

2023-2024 San Luis Obispo County Directory of Family Resource Centers & Family Support Programs

Learn more at www.sloparents.org/slo-frc-directory

Family Resource Center	Address/Phone/Email	Population/Services
The Link Family Resource Center Atascadero FRC	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, Coast, and South County. Bilingual basic needs support, parenting classes, homeless services.
Paso Robles FRC (also serves Shandon and San Miguel) www.linkslo.org	1802 Chestnut St. Paso Robles, CA 93447 (805) 794-0217	<i>Intensive services:</i> North County families, including San Miguel, Shandon, Creston and Santa Margarita.
Community Action Partnership of SLO County (CAPSLO) www.capslo.org	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, and medical services, etc.
SLO County Help Me Grow <i>A program of CAPSLO</i> www.slohelpmegrow.org	1030 Southwood Drive San Luis Obispo, CA 93401 (805) 544-4355 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.
South County SAFE Arroyo Grande Family Resource Center	1086 Grand Ave. Arroyo Grande, CA 93420 (805) 474-2105	<i>Basic needs and preventive services:</i> Families with children ages 0-18, bilingual services, parenting classes, homeless services
Nipomo Family Resource Center – 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 Family Resource Center	1511 19th St. Oceano, CA 93445 (805) 474-3690	
Parent Connection of SLO County www.sloparents.org	Parent Coach - English (805) 904-1411 Parent Coach - Spanish (805) 540-1223	Online listing for in-person and virtual parenting classes, support groups and workshops in English and Spanish. Free, confidential, qualified bilingual Parent Coaching for parents and caregivers.
Information Helpline (805) 543-3700		Information Helpline provides countywide referrals and resources.

Family Resource Center	Address/Phone/Email	Population/Services
Community Counseling Center www.cccslo.org	676 Pismo Street San Luis Obispo, CA 93401 (By appointment only) (805) 543-7969 1035 Vine St. Ste. A Paso Robles, CA 93446 (By appointment only) (805) 543-7969	Sliding scale counseling services for children and adults
Lumina Alliance (Formerly RISE & Stand Strong) www.luminaalliance.org	51 Zaca Lane Suite 150 San Luis Obispo, CA 93401 1030 Vine Street Paso Robles, CA 93446 (805) 545-8888	Support and resources for survivors of sexual and intimate partner violence through 24-Hour Crisis Line, emergency shelter, transitional housing, counseling services, referrals for legal services, Latinx services, children's services, education, prevention.
Los Osos Cares www.lososocares.com	Sunnyside School Rm. 18 880 Manzanita Dr. Baywood-Los Osos, CA 93402 (Appointment preferred) (805) 592-2701	<i>Basic needs and preventive services:</i> Assistance accessing medical/mental health services, employment, housing, transportation, food and legal services for families in Estero Bay, Morro Bay, Los Osos and Cayucos.
Pregnancy & Parenting Support of SLO County www.ppsslo.org	3480 South Higuera, Ste. 100 San Luis Obispo, CA 93401 (Appointment preferred) (805) 541-3367	Pregnant and parenting mothers and fathers until child is age five. Mental health support for pregnant and postpartum women.
Seneca Family of Agencies www.senecafoa.org	6850 Morro Road Atascadero, CA 93422 (805) 434-2449	Foster and adoptive families, relative caregivers (e.g., grandparents). Services include mental health, support groups, parent education, and adoptions.
The Cambria Connection www.thecambriacconnection.org	1069 Main St. Unit B Cambria, CA 93428 (805) 927-1654	Referrals for countywide families, adults, and teens with substance abuse issues. Immediate services for Cambria and San Simeon residents.
Transitions-Mental Health Association Family Services Program www.t-mha.org/family-support.php	784 High Street San Luis Obispo, CA 93401 (805) 540-6571	Individuals with mental health issues and their families and caregivers
Parents Helping Parents SLO Resource Center/Library Atascadero Resource Center/Library www.phpslo.org	1146 Farmhouse Lane San Luis Obispo, CA 93401 (805) 543-3277 7305 Morro Road Ste 104A Atascadero, CA 93422 (805) 461-7415	Families of children with special needs.