

## Resource Guide Estero Bay REV 1/2024

### Emergency Services

- 24 Hr. Mental Health Crisis Hotline 800-783-0607
- SLO Coast Patrol, 805-528-6083
- serves Los Osos, Cayucos, Cambria
- 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., 805-546-7600
- Catholic Charities SLO, 805-541-9110, appt. 805-706-8565
- Green Pastures, First Presbyterian Ch., 805-543-5451
- St. Vincent De Paul, 805-544-7041
- Jewish Federation JCC 805-426-5465

### Clothing Assistance

- Vouchers LOC Resource Center, Sunnyside Rm18, 805-592-2701
- Abundance Store- 2190 9th St. LO, 805-528-1370
- Nifty Thrifty- 365 Quintana Rd., MB, 805-225-1607
- \$10 a bag on Mondays

### Community and Social Services and Organizations

- 24 Hour Support Directory, 211
- People Helping People, Los Osos, 805-528-2626
- Food, medical supplies, Senior resource center
- Morro Bay Community Resource Connections- 695 Harbor St, MB, 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, LO, 805-528-1862
- Morro Bay Library- 625 Harbor St., MB, 805-772-6394
- Cayucos Library- 310 B St., Cayucos, 805-995-3312
- Dept. of Social Services Morro Bay- 600 Quintana Rd., MB, 805-772-6405
- Food Stamps/EBT/CalFresh, 1-877-847-3663
- CAPSLO, 805-544-4355 (for all programs)
- Salvation Army SLO, 805-544-2401
- SLO Food Bank 805-238-4664
- Tri-Counties Regional Center (services for developmentally disabled persons,) 805-543-2833

### Community and Social Services and Organizations Cont...

- SLO County Womenade 805-270-5751, sslocwomenade@gmail.com
- North County Neighboraid, info@NoConeighborAid.org

### Disabled Services

- Independent Living Resource Center, SLO, 805462-1162 Ex.413
- Tri-Counties Regional Center, SLO office, 805-543-2833, 800-456-4153
- CA Department of Rehabilitation, SLO office, 805-549-3361
- Vocational Rehabilitation & Employment Program (for Veterans, County DSS program), 805-781-5766

### 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, 24-hour phone line 800-549-7730
- Alcoholics Anonymous, 805-541-3211

### Employment And Workforce Development

- America's Job Center, 805-439-2557
- Vocational Rehabilitation, 805-549-3361
- Eckerd Workforce Development, 805-835-9319
- Caljobs.gov 1-800-758-0398

### 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, 805546-3109
- Cal Poly- Office of Dean of Students, 805-7567177
- Literacy for Life, Trinity Methodist Ch.- 490 LO Valley Rd, Mon & Thurs 7-8:30 pm, 805-5414219
- Child Care Resource Connection (CCRC), 888727-2272, 805-541-2272

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### Family & Child Advocacy and Prenatal Health

- SLCUSD- Oscar Perdomo, family advocate, 805-952-0403
- Transitions Mental Health Assn., San Luis Obispo
- Melanie Davenport, call for appt 805-503-0009
- Pregnancy & Parenting Support of SLO, 805-541-3367
- Seneca (formally Kinship Center), 805-434-2449
- Planned Parenthood of SLO, 888-898-3806
- The Center-SLO, 805-544-2478 or 805-489-4026
- Parents Helping Parents, 805-543-2039
- The Link Family Resource Center, 805-466-5404
- Women, Infants, and Children (WIC), Call 805-781-5570 or text 888-417-6180

### Food Distribution Sites

- First 4 Tuesdays 9:30
  - El Morro Church of the Nazarene- 1480 Santa Ysabel, LO, 805-528-0391
- Wednesday 9:30- 10:30
  - PHP-South Bay Community Center- 2180 Palisades Ave., LO, 805-528-2626
- Saturday 9:00-12:00
  - Rock Harbor Church- 1475 Quintana Rd, MB, 805-772-7365
- Tuesday and Friday 10-12 noon
  - Trinity United Methodist Church- 490 LO Valley Rd. LO, 805-528-1649
- Tuesday, Thursday 1-3:30
  - Salvation Army MB- 540 Quintana Rd, MB, 805-772-7062
- 2nd Tuesday of the month
  - Baywood Elementary- 9th Street, LO
- 4th Thursday of the month
  - Del Mar Elementary- 501 Sequoia St, MB
- Estero Bay Kindness Coalition.org  
Food Deliveries, Bags of Love 805-305-5671

