

# San Luis Obispo County 2026 Directory of Family Resource Centers & Family Support Programs

Learn more at [www.sloparents.org/slo-frc-directory](http://www.sloparents.org/slo-frc-directory)

Family Resource Center/Program	Address/Phone	Population/Services
<b>Pregnancy &amp; Parenting Support of SLO County</b> <a href="http://www.ppslo.org">www.ppslo.org</a>	3480 South Higuera, Ste. 110 San Luis Obispo, CA 93401 By appointment only Free bilingual services (805) 541-3367	Pregnant and early parenting caregivers with children ages 0-5. Emotional support, counseling, moms support group, maternity and infant supplies, professional car seat checks, and resource referrals. Baby Bank for SLO County.
<b>Community Action Partnership of SLO County (CAPSLO)</b> <a href="http://www.capslo.org">www.capslo.org</a>	1030 Southwood Drive San Luis Obispo, CA 93401 (805) 544-4355	Programs to help individuals and families with employment, childcare and preschool, parent education, housing, medical services, etc.
Paso Robles FRC	704 Spring St. Paso Robles, CA 93446 (805) 440-1878	
<b>South County SAFE</b> Arroyo Grande FRC	1086 Grand Ave. Arroyo Grande, CA 93420 (805) 474-2030	<i>Basic needs and preventive services:</i> South County families with children ages 0-18, bilingual services, parent education, practical support, crisis intervention, and homeless services.
Nipomo FRC – Dana Elementary School	920 W. Tefft St. Nipomo, CA 93444 (805) 474-3000 ex.5147	<i>Intensive services:</i> Children in the Lucia Mar Unified School District.
Oceano FRC	1511 19th St. Oceano, CA 93445 (805) 474-3690	
<b>The Link Family Resource Center</b> <a href="http://www.linkslo.org">www.linkslo.org</a>	4507 Del Rio Ave., Bldg. 1 Atascadero, CA 93422 (805) 794-0217	<i>Basic needs and preventive services:</i> Family Advocate services for families with children 0-18 in North County, SLO, and Coast. Bilingual basic needs support, student advocacy, and service navigation.
Paso Robles FRC located next to Lewis Flamson Junior High School (also serves Shandon and San Miguel)	655 26 <sup>th</sup> St. Paso Robles, CA 93447 (805) 794-0217	<i>Intensive services:</i> North County families, including San Miguel, Shandon, Creston and Santa Margarita.

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<b>SLO County Help Me Grow</b> <a href="http://www.slohelpmegrow.org">www.slohelpmegrow.org</a>	1030 Southwood Drive San Luis Obispo, CA 93401 (805) 305-4481  704 Spring St. Paso Robles, CA 93446 (805) 440-1878	Families with children 0-5 in SLO County. Support for developmental screenings, 0-5 health navigation, identifying services, and child development information.
<b>Parents Helping Parents</b> SLO Resource Center/Library  Atascadero Resource Center/Library <a href="http://www.phpslo.org">www.phpslo.org</a>	1146 Farmhouse Lane San Luis Obispo, CA 93401 (805) 543-3277  7305 Morro Road Ste 104A Atascadero, CA 93422 (805) 461-7415	Supporting parents and empowering children with special needs to reach their fullest potential. PHP provides parent education, mutual support, referral networks, and a greater community awareness.
<b>Parent Connection of SLO County</b> <a href="http://www.sloparents.org">www.sloparents.org</a>	Resource Helpline (805) 543-3700	Bilingual parent education, coaching, and countywide resource referrals for parents and caregivers.
<b>Transitions-Mental Health Association Family Services Program</b> <a href="http://www.t-mha.org/family-support.php">www.t-mha.org/family-support.php</a>	784 High Street San Luis Obispo, CA 93401 (805) 540-6571	Individuals with mental health issues and their families and caregivers.
<b>Los Osos Cares</b> <a href="http://www.lososocares.com">www.lososocares.com</a>	Sunnyside School Rm. 18 880 Manzanita Dr. Los Osos, CA 93402 Tues., Wed., Thurs. 1-3pm (805) 592-2701	Basic needs assistance and resource referrals for families in Estero Bay: Morro Bay, Los Osos and Cayucos.
<b>SAFE System of Care</b> A network of countywide partnerships collaborating to assist families.	Jennifer Tajon, LCSW SAFE Program Manager (805) 748-8837	Coordinates family-serving agencies and schools to increase access to services and community resources. SAFE services are family-centered and may involve creating a family-lead plan. Voluntary SAFE Intensive meetings are available to families across SLO County with children ages 0-18.