

Los Osos Cares - Resource Guide

Emergency Services

- Transitions Mental Health Assn (TMHA) hotline, 800.783.0607, office 805.540.6500
- SLO Coast Patrol, 805.528.6083
- Morro Bay Police Dept, 805.772.6225
- Los Osos Fire Dept, 805.528.1053
- Morro Bay Fire Dept, 805.772.6242
- Cayucos Fire Dept, 805.995.1133
- French Hospital, 1911 Johnson Ave, SLO, 805.543.5353
- Sierra Vista Hospital, 1010 Murray Ave, SLO, 805.546.7600
- Catholic Charities SLO, 805.541.9110, appt 805.706.8565
- Green Pastures, First Presbyterian, 805.543.5451
- St. Vincent De Paul, 805.544.7041
- Jewish Federation JCC, 805.426.5465

Community and Social Services and Organizations

- 24 Hour Support Directory, Ph:211
- People Helping People, Food, medical supplies, senior resources, 805.528.2626
- Morro Bay Community Resource Connections, 695 Harbor St, Morro Bay, 805.225.1991
- South Bay Community Center, 805.528.4169
- Los Osos Chamber of Commerce, 805.528.4884
- Los Osos Community Services District, 805.528.9370
- Los Osos Library, 2075 Palisades Ave, Los Osos, 805.528.1862
- Morro Bay Library, 625 Harbor St, Morro Bay, 805.772.6394
- Cayucos Library, 310 B St, Cayucos, 805.995.3312
- Dept. Of Social Services Morro Bay, 600 Quintana Rd, Morro Bay, 805.772.6405
- Food Stamps / EBT / CalFresh, 877.847.3663
- CAPSLO (all programs), 805.544.4355
- Salvation Army SLO, 805.544.2401
- SLO Food Bank, 805.238.4664
- Tri-Counties Regional Center, services for developmentally disabled persons, 805.543.2833 800.456.4153

Community and Social Services and Organizations (Continued)

- SLO County Womenade, 805.270.5751, sslocwomenade@gmail.com

- North County Neighboraid, info@NoCoNeighborAid.org

Companion Pet Assistance

- care4paws.org, food and supplies, also clinics, 805.968.2273

Disabled Services

- Independent Living Resource Center, Inc., 805.462.1162 x413
- CA Department of Rehabilitation, SLO office, 805.549.3361
- Vocational Rehabilitation & Employment Program , for Veterans, County DSS program, 805.781.5766
- Tri-Counties Regional Center, services for developmentally disabled persons, 805.543.2833 800.456.4153

Domestic Violence Resources

- Victim Witness SLO Co. DA, 805.781.5821
- Lumina Alliance 24 Hour Crisis, 805.545.8888

Drug and Alcohol Services

- SLO Drug and Alcohol Services, 805.781.4275
- Needle Exchange 24 Hour Support Directory, 211
- Narcotics Anonymous, 800.549.7730
- Alcoholics Anonymous, 805.541.3211

Employment and Workforce Development

- America's Job Center, 805.439.2257
- Eckerd Workforce Development, 805.835.9319
- Caljobs.gov
- CA Department of Rehabilitation, SLO office, 805.549.3361
- Vocational Rehabilitation & Employment Program , for Veterans, County DSS program, 805.781.5766

Immigration Services

- The Refugee Center, TheRefugeeCenter.org
- USCIS, USCIS.gov
- Catholic Charities SLO, 805.541.9110, appt 805.706.8565

Education Services

- SLCUSD - Adult School, 805.549.1222
- CAPSLO - Head Start, Sunnyside High School, 805.528.3717
- Cuesta College, 805.546.3100
- Monarch Dream Center, Cuesta College, 805.546.3109
- Cal Poly- Office of Dean of Students, 805.756.7177

- Literacy for Life, Mo & Th 7-8:30pm, Trinity Methodist Church, 490 Los Osos Valley Rd, 805.541.4219
- Child Care Resource Connection (CCRC), 805.541.2272 888.727.2272

