

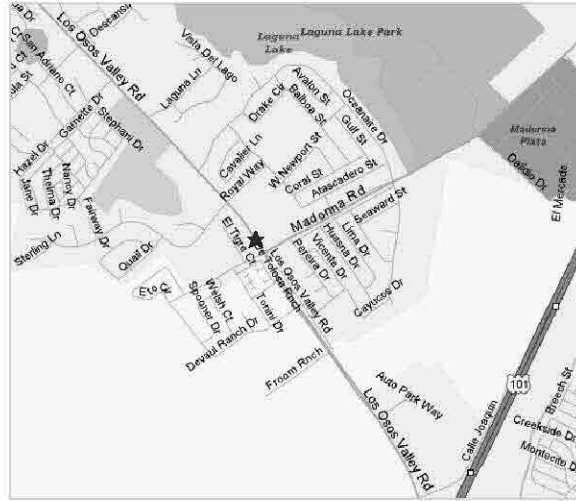
REFERRALS OFFERED FOR:

- ◆ Medical providers
- ◆ Financial Assistance
- ◆ Housing/Emergency Shelter
- ◆ Domestic Violence
- ◆ Drug and Alcohol Services
- ◆ Breastfeeding
- ◆ Legal Help
- ◆ Job Training



MAP OF ALPHA'S SLO OFFICE

11549 Los Osos Valley Road, Suite 104



NOW IN NORTH AND SOUTH COUNTY!

Open twice monthly in each location.

At S.A.F.E. in Room #106
Family Resource Center
2nd and 4th Thursdays, 12:00pm - 3:00pm
1086 Grand Avenue
Arroyo Grande, CA
(805) 474-2105

At Atascadero Community Link
1st & 3rd Thursdays, 10:30am - 1:30pm
6500 A Morro Rd.
Atascadero, CA 93422
(805) 466-5404



**A Guide to
ALPHA Services**

San Luis Obispo ALPHA is a nonprofit organization that provides nonjudgmental support during pregnancy and early parenthood.

www.sloalpha.org

11549 Los Osos Valley Road, Suite 104
San Luis Obispo, CA 93405
(805)541-3367 • FAX (805)541-4536

What is Alpha?

Alpha is a local nonprofit agency offering information, emotional and practical support to pregnant and parenting women, their infants and their families in the first year after birth.

When is Alpha open?

Mondays, Tuesdays, Wednesdays & Fridays
10:00AM and 3:00PM
in San Luis Obispo

Limited services are available in Atascadero & Arroyo Grande twice monthly.

Alpha's SLO office is closed on Thursdays to process donations and prepare clothing orders for clients.

What is the cost?

All Alpha services are FREE!

How can Alpha help?

PREGNANCY TESTING

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

EDUCATIONAL COUNSELING

All counseling is confidential and nonjudgmental.

- ◆ Exploration of options
- ◆ Pregnancy support and referrals
- ◆ Pregnancy loss support
- ◆ Post-adoption support
- ◆ Postpartum depression support line
- ◆ Postpartum depression support groups
- ◆ Individual, couples and group support
- ◆ Pregnancy & Parenting Classes

Available by appointment or on a drop-in basis.

ASSESSING INFANT DEVELOPMENT

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

PRACTICAL ASSISTANCE

Layettes are 'Baby Showers in a Bag' provided within one month of birth.

Available every 60 days:

- ◆ Maternity clothing
- ◆ Infant clothing
- ◆ Shopping in our treasure nook for a variety of donated infant supplies

Available once monthly:

- ◆ Emergency supply of diapers
- ◆ Emergency supply of formula

Also available as needed

and as donations allow:

- Infant equipment
- Strollers
- Cribs/bassinets
- High chairs
- Maternity clothes
- Baby clothes
- Prenatal vitamins
- Formula and diapers

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.

We are here for YOU.