

Communications & Outreach Update

September 24th, 2025

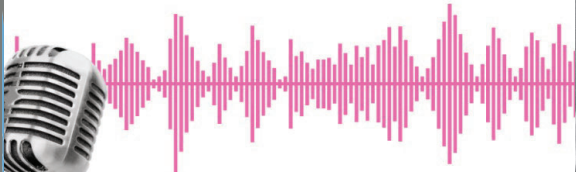


In Case You Missed It!

KCBX
news
for the Central Coast

1PM THURSDAY
LISTEN  SEPTEMBER 11TH

On Central Coast Voice



 **FIRST 5**
SAN LUIS OBISPO COUNTY



asmdawnaddis

@first5slocounty

@upliftcentralcoast



It was great seeing the faces of the many community leaders who care about kids!

This afternoon, I had the honor of joining them for the launch of the Uplift Regionwide Child Care Coalition. The coalition brought together six counties across the Central Coast to build a stronger, more equitable child care system.

As a former teacher and longtime advocate, I know this isn't just a family issue; it's about our economy, workforce, and future.



First 5 San Luis Obispo

—Learn More—
Uplift
Regionwide
Child Care
Coalition

First 5 San Luis Obispo is leading the Uplift Regionwide Child Care Coalition, a regionwide effort to tackle one of the Central Coast's most pressing challenges: affordable, accessible child care. The Coalition unites advocates from six counties—from Santa Cruz to Ventura—in a first-of-its-kind collaboration to strengthen the child care system as a driver of economic mobility.

This spring, the Coalition held its inaugural convening, bringing together early care educators, parents, community leaders, nonprofits, employers, and resource partners to begin building a shared vision and strategy.

Next up: Learning Communities—a series of 90-minute Zoom sessions beginning this fall and running through winter—will connect participants across sectors and counties, offering a space to share strategies, best practices, and innovative approaches to child care. **If you're interested in participating, we invite you to complete [this brief survey](#).** By bringing diverse voices to the table and turning conversation into coordinated action, the Coalition is paving the way for a stronger, more equitable child care system across the Central Coast.

SPECIAL EDUCATION PARENT INSTITUTE

PARTNERS IN PROGRESS

EMPOWERING FAMILIES, SCHOOLS,
AND COMMUNITIES TO SUPPORT
CHILDREN WITH DISABILITIES

SEPTEMBER 20, 2025
LOMA VISTA COMMUNITY SCHOOL
TIME 8:30-1:30PM

[CLICK TO REGISTER](#)



tinyurl.com/ParentInstitute25-26

SCHEDULE

8:30-9:00 Check In & Pastries
9:00-9:30 Welcome & Keynote
9:40-10:30 Session 1
10:40-11:30 Session 2
11:30-12:30 Lunch, Panel Talk, Raffle
12:40-1:30 Session 3
1:30-2:00 Exhibitors & Networking

EXHIBITORS

Tri-Counties Regional Center, Department of Rehabilitation, First 5 SLO County, PathPoint, ADHD Allies, Creative Alternative for Learning & Living, Beyond Behavior Consulting, HOPE Advocacy LLC, Momentum WORK Inc., Central Coast Psychological Services, Neurogenesis Neurofeedback, Center for Autism and Related Disorders, Promotores Collaborative of SLO County, Pyles & Associates ABA Psychology, PC

WORKSHOP SESSIONS

- The Power of Play
- Augmentative & Alternative Communication: Foundational Principles
- 10 Tips for Thriving during the School Year
- The Power of Predictability
- Making Sense of FBAs & Behavior Plans
- Exploring Anxiety and Depressive Disorders
- Parent Power Up: Executive Functioning at Home
- Transition to Adulthood
- Legislative Priorities & Listening Session with the District Director for Assemblymember Dawn Addis (AD 30)
- Understanding Special Education

805-782-7301 | info@sloselpa.org | Spanish Interpretation Available



Community Resource Fair

Join CAPSLO and local nonprofits and organizations working to make life better on the Central Coast. Explore volunteer opportunities, learn about vital services, and help celebrate 50 years of impact through CAPSLO programs such as Head Start, the 40 Prado Homeless Services Center, and more!

