

San Luis Obispo County Condado de San Luis Obispo

■ Child Care & Parenting / Cuidado de Niños y Clases para Padres

- Child Care Resource Connection – 541-2272 or 1-888-727-2272
- Head Start – SLO 544-4355; North County – 466-3444

■ Crisis Counseling & Resources / Asesoramiento de Crisis y Recursos

- HOTLINE of San Luis Obispo County – 1-800 549-8989
- SLO County Mental Health Crisis Line 24 hour – 781-4700
- Catholic Charities – 541-9110
- Atascadero Community Link – 466-5404

■ Dental Health / Salud Dental

- CHCCC – Nipomo Dental – 929-3254
- Denti-Cal (Medi-Cal dentists & benefits) – 1-800-322-6384

■ Food & Nutrition / Comida y Nutrición

- WIC (Women & Children < age 5) – SLO 781-5570;
No. County 237-3065; So. County 473-7130
- Food Assistance Program/Dept of Social Services – 1-800-834-3002

■ Literacy & ESL Classes / Clases de Inglés

- Literacy Council – 541-4219 or 1-800-549-4219

■ Safety / Seguridad

- Poison Hotline – 1-800-222-1222

■ Sensitive Services / Servicios Sensitivos

- AIDS Program – 781-5540
- Planned Parenthood – 549-9459 or 1-800-230-PLAN
- HIV and Hepatitis C Testing/Services – 781-5540

■ Smoking Cessation / Programas para Dejar de Fumar

- California Smokers' Helpline – 1-800-NO-BUTTS;
1-800-45-NO-FUME (Español)
- Tobacco Control Program – 781-5564

■ Special Needs / Necesidades Especial

- California Children's Services – 781-5527
- Easter Seals – 543-4122
- Independent Living Resource Center – 462-1162
- Tri-Counties Regional Center – SLO 543-2833; 1-800-456-4153
- Special Olympics – 544-6444
- United Cerebral Palsy – 543-7102; 237-8333

■ Substance Abuse / Abuso de Drogas y Alcohol

- Alcoholics Anonymous – 541-3211; Atascadero – 466-8175;
Cambria – 927-0347
- Drug and Alcohol Services – SLO 781-4753;
South County – 473-7080; North County – 461-6080

■ Support, Information & Programs/Apooyo, Información & Programas

- American Cancer Society – SLO 543-1481; Templeton 238-9657
- American Heart Association – 544-1505
- American Lung association – 928-3233
- American Red Cross – 543-0696
- Lung Association of CA - 1-800-LUNGUSA

■ Transportation / Transportación

- Central Coast Area Transit – 541-2228
- Dial-a-Ride – Atascadero – 466-RIDE; Morro Bay – 772-2744;
Paso Robles – 239-TRIP
- SLO Regional Transit - 781-4472

■ Violence & Abuse / Violencia y Abuso

- Sexual Assault Recovery & Treatment – 781-4878
- SLO Women's Shelter – 781-6400
- North County Women's Shelter – 461-1338
- Child Abuse/Protective Services – 781-5437

■ Youth and Teen Activities / Actividades para Juventud

- Boys & Girls Club – No. Cty. 239-3659; So. Cty. 481-7339
- Healthy Start – 473-4242
- YMCA – 543-8235