

## ■ 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 ext. 214
- South County SAFE Family Resource Center – 474-2105
- Paso CARES/North County SAFE Family Resource Center – 237-3421
- Postpartum Depression Support Line – 541-3367

## ■ Crisis Counseling & Resources / Asesoramiento de Crisis y Recursos

- SLO Hotline (24 Hour Suicide/Mental Health Crisis) – 1-800-549-4499
- Catholic Charities – 541-9110
- Atascadero Community Link – 466-5404
- SLO County - Community Resources and Referral – dial 2-1-1
- Paso CARES/North County SAFE Family Resource Center – 237-3421

## ■ 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
- Dept of Social Services/Cal-Fresh (Food Stamps) – 1-800-834-3002
- Food Bank Coalition of San Luis Obispo County – 238-4664

## ■ Literacy & ESL Classes / Clases de Inglés

- Literacy Council – 541-4219

## ■ Safety / Seguridad

- Poison Hotline – 1-800-222-1222
- Car Seat Inspection (CHP) – SLO 593-3300; Templeton 434-1822
- Sharps Disposal – 1-800-400-0811 (IWMA Hotline)

## ■ Sensitive Services / Servicios Sensitivos

- Planned Parenthood – 888-898-3806 or 1-800-230-PLAN
- HIV and Hepatitis C Testing/Services – 781-5500

## ■ 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 or 543-2039
- Central Coast Autism Spectrum Center – 763-1100
- Parents Helping Parents - 543-3277

## ■ 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/Apoyo, Información & Programas

- Alzheimer's Association – 547-3830 or 1-800-272-3900
- American Cancer Society – SLO 543-1481
- American Heart Association – 544-1505
- American Red Cross – 543-0696
- Lung Association of CA – 1-800-LUNGUSA
- The Wellness Community – (Cancer Support) 238-4411
- SLO Hep C Project – 543-4372

## ■ Transportation / Transportación

- Regional Transit Authority – 541-2228
- Dial-a-Ride – Atascadero – 466-RIDE; Morro Bay – 772-2744;  
Paso Robles – 239-TRIP
- Runabout Paratransit Services – 541-2544
- Ride On Transportation – 541-8747

## ■ Violence & Abuse / Violencia y Abuso

- Sexual Assault Recovery & Treatment – 781-4878
- SLO Women's Shelter – 781-6400
- North County Women's Shelter – 226-5400
- Child Abuse/Protective Services – 781-5437 or 781-1700

## ■ Youth and Teen Activities / Actividades para Juventud

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