Booths in Attendance

- Altruism International of San Luis Obispo County
- American Red Cross
- Big Brothers Big Sisters San Luis Obispo County
- CAPSLO programs
- Community Foundation - San Luis Obispo County
- County of San Luis Obispo Public Health
- Cuesta College
- DCSB
- First 5
- Glava Pride and Diversity Center
- Public Health Injury Prevention of SLO County
- History Center of San Luis Obispo County
- Hope's Village of SLO
- Know How To Cal A program of SLOCOG Rideshare
- Long Term Care Ombudsman Services of San Luis Obispo County
- Life Coaching With Horses LLC
- Lumina Alliance
- New Life Kids Service Dog Organization
- Restorative Partners
- SLO Help Me Grow
- SLO Climate Coalition
- SLO Village Movement
- Veterans Services - County of San Luis Obispo

SEPTEMBER 27, 2025
11- 4PM

Mission Plaza
San Luis Obispo

COMMUNITY ACTION PARTNERSHIP OF SAN LUIS OBISPO
3000 SOUTHWEST DR., SAN LUIS OBISPO, CA
805.544.4333 | WWW.CAPSLO.ORG

Outreach Events



Sponsorships



MOVIE in the PARK



FRIDAY, SEPTEMBER 12, 2025

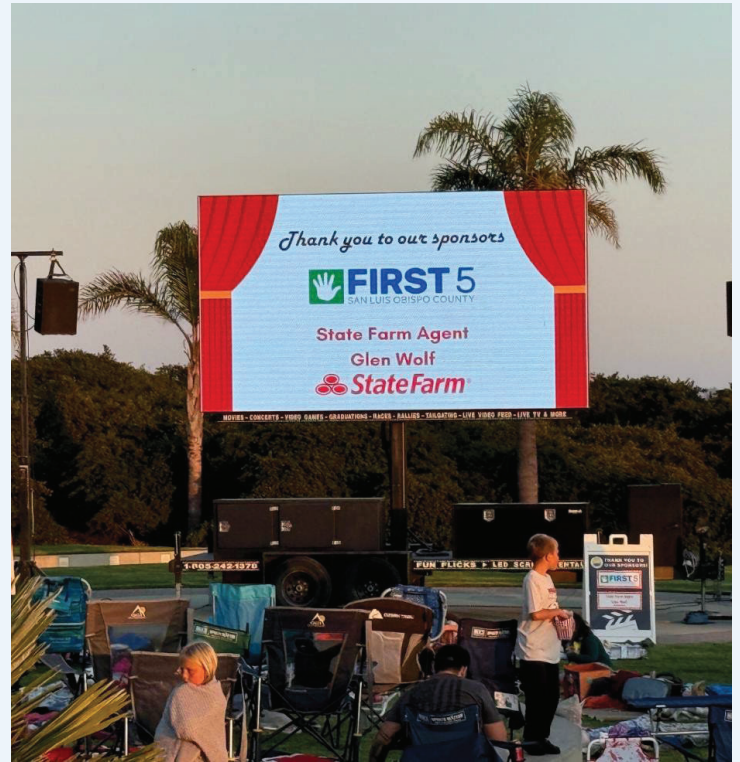
7:15 PM Movie Start at Dinosaur Caves Park

Bring your blankets or lawn chairs to enjoy the movie & ocean view!

 **FREE**

Food available for purchase & bounce houses open at 6 PM!

RECREATION DIVISION | WWW.PISMOBEACH.ORG/RECREATION | (805) 773-7063



SALVA UNA VIDA!!!

DONA TU EXCESO DE LECHE MATERNA AL
BANCO DE LECHE EN SAN JOSE



MOTHERS' MILK BANK CALIFORNIA

VIERNES 24 DE OCTUBRE

10AM-2PM

GROWING WITH BABY

1230 Marsh Street, San Luis Obispo

- Las donantes serán evaluadas y comenzarán el proceso de donación
- Leche congelada será aceptada
- Disfrutarán de refrescos y un obsequio de "agradecimiento" para todas las donantes
- Este es un evento gratuito y abierto al público
- Pruebas de sangre se realizarán en fecha próxima

Para más información
enlace al código o
llame 805-440-1271



Center for
Family
Strengthening



CENTRAL COAST
BREASTFEEDING COALITION

FIRST 5
SAN LUIS OBISPO COUNTY

SAVE A LIFE!!!

