

# Resource Guide, 2021

## Emergency Services

- 24 Hr. Mental Health Crisis Hotline 800-783-0607
- Central Coast Sheriff, 805-528-6083
  - serves Los Osos, Cayucos, Cambria
- Morro Bay Police Dept., 805-772-6225
- Los Osos Fire Dept., 805-528-1053
- Morro Bay Fire Dept., 805-772-6242
- Cayucos Fire Dept., 805-995-1133
- French Hospital- 1911 Johnson Ave, SLO, 805-543-5353
- Sierra Vista Hospital- 1010 Murray Ave., 805-546-7600
- Catholic Charities SLO, 805-541-9110
- El Moro Church of the Nazarene, 805-528-0391
- Green Pastures, First Presbyterian Ch., 805-543-5451
- St. Vincent De Paul, 805-544-7041

## Clothing Assistance

- Vouchers LOC Resource Center, Sunnyside Rm18, 805-592-2701
- Abundance Store- 2190 9th St. LO, 805-528-1370
- Nifty Thrifty- 365 Quintana Rd., MB, 805-528-1682
  - \$10 a bag on Mondays

## Community and Social Services and Organizations

- 24 Hour Support Directory, 211
- People Helping People, Los Osos, 805-528-2626
  - Food, medical supplies, Senior resource center
- Morro Bay Community Resource Connections- 695 Harbor St, MB, 805-225-1991
- South Bay Community Center, 805-528-4169
- Los Osos Chamber of Commerce, 805-528-4884
- Los Osos Community Services District, 805-528-9370
- Los Osos Library- 2075 Palisades, LO, 805-528-1862
- Morro Bay Library- 625 Harbor St., MB, 805-772-6394
- Cayucos Library- 310 B St., Cayucos, 805-995-3312
- Dept. of Social Services Morro Bay- 600 Quintana Rd., MB, 805-772-6405
- Food Stamps/EBT/CalFresh, 1-877-847-3663
- CAPSLO, 805-544-4355 (for all programs)
- Salvation Army SLO, 805-544-2401
- Salvation Army MB- 540 Quintana Rd., 805-772-7062
- Catholic Charities SLO, 805-541-9110

## Los Osos Cares (LOC)- services for individuals, families, & seniors

- LOC Community Resource Center- Sunnyside School Rm18,
  - Tues, Wed, Thurs 1-3pm, 805-592-2701
- LOC Community Coalition, 805-592-2701
  - Community Based Team meets bi-monthly
- LOC Direct Outreach, 805-592-2701
  - Free Community Dinners, Warming Centers
- LOC Estero Bay Womenade, locwomenade@gmail.com

## Disabled Services

- Independent Living Resource Center, SLO, 805-462-1162 Ex.413
- Tri-Counties Regional Center, SLO office, 805-543-2833, 800-456-4153
- CA Department of Rehabilitation, SLO office, 805-549-3361
- Vocational Rehabilitation & Employment Program (for Veterans, County DSS program), 805-781-5766

## Domestic Violence Resources

- Stand Strong (formerly the SLO Women's Shelter) 24 hour Crisis, 805-781-6400
- RiseSlo.org 805-266-5400; 24 hour: 855-886-7473
- Victim Witness SLO Co. DA 805-781-5821

## Drug And Alcohol Services

- SLO Drug and Alcohol Services, 805-781-4275
- Needle Exchange 24 Hour Support Directory, 211
- Narcotics Anonymous, 24-hour phone line 800-549-7730
- Alcoholics Anonymous, 805-541-3211

## Education Services

- SLCUSD Adult School, 805-549-1222
- CAPSLO Head Start, 805-528-3717
- Cuesta College, 805-546-3100
- Monarch Dream Center, Cuesta College, 805-546-3109
- Cal Poly- Office of Dean of Students, 805-756-7177
- Literacy for Life, Trinity Methodist Ch.- 490 LO Valley Rd
  - Mon & Thurs 7-8:30 pm, 805-541-4219

## Employment And Workforce Development

- America's Job Center, 1 STOP SLO, 805-903-1400
- Vocational Rehabilitation, 805-549-3361
- Eckerd Workforce Development, 805-835-9319
- Caljobs.gov

## Family & Child Advocacy and Prenatal Health

- SLCUSD- Hector Santos, 805-235-6610
- Transitions Mental Health Assn., San Luis Obispo
  - Melanie Davenport, call for appt 805-503-0009
- Pregnancy & Parenting Support of SLO, 805-541-3367
- Seneca (formally Kinship Center), 805-434-2449
- Planned Parenthood of SLO, 805-922-4848
- The Center-SLO, 805-544-2478 or 805-489-4026
- Parents Helping Parents, 805-543-2039

