand Ave

Grover Beach, CA

805-474-2000

805-474-2025 - fax

Gold Coast Senior Options & Dementia Care Associates

www.goldcoastsenioroptions.com

Free senior placement services, assists clients with finding the ideal community for each patient. Conduct in-depth assessments and facilitate necessary paperwork while also scheduling tours of facilities.

1130 East Clark Ave. Suite 150-160
Orcutt, CA 93455
805-314-2044
info@goldcoastsenioroptions.com

Health Insurance Counseling and Advocacy Program (HICAP)

www.centralcoastseniors.org/hicap/

Provides free and objective information and counseling about Medicare. Volunteer counselors can help clients understand their specific rights and health care options.

528 South Broadway
Santa Maria, CA 93454
805-928-5663
1-800-434-0222

Life Steps Foundation-Santa Maria Wisdom Center

www.lifestepsfoundation.org

Providing in-home and community-based services for people for all ages with physical, emotional or developmental challenges. Services include nursing, physical, occupational and speech therapies, social work services, social and recreational activities, nutritional counseling, wheelchair accessibility and door to door transportation.

Program Hours: 9:00am-2:00pm
Office Hours: 8:30am-4:00pm
1414 Broadway Suite A
Santa Maria, CA 93454
805-349-9810 phone / 805-349-9160 fax

Long-term Care (LTC) Ombudsman

www.ombudsmanslo.org

3232 S. Higuera St. #101B
San Luis Obispo, CA 93401
805-785-0132
805-785-0134 - fax
24 Hr Crisis Line: 1-800-231-4024

Mission Animal Hospital

www.missionanimalhospital.com

Providing veterinary care for pets of seniors (or anyone with mobility issues). Joined with ElderPet to provide care at no cost for those in need.

3973 S. Higuera Street, Ste. 130
SLO, CA 93401
805-781-8888

Ride-On Transportation

www.ride-on.org/contact.phtml

805-541-8747
805-543-2045 – fax
contact@ride-on.org

San Luis Obispo Senior Services

www.sloseniorservices.com

A web directory of professionals, services and products to empower seniors to remain independent.

PO Box 2627
Avila Beach, CA 93424
805-627-1760

Senior Nutrition Program

seniornutrition@sbcglobal.net

Lunches are available for seniors 60 and older, free. Suggested donation \$2.75 per meal, but is not required. There are 9 dining in locations or home delivery option. Five days a week and frozen meals on holidays.

2180 Johnson Avenue
San Luis Obispo, CA 93401
805-541-3312

Senior Peer Counseling

Listening and guidance by professionally trained volunteer counselors who help seniors navigate the ups and downs of grief, loss, depression and other life challenges.

285 South Street Suite J
San Luis Obispo, CA 93401
805-547-7025 ext. 15

Sydney Creek

www.sydneycreek.com

The only residence of its kind on the Central Coast, our community offers a safe and life-enriching home for clients throughout their journey with dementia or Alzheimer's.

1234 Laurel Lane
SLO, CA 93401
805-543-2350

The Villages of SLO

www.villagesofslo.com

Enhanced Retirement Living. Suggests that their community of residents enjoy superior independent living, assisted living and memory care (for memory care services see Sydney Creek listed above).

Independent Living
55 Broad Street
SLO, CA 93405
805-543-2300

Assisted Living
73 Broad Street
SLO, CA 93405
805-543-2311

Wilshire Health and Community Services, Inc.

www.wilshirecommunityservices.org

Provide a variety of health and community services for elders, including hospice and senior peer counseling in addition to Caring Callers (listed above).

285 South Street, Suite J
SLO, CA 93401
805-547-7025
info@wilshirehcs.org

FINANCIAL / INSURANCE SERVICES

California Children's Services-CCS

www.dhcs.ca.gov/services/ccs

CCS is a statewide program that treats children with medically eligible chronic health conditions, diseases and physical limitations. Through this program, children up to 21-years old can get the health care and services they need. CCS will connect clients with doctors and trained health care people who know how to care for children with special health care needs.

San Luis Obispo CCS Office
2180 Johnson Avenue
San Luis Obispo, CA 93401
805-781-5527 or 800-660-3313
Fax: 805-781-4492

County Medical Services- CMSP

The Health Agency's Health Systems Division determines eligibility, and provides utilization review and accounting services to ensure proper access to health care for the medically indigent.

County Medical Services- CMSP

San Luis Obispo County Health Systems
2180 Johnson Avenue
San Luis Obispo, CA 93401-4535
805-781-4838

Health Insurance Counseling and Advocacy Program (HICAP)

www.centralcoastseniors.org/hicap/

Provides free and objective information and counseling about Medicare. Volunteer counselors can help clients understand their specific rights and health care options.

528 South Broadway
Santa Maria, CA 93454
805-928-5663
805-925-9555 fax

Medi-Cal

Medi-Cal is the California version of the federal Medicaid program. It is important for anyone in need of medical assistance to contact the Department of Social Services because many factors must be considered.

Arroyo Grande

1086 Grand Avenue
Arroyo Grande, CA 93420
805-474-2000
805-474-2134 fax

Atascadero

9415 El Camino Real
Atascadero, CA 93422
805-461-6000
805-461-6036 fax

Nipomo

681 Tefft Street, Suite 1
Nipomo, CA 93444
805-931-1800
805-931-1804 fax

Paso Robles

406 Spring Street
Paso Robles, CA 93446
805-237-3110, 805-237-3115 - fax

San Luis Obispo

3433 South Higuera Street
PO Box 8119
805-781-1600
805-781-1846

Social Security

www.ssa.gov

The Social Security and Supplemental Security Income disability programs are the largest of several Federal programs that provide assistance to people with disabilities.

United States Social Security Administration
3240 South Higuera Street, Suite A
San Luis Obispo, CA 93401
805-544-525