Donate your excess breast milk to
Mothers' Milk Bank



MOTHERS' MILK BANK CALIFORNIA

FRIDAY, OCTOBER 24TH

10AM-2PM

GROWING WITH BABY

1230 Marsh Street, San Luis Obispo

- Complete medical history questionnaire
- Frozen milk donations accepted
- Enjoy light refreshments & Donor gift
- This is a free event & open to the public
- Blood draw will be done at a later date

Click here or contact
Leslie at 805-440-1271
for additional info:



Center for
Family
Strengthening



CENTRAL COAST
BREASTFEEDING COALITION

FIRST 5
SAN LUIS OBISPO COUNTY

First 5 joined mamas, babies, partners, friends and the amazing WIC team for gentle yoga yesterday in honor of World Breast Feeding Week!

The room was packed, and mamas and babies chatted and mingled in the spirit of love and connection.

More than nutrition support, the WIC team gives one-on-one help that prepares parents for the real challenges of breastfeeding.

"Breastfeeding takes a village," said Mikaela Garfield, WIC Lactation Consultant. "Having someone to talk to and coach you through the tough moments makes all the difference for new parents."

Families can apply for WIC online, by phone, or in person. Visit slocounty.gov/WIC to learn more and see if you qualify.



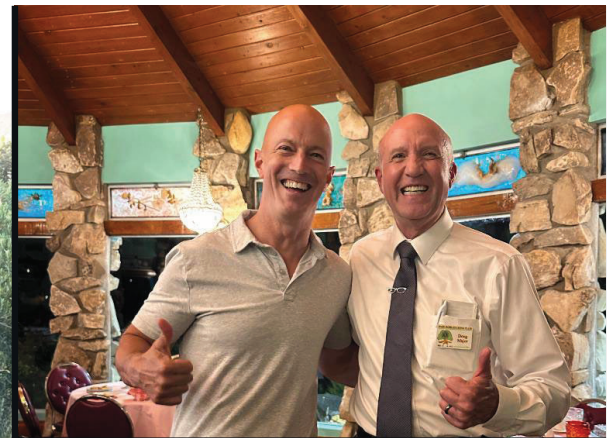
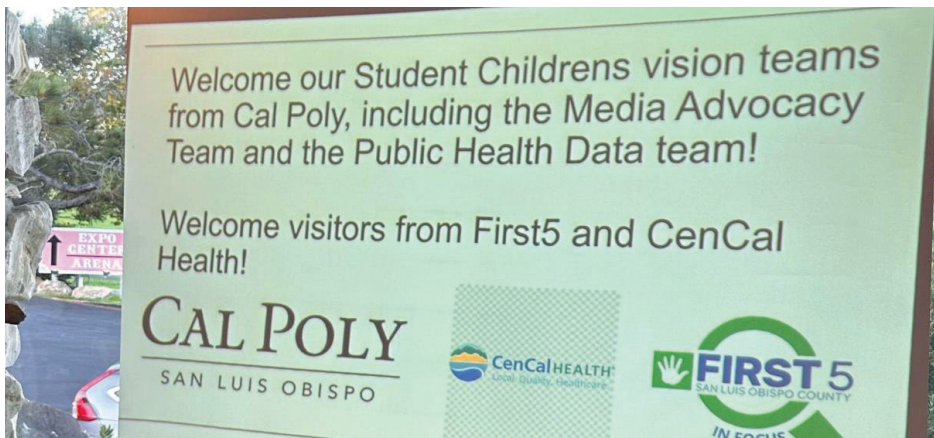

@first5slocounty

[CLICK HERE TO LEARN MORE ABOUT WIC!](#) ❤️

@slopublichealth



Prioritise Breastfeeding
Create sustainable support systems
WABA | WORLD BREASTFEEDING WEEK 2025



School Nurses Appreciation Dinner



BUILD YOUR PARENT TOOLKIT

FREE Virtual Workshop with Ron Huxley, LMFT

Parents & caregivers—are you ready for:

- ★ Less power struggles?
- ★ More family harmony?
- ★ Better communication with your teen?

THURSDAY, SEPT 25, 2025

12-1 PM (ONLINE)

[REGISTER HERE](#)

Bonus: First 30 registrants get a FREE copy of Ron Huxley's new book!

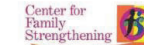
Questions? Text Gwen at 805-543-3700

Presented by Ron Huxley, LMFT in partnership with Parent Connection of San Luis Obispo County.



SAFE System of Care Networking

LEARN. CONNECT. COLLABORATE.



