

## Referrals Offered For:

- Financial Assistance
- Housing/Emergency Shelter
- Domestic Violence
- Drug and Alcohol Services
- Breastfeeding

Call us at: 805.541.3367

**ALPHA** is here  
for you!

## ALPHA Locations:



### Alpha Pregnancy & Parenting Support Office

M, T, W, F 10:00 am-3:00 pm

Closed Thursdays

11549 Los Osos Valley Rd, Ste. 104  
San Luis Obispo, CA 93405  
(805) 541-3367

### Satellite Offices:



### S.A.F.E. Family Resource Center

2nd & 4th Thursdays

12:00pm - 3:00pm

1086 Grand Avenue, Room 106  
Arroyo Grande, CA 93420  
(805) 474-2105



### Atascadero Community LINK

3rd Thursday of every month

11:00am - 12:30pm

6500 Morro Rd.  
Atascadero, CA 93422  
(805) 466-5404



### Paso Robles Community LINK

1st & 3rd Thursday of the month

1:30pm- 4:30pm

1802 Chestnut Street  
Paso Robles, CA 93446  
(805) 238-2775



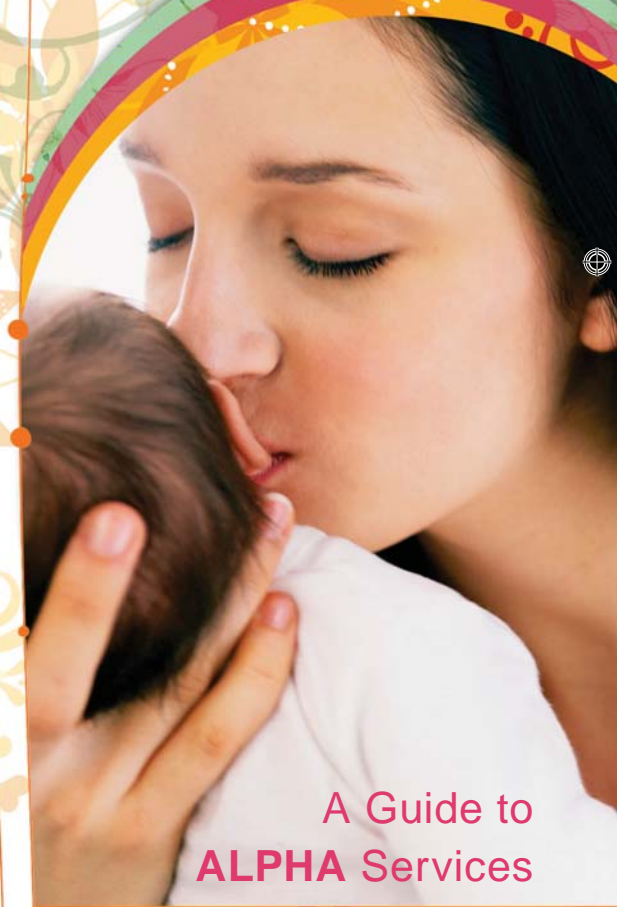
### Coastal Family Resource Center

2nd Tuesday of every month

3:30pm- 5:00pm

880 Manzanita Dr. Room 18  
Los Osos, CA 93402  
(805) 540-3365

*Alpha*  
Pregnancy & Parenting Support



A Guide to  
**ALPHA** Services

[www.sloalpha.org](http://www.sloalpha.org)



# Alpha

Pregnancy & Parenting Support

## What is ALPHA?

San Luis Obispo ALPHA is a nonprofit organization providing support, practical assistance during pregnancy through a child's first year, and education on pregnancy and early parenting throughout San Luis Obispo County.

## When is ALPHA open?

The San Luis Obispo office is open

Monday, Tuesday, Wednesday, & Friday.  
10:00am to 3:00pm

Closed Thursdays

Limited services available at satellite offices:

Arroyo Grande, Atascadero, Los Osos and Paso Robles

## What is the cost?

All ALPHA services are FREE!



## We are here for you!



## How can ALPHA help?



### INDIVIDUAL SUPPORT

All counseling is confidential and nonjudgmental. Available by appointment or on a drop in basis.

- Pregnancy support
- Postpartum depression support
- counselling referrals



### ASSESSING INFANT DEVELOPMENT

Our staff can guide you through the easy to use Ages & Stages Questionnaire to check your baby's developmental progress. Available by appointment.



### CLASSES & SUPPORT GROUPS

- **Child Safety**
- **Baby Steps:** Educational support group for parents
- **Mommies Connection:** support for women adjusting to motherhood



### PRACTICAL ASSISTANCE

Available as donations allow.

- Shopping in our treasure nook for a variety of donated infant supplies
- Strollers & high chairs
- Cribs/bassinets
- Prenatal vitamins
- Emergency supply of diapers & formula
- Maternity & Infant clothing



### CAR SEAT EDUCATION

By appointment, clients may request a car seat assessment by a certified Child Safety Technician to ensure proper car seat installation & child safety.



### SECURITY DEPOSIT ASSISTANCE

Income eligible security deposit loans are available for pregnant and parenting ALPHA clients who both demonstrate a need for housing assistance and qualify. Interviews available by appointment.



### PREGNANCY TESTS

All testing is confidential and non-judgmental. Tests are self-administered with ALPHA staff's guidance. Available on a drop-in basis or by appointment.