### Free Community Dinners

- Every Wednesday, 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

- SLO Housing Authority (HASLO), 805-543-4478
- Peoples Self Help Housing, 805-781-3088
- SmartShare SLO, 805-215-5474
- CAPSLO Veterans Services, 805-534-1698
- Homeless Services, Veterans Support, 805-781-5766
- Homeless Veterans Helpline, 1-877-424-3838
- ECHO Homeless Shelter, 805- 462-3663
- 5 Cities Homeless Coalition, 805-574-1638
- 40 Prado Homeless Services, 805-544-4004, Nathan-805-458-3665
- TMHA Homeless Program, 805-550-9842
- Hopes Village, 805-234-5478
- Judson Terrace, SLO (805) 544-1600

## Immigration Services

- TheRefugeeCenter.org
- USCIS.gov
- Catholic Charities- 3592 Broad St., SLO, 805-541-9110

## Laundry Services

- Free 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)

## 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- Sunnyside School Rm18
  - Tues, Wed, Thurs 1-3pm, 805-592-2701
- LOC Community Coalition, 805-592-2701 o Community Based Team meets bimonthly.
- LOC Direct Outreach, 805-592-2701
  - Free Community Dinners
- LOC Estero Bay  
Womenade-locwomenade@gmail.com

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### Mental Health Services

- 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
- Transitions Mental Health Association, TMHA 805-540-6500

### Medical Services

- Alliance for Pharmaceutical Access-(APA,) 805-548-0894
- 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
- Health Insurance, Covered CA.com
- County Health Dept MB- 760 Morro Bay Blvd 805-781-5506
- Liberty Tattoo Removal, 805-540-8353
- County Health Department, 805-781-5570

### Senior Services

- LOC Estero Bay R U OK – Help Lines for Seniors
  - Los Osos- 805- 471-7118 (Spanish)
  - Morro Bay-805-471-7129
  - 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
  - Los Osos, 805-528-6923
  - SLO 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, 805-242-6440 o (membership) support network
- Morro Bay Senior Center (Active Seniors), 805772-4421
- Cayucos Senior Center, 805-995-3543

### Senior Services Cont...

- People Helping People, 805-528-2626
  - Food, medical supplies, Senior resource center
- Alzheimer's Association, 805-547-3830
- Smart Share Housing Solutions, 805-215-5474
- Hospice Care, 805-544-2266
- Wilshire Hospice, 805-782-8608
- Central Coast Commission for Senior Citizens, 805-541-0384/800-510-2020

### Transportation

- CA Low-Cost Auto Insurance, 805-547-1000
- RTA ADA card/Runabout, 805-541-8747
- Ride On Door-to-Door Shuttle Service, 805541-8747
- SOCOG- 1114 Marsh St, SLO, 805 781-4219
- Call 511 for assistance with Transportation

### Utility Assistance

PG&E CARE Program, 866-743-2273

Gas Co. CARE Program, 800-427-2200

Home Energy Assistance CAP SLO, 805-5414122, extension 125

Salvation Army MB- 540 Quintana Rd., 805772-7062 o (PG&E, So Cal Gas)

LOC Community Resource Center- Sunnyside School Rm18, o Tues & Wed 1-3pm, 805-592-2701

### Veterans

- Veterans Services, SLO County- 801 Grand Ave., SLO
  - Monday-Friday 9am-5pm, 805-7815766
- CAPSLO- Supportive Services for Veteran Families (SSVF), 805-237-0352
- Homeless Services, Veterans Support, 805-7813993
- Homeless Veterans Helpline, 1-877-424-3838
- Veterans Outpatient Clinic, 805-543-1233
- Veterans Crisis Line, 800-273-8255
- SLO Veterans Support Program, 805-534-1698



[www.LosOsosCares.com](http://www.LosOsosCares.com)  
[WeCareInLosOsos@gmail.com](mailto:WeCareInLosOsos@gmail.com)  
805-592-2701