Our programs ensure strong families are a community priority.



Join us for our annual virtual networking event to enhance our SAFE System of Care in support of students and families!

Who should attend: School Administrators, Support Staff, and Community Partners utilizing the Safe System of Care

Monday, September 29, 2025

9:00 - 11:00am

[Register Here!](#)

For more information about registration, contact:
Jennifer Ford, joford@slocoe.org, (805) 782-7207

Sis

Did you hear? SLO Help Me Grow launched a new website!

now

I know!! So cool.

Now it's easier than ever to check if Leo's hitting his milestones 🥳

Sis

Yay! Can't wait to tell my friends.



HAVE QUESTIONS ABOUT YOUR CHILD'S GROWTH?

We can help.

FIRST 5 CAPSLO

HELP ME Grow
SAN LUIS OBISPO COUNTY

Now HIRING
Help Me Grow Program Specialist

Join CAPSLO as a Help Me Grow Specialist and empower families with vital resources, referrals, and support for children ages 0-5

- Stationed in Paso Robles
- Full Time
- Monday - Friday
- Paid Time Off
- Bilingual Required
- Medical, Dental, Vision Covered 100%
- Retirement Plan Options
- 13 Paid Holidays

Scan this QR Code To Apply!
Visit capslo.org/careers to learn about our competitive benefits & perks.

JOIN OUR EARLY CHILDHOOD EDUCATION TEAM

JOIN OUR TEAM AS A:

- Area Manager
- Center Supervisor
- Teacher
- Associate Teacher
- Family Services Advocate
- Bus Driver

APPLY TODAY!

LOCATIONS:

- Monterey County
- Fresno County
- San Luis Obispo County
- Santa Barbara County
- Ventura County
- Kern County
- Orange County
- San Diego

www.capslo.org/careers
recruitment@capslo.org

CAPSLO
Community Action Partnership of San Luis Obispo County, Inc.

High value prizes raffled off each week!

CAPSLO
Community Action Partnership of San Luis Obispo County

PARENT CAFÉS

Connect with other parents in small, discussion-based groups!

DINNER AND CHILDCARE PROVIDED!

What: FREE drop-in parenting groups
Where: 704 Spring St., Paso Robles
When: 5:30 PM - 7:30 PM

Every Wednesday in September!

Questions? Call or text Nicki Butler at (805) 458-0907

SEPTEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Spread the Word!

PARENT-CHILD PARTICIPATION Fall Learning Pod Series

Topics include:
**Art, Movement, Sensory Play,
Yoga, Music & More!**



**October 1st -
November 20th**

8 sessions
PLEASE COMMIT
TO FULL SERIES



NEW PARTICIPANTS - register here:
<https://tinyurl.com/Fall-2025-LP-NEWFAMILY>

RETURNING PARTICIPANTS - register here:
<https://tinyurl.com/FALL-2025-LP-RETURNING>

Questions? Email: megan.scyc@gmail.com

0-12 months - Wednesdays: 11am - 12:30pm
12-24 months - Wednesdays: 9:30am - 11am
24-36 months - Thursdays: 9:30am - 11am
3-5 years - Thursdays: 11am - 12:30pm

Ramona Garden Park Community Center

993 Ramona Ave. Grover Beach

Generously Sponsored By:



PARTICIPACION DE PADRES E HIJOS Serie de aprendizaje de otoño

Los temas incluyen:
**Arte, movimiento, juego sensorial,
yoga, música y mucho más.**



**1 de octubre -
20 de noviembre**

8 sesiones
POR FAVOR,
COMPROMÉTANSE
A LA SERIE COMPLETA



NUEVOS PARTICIPANTES - regístrate aquí:

<https://tinyurl.com/Fall-2025-LP-NEWFAMILY>

PARTICIPANTES QUE REGRESAN - regístrense aquí:
<https://tinyurl.com/FALL-2025-LP-RETURNING>

¿Preguntas? Correo electrónico: megan.scyc@gmail.com

0-12 meses - Miércoles: 11:00 - 12:30
12-24 meses - Miércoles: 9:30 - 11:00
24-36 meses - Jueves: 9:30 - 11:00
3-5 años - Jueves: 11:00 - 12:30

Ramona Garden Park Community Center

993 Ramona Ave. Grover Beach

Generosamente patrocinado por:



FREE HELP

**for pregnant women, babies,
and children up to age five**

How Women, Infants, and Children (WIC) helps:

- Free healthy foods each month
- Nutrition tips to introduce new foods to your children
- Support from caring staff who understand pregnancy and early childhood
- Breastfeeding support from experts

**Every third Wednesday of the month
from 3:00 - 5:00 p.m. at the pantry at 1180
Kendall Road:**

- Apply for WIC on the spot
- Get your WIC EBT card
- Learn how to use the CA WIC app
- Ask questions and get guidance from friendly experts
- No appointment needed!

