

## Referrals Offered For:

Financial Assistance  
Housing / Shelter  
Domestic Violence  
Drug and Alcohol Services  
Breastfeeding support  
Childcare resources  
Food and Clothing

Contact us:

**805-541-3367**

[info@sloalpha.org](mailto:info@sloalpha.org)



Visit us at [sloalpha.org](http://sloalpha.org)  
or on Facebook at  
[SanLuisObispoALPHA](https://www.facebook.com/SanLuisObispoALPHA)

## ALPHA Locations

### San Luis Obispo

Administrative Office & ALPHA Services  
M / TUE / F 10am-3pm, W 10am-5pm  
3480 South Higuera, Suite 100  
San Luis Obispo, CA 93401  
(805) 541-3367

### Arroyo Grande

2nd & 4th Thursday of the month, Noon-3pm  
SAFE Family Resource Center  
1086 Grand Ave. Arroyo Grande, CA 93420

### Atascadero

3rd Thursday of the month from 11am-12:30pm  
Atascadero Community Link  
6500 A Morro Rd. Atascadero, CA 93422

### Cambria / Los Osos / Morro Bay

Call for days, times, and locations.  
(805) 541-3367

### Nipomo

2nd Thursday of the month, 10-11:30am  
St. Joseph's Catholic Church, Room #1  
298 South Thompson Ave, Nipomo, CA 93444

### Paso Robles

1st and 3rd Thursdays of month, 1:30-4:30pm  
Paso Robles Community LINK, PB2  
1802 Chestnut St., Paso Robles, CA 93446

### San Miguel

1st Thursday of the month, 10am-noon  
San Miguel Mission, Old Mission Hall  
775 Mission Street, San Miguel, CA 93451



**Alpha**  
Pregnancy and Parenting Support

Every baby deserves a healthy beginning.

*A Guide to ALPHA Services*

# Alpha

Pregnancy and Parenting Support

ALPHA Pregnancy and Parenting Support provides San Luis Obispo County families with emotional support, practical assistance and connections to community resources from pregnancy through a child's second year.

**ALPHA is dedicated to giving you and your baby a good start!**

**All of our services are FREE.**

Call us for more information:  
805-541-3367

**We are here for you!**

ALPHA is a nonprofit organization, established in 1980.

## EMOTIONAL SUPPORT:

All visits are confidential and nonjudgmental. Available by appointment or on a drop-in basis.

Counseling referrals

Pregnancy support and referrals

Perinatal and Postpartum Depression (PPD) support

[postpartumwellness.org](http://postpartumwellness.org)

## PRACTICAL ASSISTANCE:

Available as donations allow.

"Shopping" in our treasure room for a variety of donated infant supplies

Infant equipment, including strollers, high chairs, cribs, bassinets, and more

Prenatal vitamins

Emergency supply of diapers & formula / baby food monthly

Maternity & Infant clothing

## PARENTING EDUCATION & SUPPORT:

Active Parenting

Referrals for a variety of classes

"Lending library" of books, brochures, and other resources for pregnancy & parenting

## ASSESSING INFANT DEVELOPMENT:

If you are unsure and/or concerned, we can refer you to agencies to check your baby's developmental progress.

## CAR SEAT PROGRAM:

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

Eligible clients will also receive a new convertible car seat.

