

Emergency Services

- 24 Hr. Mental Health Crisis Hotline 800-783-0607
- Cayucos Fire Dept., 805-995-3372
- Central Coast Sheriff (serves Cambria, Cayucos, Los Osos), 805-528-6083
- French Hospital- 1911 Johnson Ave, SLO, 805-543-5353
- Los Osos Fire Dept., 805-528-1053
- Morro Bay Fire Dept., 805-772-6242
- Morro Bay Police Dept., 805-772-6225
- Sierra Vista Hospital- 1010 Murray Ave., 805-546-7600
- Catholic Charities SLO, 805-541-9110
- El Moro Church of the Nazarene, 805-528-0391
- Green Pastures, First Presbyterian Ch., 805-543-5451
- St. Vincent De Paul, 805-544-7041

Clothing Assistance

- LOC Resource Center Vouchers, Sunnyside School Rm18, Los Osos, 805-592-2701
- Abundance Shop- 2190 9th St. LO, 805-528-1370

Community and Social Services and Organizations

- 24 Hour Support Directory, 211
- CAPSLO, 805-544-4355 (for all programs)
- Catholic Charities SLO, 805-541-9110
- Cayucos Library- 310 B St., Cayucos, 805-995-3312
- Food Stamps/EBT/CalFresh, 1-877-847-3663
- Los Osos Library- 2075 Palisades, LO, 805-528-1862
- Los Osos Chamber of Commerce, 805-528-4884
- Los Osos Community Services District, 805-528-9370
- Morro Bay Community Resource Connections- 695 Harbor St, MB, 805-225-1991
- Morro Bay Dept. of Social Service- 600 Quintana Rd., MB, 805-772-6405
- Morro Bay Library- 625 Harbor St., MB, 805-772-6394
- Morro Bay Salvation Army- 540 Quintana Rd., 805-772-7062
- People Helping People, Los Osos (food, medical supplies, senior resource center) 805-528-2626
- Promotores Collaborative, 805-543-6216
- SLO Salvation Army, 805-544-2401
- South Bay Community Center, 2180 Palisades Ave., Los Osos- 805-528-4169

Los Osos Cares (LOC)- services for individuals, families, & seniors

- LOC Community Resource Center- Sunnyside School Rm18, Tues, Wed, Thurs 1-3pm, 805-592-2701
- LOC Community Coalition (community based team meets bi-monthly), 805-592-2701
- LOC Direct Outreach (Free Community Dinners, Warming Centers), 805-592-2701
- LOC Estero Bay Womenade, locwomenade@gmail.com

Disabled Services

- CA Department of Rehabilitation, SLO office, 805-549-3361
- Independent Living Resource Center, SLO, 805-462-1162 Ex.413
- Tri-Counties Regional Center, SLO office, 805-543-2833, 800-456-4153
- Vocational Rehabilitation & Employment Program (for Veterans, County DSS program) 805-781-5766

Domestic Violence Resources

- Lumina Alliance (formerly RISE & Stand Strong) 24 hour Crisis, 805-545-8888
- Victim Witness SLO Co. DA 805-781-5821

Drug And Alcohol Services

- Alcoholics Anonymous, 805-541-3211
- Needle Exchange 24 Hour Support Directory, 211
- Narcotics Anonymous, 24-hour phone line 800-549-7730
- SLO Bangers Syringe Exchange, 805-458-0123
 - 760 Main St., MB- Mondays 2-4 pm
 - 2191 Johnson Ave., SLO- Wednesdays 5:30-8:15 pm
- SLO County Drug and Alcohol Services, 805-781-4275

Education Services

- Cal Poly- Office of Dean of Students, 805-756-7177
- Cuesta College, 805-546-3100
- Literacy for Life, Trinity Methodist Ch.- 490 LO Valley Rd Mon & Thurs 7-8:30 pm, 805-541-4219
- Monarch Dream Center (bilingual), Cuesta College, 805-546-3109
- SLCUSD Adult School, 805-549-1222

Employment And Workforce Development

- America's Job Center of California, CalJobs.gov 805-286-8530
- Eckerd Workforce Development, 805-703-3390
- One Stop SLO Vocational Counseling, 805-903-1400
- Vocational Rehabilitation, 805-549-3361

Family & Child Advocacy and Prenatal Health

- CAPSLO Head Start, 805-528-3717
- CAPSLO The Center-SLO, 805-544-2478
- First 5 SLO, 805-781-4058
- Morro Bay WIC, 760 Morro Bay Blvd., 805-781-5570
- Ana O'Sullivan (TMHA), call for appt 805-503-0009
- Parents Helping Parents, 805-543-3277
- Planned Parenthood SLO, 888-898-3806
- Pregnancy & Parenting Support of SLO, 805-541-3367
- Seneca (formally Kinship Center), 805-434-2449
- SLCUSD- Hector Santos, 805-235-6610

Food Distribution Sites

- First 4 Tuesdays 9:30am
 - El Morro Church of the Nazarene- 1480 Santa Ysabel, LO
- Wednesday 9:30am- 10:30am
 - PHP-South Bay Community Center- 2180 Palisades Ave., LO
- Saturday 9:00am-12:00pm
 - Rock Harbor Church- 1475 Quintana Rd, MB
- Tuesday and Friday 10am-12 noon
 - Trinity United Methodist Church- 490 LO Valley Rd. LO
- Tuesday, Thursday 1pm-3:30pm
 - Salvation Army MB- 540 Quintana Rd, MB
- 2nd Tuesday of the month
 - Baywood Elementary- 9th Street, LO
- 4th Thursday of the month
 - Del Mar Elementary- 501 Sequoia St, MB
- 1st, 2nd and 3rd Mondays 5pm-6pm
 - Trinity United Methodist Church- 490 LO Valley Road, LO,
- Wednesdays 10:30am-11am
 - Cayucos Community Church - 60 S. 3rd Street, Cayucos
- Mondays 4-5pm Vets Hall, Morro Bay