Next event:
Wednesday, September 17

slofoodbank.org
805-238-4664



AYUDA GRATUITA

**para mujeres embarazadas, bebés y
niños de hasta cinco años**

**Cómo ayuda el programa Mujeres, Infantes y Niños
(WIC):**

- Comida saludable gratis cada mes
- Consejos nutricionales para introducir nuevos alimentos en la dieta de su bebé y niño pequeño
- Apoyo de personal atento que entiende el embarazo y la infancia
- Apoyo a la lactancia materna por parte de expertos

**El tercer miércoles de cada mes,
de 3:00 a 5:00 p. m., en la despensa situada
en 1180 Kendall Road:**

- Solicite el programa WIC el mismo día
- Reciba su tarjeta EBT del programa WIC
- Aprenda como utilizar la aplicación CA WIC
- Haga preguntas y obtenga orientación de expertos amables
- ¡No es necesario pedir cita!

Próximo evento:
Miércoles, 17 de septiembre

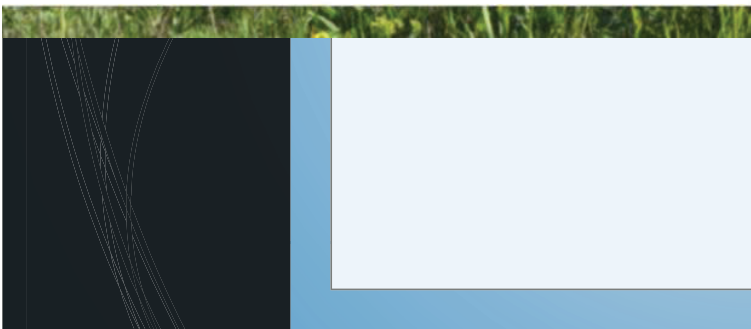
slofoodbank.org
805-238-4664





SAN LUIS OBISPO COUNTY HEALTH ACCESS

Local health resources for professionals working with children ages 0-5 and their families



Mental Health Resources for SLO County Immigrant Families

¿Usted PUEDE ayudar a su hijo a sentirse menos estresado?

5 habilidades DEPRES
que usted o su hijo puede aprender para sentirse mejor y menos estresado.

1. Tener un pensamiento positivo.
El pensamiento positivo es una habilidad que todos podemos aprender. Es una forma de pensar que nos ayuda a sentirnos mejor y a enfrentar los problemas con más confianza.

2. Ser amigable y simpático.
Ser amigable y simpático nos ayuda a hacer amigos y a sentirnos mejor. Podemos ser amigables y simpáticos con los demás, incluso si no los conocemos.

3. Ser responsable.
Ser responsable significa hacer lo que debemos hacer y cumplir con nuestras obligaciones. Cuando somos responsables, nos sentimos orgullosos de nosotros mismos.

4. Ser respetuoso.
Ser respetuoso significa tratar a los demás como queremos que nos traten. Podemos ser respetuosos con los demás, incluso si no estamos de acuerdo con ellos.

5. Ser perseverante.
Ser perseverante significa no rendirse cuando tenemos dificultades. Podemos seguir intentando hasta que logremos lo que queremos.

ESTRÉS PARA ADULTOS vs. ESTRÉS PARA NIÑOS

ESTRÉS PARA ADULTOS:

- Estrés es un sentimiento.
- Estrés es una respuesta.
- Estrés es una emoción.
- Estrés es una reacción.
- Estrés es una sensación.
- Estrés es una experiencia.
- Estrés es una respuesta.
- Estrés es una emoción.
- Estrés es una reacción.
- Estrés es una sensación.
- Estrés es una experiencia.

ESTRÉS PARA NIÑOS:

- Estrés es un sentimiento.
- Estrés es una respuesta.
- Estrés es una emoción.
- Estrés es una reacción.
- Estrés es una sensación.
- Estrés es una experiencia.
- Estrés es una respuesta.
- Estrés es una emoción.
- Estrés es una reacción.
- Estrés es una sensación.
- Estrés es una experiencia.