Family & Child Advocacy and Prenatal Health

- Transitions Mental Health Assn (TMHA) hotline, 800.783.0607, office 805.540.6500
- The Center-SLO, 805.544.2478 805.489.4026
- SLCUSD - Oscar Perdomo, family advocate, 805.952.0403
- Melanie Davenport, call for appointment, 805.503.0009
- Pregnancy & Parenting Support of SLO, 805.540.3367
- Seneca (formerly Kinship Center), 805.434.2449
- Planned Parenthood of SLO, 888.898.3806
- Parents Helping Parents, 805.489.4026
- The Link Family Resource Center, Bilingual Family Advocates; filled backpacks for kids, referrals, 805.466.5404, www.thelinkslo.org
- SLO County Health Department Women, Infants, and Children (WIC) Program, 805.781.5570, or text 888.417.6180
- Family Care Network, family support/trauma assistance, 805.781.3535, www.fcni.org

Transportation

- CA Low Cost Auto Insurance, 805.547.1000
- RTA ADA card/Runabout, 805.541.8747
- Ride On Door to Door Shuttle Service
- SOCOG, 1114 Marsh St, San Luis Obispo, 805.781.4219
- Call 511 for assistance with Transportation

Food Distribution Sites

- First 4 Tuesdays 9:30 @ El Morro Church of the Nazarene, 1480 Santa Ysabel, Los Osos, 805.528.0391
- Wednesday 9:30-10:30 @ PHP-South Bay Community Center, 2180 Palisades Ave, Los Osos, 805.528.2626
- Saturday 9:00-12:00 @ Rock Harbor Church, 1475 Quintana Rd, Morro Bay, 805.772.7365
- Tuesday and Friday 10:00-12:00 @ Trinity Methodist Church, 490 Los Osos Valley Rd, Los Osos, 805.528.1649
- Tuesday and Thursday 1:00-3:30 @ Salvation Army Morro Bay, 540 Quintana Rd, Morro Bay, 805.772.7062

- 2nd Tuesday of month @ Baywood Elementary School, 9th Street, Los Osos
- 4th Thursday of month @ Del Mar Elementary School, 501 Sequoia St, Morro Bay
- Monday - Thursday 3:30-5:00, Food deliveries, Bags of Love, Los Osos Valley Road @ South Bay Blvd near Ralph's, 805.305.5671, esterobaykindnesscoalition.org
- Wednesday 10:30-11:30 @ Harvest Bay Cayucos Community Church, 60 South 3rd St, Cayucos, 805.995.3821

Free Community Dinners

- Wednesday 5-6 @ South Bay Community Center, 2180 Palisades Ave, Los Osos
- Monday 5-6 @ Morro Bay Vet's Hall, 209 Surf St
- Tengelo, prepared food delivery program through CenCal. Download the app to apply

Housing and Shelter Services

- SLO Housing Authority (HASLO), 805.543.4478
- People's Self-Help Housing, 805.781.3088
- SmartShare Housing Solutions, 805.215.5474
- CAPSLO Veterans Services, 805.534.1698
- SLO County Veterans Services, Monday-Friday 9-5, 801 Grand Ave, San Luis Obispo, 805.781.5766
- Homeless Veterans Helpline , 877.424.3838
- ECHO Homeless Shelter, 805.462.3663
- 5 Cities Homeless Coalition, 805.574.1638
- 40 Prado Homeless Program, 805.544.4004, Nathan 805.458.3665
- TMHA Homeless Program, 805.550.9842
- Hopes Village, 805.234.5478
- Judson Terrace, SLO, 805.544.1600
- CAPSLO (all programs), 805.544.4355

Laundry Services and Showers

- Laundry of Love (a ministry of St. Benedict's Episcopal Church), Last Wednesday of the month 11-1 (seniors only); 4-6 (open to all), 2179 10th Street, Los Osos
- Showers 1st and 3rd Mondays 12-3 @ Morro Bay Library, 805 Outreach, 625 Harbor St, Morro Bay

Legal Assistance

- CA Rural Legal Assistance, 805.544.7994
- Court Call Hearing by Phone, 888.882.6878
- Family Law Facilitator, 805.788.3418
- Legal Assistance Foundation, 805.543.5140
- SLO Law Line, 805.548.8884
- Superior Court in SLO, 805.706.3600

Los Osos Cares (LOC)- Services for Individuals, Families & Seniors

- LOC Community Resource Center, Tuesday, Wednesday, Thursday 1-3, Sunnyside Elementary School, 880 Manzanita Dr Los Osos Rm 18, 805.592.2701
- LOC Community Coalition, 805.592.2701
- LOC Direct Outreach, Free community dinners, 805.592.2701
- LOC Estero Bay, womenade-locwomenade@gmail.com
- Operation Schoolbell, Sign up at schools for new school clothes

