

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



Visit us at sloalpha.org
or on Facebook at
SanLuisObispoALPHA

ALPHA Locations

San Luis Obispo

Administrative Office & ALPHA Services
M / TUE / F 10am-3pm, W 10am-5pm
11549 Los Osos Valley Road, Suite 104
San Luis Obispo, CA 93405
(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

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.