## Food Distribution Sites

### First 4 Tuesdays 9:30

- El Morro Church of the Nazarene- 1480 Santa Ysabel, LO, 805-528-0391

### Wednesday 9:30- 10:30

- PHP-South Bay Community Center- 2180 Palisades Ave., LO, 805-528-2626

### Saturday 9:00-12:00

- Rock Harbor Church- 1475 Quintana Rd, MB, 805-772-7365

### Tuesday and Friday 10-12 noon

- Trinity United Methodist Church- 490 LO Valley Rd. LO, 805-528-1649

### Tuesday, Thursday 1-3:30

- Salvation Army MB- 540 Quintana Rd, MB, 805-772-7062

### 2nd Tuesday of the month

- Baywood Elementary- 9th Street, LO

### 4th Thursday of the month

- Del Mar Elementary- 501 Sequoia St, MB

### 1st, 2nd and 3rd Mondays 5-6 pm

- Trinity United Methodist Church- 490 LO Valley Road, LO, 805-528-1649

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## Free Community Dinners

### Every Thursday, 5-6 pm

- South Bay Community Center, 2180 Palisades Ave, LO

### Every Monday, 5-6 pm

- Morro Bay Vets Hall, 209 Surf St.
- Dinner and food distribution

## Housing and Shelter Services

- SLO Housing Authority(HASLO), 805-543-4478
- Peoples Self Help Housing, 805-781-3088
- HomeShare SLO, 805-215-5474
- CAPSLO Homeless Veterans- 1320 Van Buerden Dr. Suite 101, LO, 805-503-9867
- Homeless Services, Veterans Support, 805-781-3993
- Homeless Veterans Helpline, 1-877-424-3838
- ECHO Homeless Shelter, 805- 462-3663
- 5 Cities Homeless Coalition, 805-574-1638
- 40 Prado Homeless Services, 805-544-4004
- TMHA Homeless Program, 805-550-9842

## Immigration Services

- Amber Hefner, Lawyer- 2015 10th St, LO, 805-316-0592
- TheRefugeeCenter.org
- USCIS.gov
- Catholic Charities- 3592 Broad St., SLO, 805-541-9110

## Laundry Services

- Laundry Of Love, a ministry of St. Benedict's Episcopal Church.- 2179 10th St., Los Osos
  - Last Wednesday of month 11-1 pm (seniors only); 4-6 pm (open to anyone)
- Laundry Of Love, LOC- 520 Quintana Rd., Morro Bay
  - Third Wednesday of every month 4-6 pm

## Legal Assistance

- CA Rural Legal Assistance, 805-544-7994
- Court Call Hearing by Phone, 888-882-6878
- Family Law Facilitator, 805-788-3418
- Legal Assistance Foundation, 805-543-5140
- SLO Law Line, 805-548-8884

## Medical Services

- Alliance for Pharmaceutical Access-(APA)
- Noor Clinic, 805-439-1797,
- Noor Dental Clinic, 805-592-2240
- Children's' Dental Clinic, 805-592-2445
- Prado Dental Van, 805-786-0617
- Los Osos Lions, Glasses by referral
- Optometric Care Associates (CenCal) 805-528-5333
- Support Services for HIV+& Hep C, 805-781-3660
- Community Health Center, 805-269-1500
- Health Insurance, Covered CA.com
- County Health Dept MB- 760 Morro Bay Blvd 805-781-5500

## Mental Health Services

- SLO County Mental Health, 805-781-4700
- SLO Mental Health Evaluation Team, 800-838-1381
- Cal Poly Counseling Services, 805-756-1532
- Community Counseling Center, 805-543-7969
- Transitions Mental Health Association 805-540-6500

## Senior Services

- LOC Estero Bay R U OK –Help Lines for Seniors
  - Los Osos- 805- 471-7118
  - Morro Bay-805-471-7129
  - Cayucos 805-471-7096
- Senior Connection (Area Agency on Aging), 805-928-2552
- HICAP, help with Medicare, 805-928-5663
- Adult Protective Services 805-781-1790
- Senior Nutrition Program/ Meals That Connect
  - Los Osos, 805-528-6923;
  - SLO 805-541-3312
- In Home Support Services (IHSS), 805-772-6405
  - San Luis Obispo County, 805-461-6110
- Long Term Care Ombudsman, 805-785-0132
- Wilshire Community Services, 805-547-7075
- SLO Village, 805-242-6440
  - (membership) support network
- Morro Bay Senior Center (Active Seniors), 805-772-4421
- Cayucos Senior Center, 805-995-3543
- People Helping People, 805-528-2626
  - Food, medical supplies, Senior resource center
- Alzheimer's Association, 805-547-3830
- Smart Share Housing Solutions, 805-215-5474
- Hospice Care, 805-544-2266
- Wilshire Hospice, 805-782-8608
- Area Agency on Aging, 805-541-0384

## Transportation

- CA Low Cost Auto Insurance, 805-547-1000
- RTA ADA card/Runabout, 805-541-8747
- Ride On Door to Door Shuttle Service, 805-541-8747
- SOCOG- 1114 Marsh St, SLO, 805 781-4219
- Call 511 for assistance with Transportation

## Utility Assistance

- PG&E CARE Program, 866-743-2273
- Gas Co. CARE Program, 800-427-2200
- Home Energy Assistance CAP SLO, 805-541-4122
- Salvation Army MB- 540 Quintana Rd., 805-772-7062
  - (PG&E, So Cal Gas)
- LOC Community Resource Center- Sunnyside School Rm18,
  - Tues & Wed 1-3pm, 805-592-2701

## Veterans

- Veterans Services, SLO County- 801 Grand Ave., SLO,
  - Monday-Friday 9am-5pm, 805-781-5766
- CAPSLO- Supportive Services for Veteran Families (SSVF), 805-237-0352
- Homeless Services, Veterans Support, 805-781-3993
- Homeless Veterans Helpline, 1-877-424-3838