Mental Health Services

- Transitions Mental Health Assn (TMHA) hotline, 800.783.0607, office 805.540.6500
- SLO County Mental Health, 805.781.4700
- SLO Mental Health Evaluation Team, 800.838.1381
- Cal Poly Counseling Services, 805.756.1532
- Community Counseling Center, 805.543.7969

Utility Assistance

- PG&E Care Program, 866.743.2273
- Gas Co. Care Program, 800.427.2200
- CAPSLO Home Energy Assistance, 805.541.4122 x125
- Salvation Army (Morro Bay), PG&E, So Cal Gas, 805.772.7062
- LOC Community Resource Center, Tuesday, Wednesday, Thursday 1-3, Sunnyside Elementary School, 880 Manzanita Dr Los Osos Rm 18, 805.592.2701

Medical Services

- Alliance for Pharmaceutical Access (APA)
- Noor Clinic, 805.439.1797
- Noor Dental Clinic, 805.592.2240
- Children's Dental Clinic, 805.592.2445
- Prado Dental Van, 805.786.0617
- Los Osos Lions, glasses by referral
- Optometric Care Associates (CenCal), 805.528.5333
- Access Support Network for HIV+ & Hep C, 805.781.3660
- Community Health Center, 805.269.1500
- Covered California, health insurance, CoveredCA.com
- County Health Dept Morro Bay, 760 Morro Bay Blvd, Morro Bay, 805.781.5506
- Liberty Tattoo Removal, 805.540.8353
- SLO County Health Department, 805.781.5570

- Mobile Clinic
- Jack's Helping Hand, provides programs that meet unique challenges children w/ cancer, medically fragile, or special needs, 805.547.1914, www.jackhelpinghand.org

Veterans

- Veterans Outpatient Clinic, 805.543.1233
- Veterans Crisis Line, 800.273.8255
- CAPSLO Veterans Services, 805.534.1698
- SLO County Veterans Services, Monday-Friday 9-5, 801 Grand Ave, San Luis Obispo, 805.781.5766
- Homeless Veterans Helpline , 877.424.3838

Senior Services

- LOC Estero Bay R U OK - Help Line for Seniors - Los Osos (Spanish), 805.471.7118
- LOC Estero Bay R U OK - Help Line for Seniors - Morro Bay, 805.471.7129
- LOC Estero Bay R U OK - Help Line for Seniors - Cayucos, 805.471.7096
- Senior Connection, Area Agency on Aging, 805.928.2552
- HICAP, help with Medicare, 805.928.5663
- Adult Protective Services, 805.781.1790
- Senior Nutrition Program, Meals that Connect, 805.528.6923, San Luis Obispo 805.541.3312
- In Home Support Services (IHSS), 805.772.6405, San Luis Obispo County 805.461.6110
- Long Term Care Ombudsman, 805.785.0132, crisis line 800.231.4024
- Wilshire Community Services, 805.547.7025
- SLO Village, support network, 805.242.6440
- Morro Bay Senior Center, 805.772.4421
- Cayucos Senior Center, 805.995.3543
- Alzheimer's Association, 805.547.3830
- Hospice Care, 805.544.2266
- Wilshire Hospice, 805.782.8608
- Central Coast Commission for Senior Citizens, 805.541.0384
- Social Security Administration, 855.207.4865, ssa.gov
- People Helping People, Food, medical supplies, senior resources, 805.528.2626
- SmartShare Housing Solutions, 805.215.5474

Clothing Assistance

- Abundance Store, St Benedict's Episcopal Church, 2190 9th St Los Osos, 805.528.1370
- Nifty Thrifty, \$10 a bag on Mondays, 365 Quintana Rd, Morro Bay, 805.225.1607

- LOC Community Resource Center, Tuesday, Wednesday, Thursday 1-3, Sunnyside Elementary School, 880 Manzanita Dr Los Osos Rm 18, 805.592.2701

Immediate Needs Support

- First Presbyterian Church, 1st and 3rd Wed of each month, 981 Marsh Street, 805.543.5451



www.LosOsosCares.com
WeCareInLosOsos@gmail.com
805.592.2701