

Description of Resources

Parents Helping Parents (805)461-7415

Parents Helping Parents (PHP) is a family resource center providing support, resources, referrals, and information to families of children with special needs. PHP serves families in the San Luis Obispo (SLO) area of the Central Coast of California.

Parent Connection (805) 543-3700

Parent Connection of San Luis Obispo County offers a variety of free and confidential services, including: a web-based family resource center (sloparents.org) with a current list of parenting classes and parenting support services, an information line to help parents find appropriate classes and parenting resources in their area (805) 543-3700, and a Helpline, English (805) 904-1411 & Spanish (805) 462-7135, with professional Parent Coaches who can answer parenting questions and provide support.

The Link (805) 466-5404

A Family & Youth Development Organization, *Serving parents, youth, infants & children ages 0-5*

counseling / youth job skills / prenatal support / family advocacy

Kinship Center (805) 434-2449

Committed to the core belief that every child deserves a family, Kinship Center provides the full spectrum of family-centered support to strengthen the families and communities we serve.

Kinship Center is a California nonprofit agency that creates and supports permanent families for children through adoption, relative caregiving or other guardianship. Our commitment is to permanent rather than temporary solutions, as decades of research have shown that children need stable, permanent families in order to thrive

Women's Resource Center (805) 226-5400

Staffs a telephone line with trained volunteers

Trained volunteers treat callers with respect, and offer a listening ear to resolve callers' issues by referring them to community agencies and organizations in areas such as: Counseling, Employment, Legal Issues, Education, Healthcare Childcare, and Housing.

Family Resource Center (805) 769-1381

Mission. To nurture and support healthy families through a collaboration of community organizations.

Vision. The SLO Family Resource Center envisions a community where every child has a secure and happy home; every parent has the knowledge, skills, and support needed to create and maintain such a home, including access to and knowledge of the resources available to the community.

Services Offered.

Walk-in referral and family support

Bilingual Family Advocate

SLO FRC is open Monday through Friday 8:00-4:00

SAFE System of Care (805) 466-5404

The SAFE System of Care builds upon the concept of multidisciplinary, community-based, integrated, school-linked service delivery models that have been developed in the majority of counties throughout California and around the world. Three levels of service are incorporated: intensive treatment services, intervention services and referral, and community prevention activities. Services are family and child-centered and the family is incorporated into planning and service delivery.

Parenting Helpline (805) 904-1411

Got a question? Gain direction from the Parent HelpLine on topics like discipline, development, sleep and temperament, as well as referrals to organizations that can help. Parent HelpLine is free. Each call is confidential and is answered by a Parenting Now! (formerly Birth To Three) parent educator. Call us Monday-Friday, 9 a.m. to 4 p.m.

The Parent HelpLine is a United Way/Success By 6® program

Tri-County Regional Center (805) 461-7402

Tri-Counties Regional Center provides supports and services for individuals with developmental disabilities living in San Luis Obispo, Santa Barbara and Ventura Counties so that they may live fully and safely as active and independent members of our community.

Our goal is to provide you with meaningful information. Throughout our site there are opportunities to rate and comment on the published information. Please take the time to use these tools to share your insight on how this information can be improved.

SLO County Mental Health 1-800-8381381

The San Luis Obispo County Mental Health Services Department offers a full range of specialty mental health services provided by a culturally diverse network of community mental health programs, clinics and private psychiatrists, psychologists, and therapists. Most people seeking behavioral health services need only basic counseling services. For those who are in need of more extensive treatment, the Mental Health Services Department offers an array of services.