Free Community Dinners

- Every Thursday, 5-6 pm
 - South Bay Community Center, 2180 Palisades Ave, LO
- Every Monday, 5-6 pm
 - Morro Bay Vets Hall, 209 Surf St.
 - Dinner and food distribution

Housing and Shelter Services

- 5 Cities Homeless Coalition, 805-574-1638
- 40 Prado Homeless Services, 805-544-4004
- CAPSLO Homeless Veterans- 1320 Van Buerden Dr. Suite 101, LO, 805-237-0352
 - Junior Menchaca, CAPSLO - 805-458-3665
- ECHO Homeless Shelter, Atascadero, 805- 462-3663
- Homeless Services, Veterans Support, 805-781-3993
- Homeless Veterans Helpline, 877-424-3838
- Peoples Self Help Housing, 805-781-3088
- Salvation Army SLO 805-544-2401
- SLO Housing Authority(HASLO), 805-543-4478
- Smart Share Home Share SLO, 805-215-5474
- TMHA PATH Homeless Program, 805-748-0610
 - Mariam Vargas, TMHA, 805-550-7691

Immigration Services

- Catholic Charities- 751 Palm St., SLO, 805-541-9110
- theRefugeeCenter.org
- USCIS.gov

Laundry Services

- Laundry Of Love, a ministry of St. Benedict's Episcopal Church. 2179 10th St., Los Osos
 - Last Wednesday of month 11-1 pm (seniors only)
 - 4-6 pm (open to all)
- Laundry Of Love, Morro Bay Lions- 520 Quintana Rd., MB
 - Third Wednesday of every month 4-6 pm

Legal Assistance

- CA Rural Legal Assistance, 805-544-7994 or 800-337-0690
- Court Call Hearing by Phone, 888-882-6878
- Family Law Advice Clinic, 805-788-3418
- Self-Help Center Family Law, 805-706-3617
- SLO Legal Assistance Foundation, 805-543-5140

- SLO Law Line, 805-548-8884

Medical Services

- Alliance for Pharmaceutical Access-(APA), 805-614-2040
- Brent R. Wells Optometrist, 2231 Bayview Heights Dr., LO, 805-528-5333
- Casa Community Health Center, 805-269-1500
- Children's' Dental Clinic, 805-592-2445
- County Health Dept., SLO- 2191 Johnson Ave., 805-781-5500
- Health Insurance, Covered CA.com
- Morro Bay Lions, Glasses by referral
- Noor Clinic, 805-439-1797,
- Noor Dental Clinic, 805-592-2240
- Optometric Care Associates (CenCal) 805-528-5333
- Prado Dental Van, 805-786-0617
- Support Services for HIV+& Hep C, 805-781-3660

Mental Health Services

- Cal Poly Counseling Services, 805-756-1532
- Community Counseling Center, 676 Pismo St., SLO, 805-543-7969
- SLO County Mental Health, 805-781-4700
- SLO Mental Health Evaluation Team (24-hours), 800-838-1381
- Transitions Mental Health Association (TMHA) 805-540-6500

Senior Services

- AARP Fraud Helpline, 877-908-3360
- Adult Protective Services 805-781-1790
- Alzheimer's Association, 805-547-3830
- Area Agency on Aging, 805-925-9554
- Cayucos Senior Center, 805-995-3543
- Food, medical supplies, Senior resource center
- HICAP, help with Medicare, 805-928-5663
- Home Instead 805-473-5781
- Hospice Care, 805-544-2266
- In Home Support Services (IHSS), 805-772-6405
- LOC Estero Bay R U OK –Help Lines for Seniors
 - Los Osos- 805- 471-7118
 - Morro Bay-805-471-7129
 - Cayucos 805-471-7096
- Long Term Care Ombudsman, 805-785-0132
- Morro Bay Senior Center (Active Seniors), 805-772-4421
- People Helping People, 805-528-2626
- San Luis Obispo County, 805-461-6110

Senior Services (continued)

- Senior Nutrition Program/ Meals That Connect
 - Los Osos, 805-528-6923; SLO 805-541-3312
- SLO Village Support Network Membership 805-242-6440
- Smart Share Housing Solutions, 805-215-5474
- Wilshire Community Services, 805-547-7025
- Wilshire Hospice, 805-782-8608

Transportation

- Call 511 for assistance with Transportation
- CA Low Cost Auto Insurance, 805-547-1000
- SLOCOG- 1114 Marsh St, SLO, 805 781-4219
- SLO RTA ADA Card/Runabout, 805-541-2228
- Ride On Door to Door Shuttle Service, 805-541-8747

Utility Assistance

- Gas Co. CARE Program, 800-427-2200
- Home Energy Assistance CAPSLO, 805-541-4122
- LOC Community Resource Center- Sunnyside School Rm18, 805-592-2701
 - Tues, Wed, & Thurs 1-3pm
- PG&E CARE Program, 866-743-2273
- PG&E 24-hour emergency assistance, 800-743-5000
- Salvation Army MB- 540 Quintana Rd., 805-772-7062

Veterans

- CAPSLO- Supportive Services for Veteran Families (SSVF), 805-237-0352
- SLO County Veterans Services- 801 Grand Ave., SLO,
 - Monday-Friday 9am-5pm, 805-781-5766
- VA Homeless Veterans Helpline, 877-424-3838



www.LosOsosCares.com
WeCareInLosOsos@gmail.com

- Senior Connection (Area Agency on Aging), 805-928-2552

805-592-2701