¿Cómo podemos ayudar a nuestros hijos a sentirse menos estresados?

- Podemos hablar con ellos sobre sus sentimientos.
- Podemos enseñarles habilidades de afrontamiento.
- Podemos ser un ejemplo para ellos.
- Podemos darles apoyo y amor.
- Podemos enseñarles a ser responsables.
- Podemos enseñarles a ser respetuosos.
- Podemos enseñarles a ser perseverantes.
- Podemos enseñarles a ser amigables y simpáticos.
- Podemos enseñarles a tener un pensamiento positivo.
- Podemos enseñarles a ser felices.

¿Cómo podemos ayudarnos a nosotros mismos a sentirnos menos estresados?

- Podemos hablar con alguien de confianza.
- Podemos hacer ejercicio.
- Podemos comer bien.
- Podemos dormir bien.
- Podemos tomar descansos.
- Podemos ser amigables y simpáticos con nosotros mismos.
- Podemos ser responsables.
- Podemos ser respetuosos.
- Podemos ser perseverantes.
- Podemos ser amigables y simpáticos.
- Podemos tener un pensamiento positivo.
- Podemos ser felices.

¿Cómo podemos ayudar a nuestra comunidad a sentirse menos estresada?

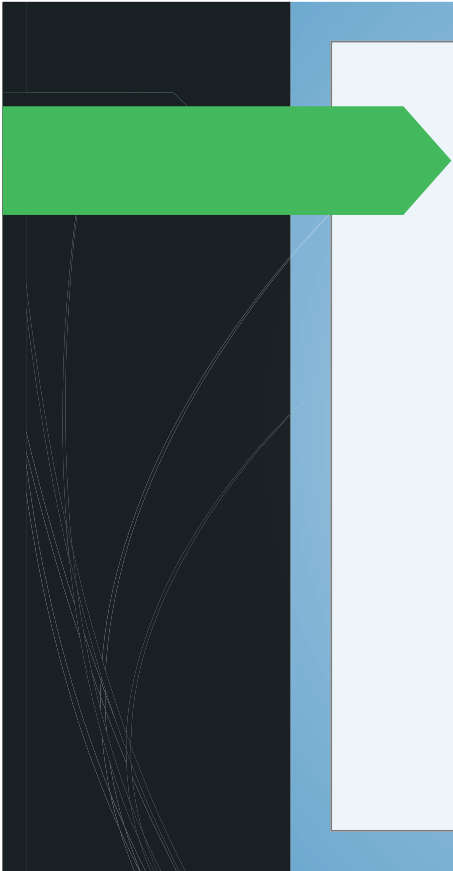
- Podemos ser un ejemplo para los demás.
- Podemos darles apoyo y amor.
- Podemos enseñarles habilidades de afrontamiento.
- Podemos hablar con ellos sobre sus sentimientos.
- Podemos ser amigables y simpáticos.
- Podemos ser responsables.
- Podemos ser respetuosos.
- Podemos ser perseverantes.
- Podemos tener un pensamiento positivo.
- Podemos ser felices.

Immigration causes unique stressors for children. Two local resources are available for you to share with immigrant families, to help parents support their children's mental health. Each handout is available in both Spanish and English.

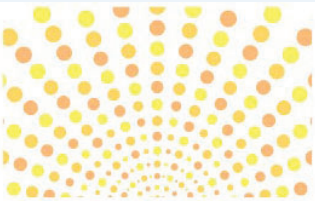
"Talking About Immigration: What Does Your Child Understand and Need to Know" gives parents tools for the difficult task of discussing immigration

with children. This resource begins with the gentle reminder to parents that "It is difficult to know how to talk about immigration with your child" and continues with a menu of tools for an ongoing dialogue aimed at helping coping with immigrant stress. [Click here to download "Talking About Immigration."](#)

"You CAN Help Your Child Feel Less Stressed!" is another valuable resource to empower parents. This handout shares five simple skills for reducing stress, explains how stress affects children differently than adults, and provides information for local mental health resources. [Click here to download "You CAN Help Your Child Feel Less Stressed!"](#)



LOCAL RESOURCE GUIDES



United Way of
San Luis Obispo County

EASY ONLINE ACCESS!

 unitedwayslo.org

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