

Community & Campus Based Food and Housing Resources for Students

Cuesta Resources	
<p>Cougar Food Pantry Location (SLO Campus) Building 5300 Room 5301 Phone: (805) 546-3289</p> <p>Location (NC Campus) Building N1000 Room N1005 Phone: (805) 591-4301</p>	<p>Step 1: Check hours of operation and visit either campus location https://www.cuesta.edu/student/campuslife/studentlife/cougar_food_pantry.html</p> <p>Eligibility: To be eligible for our services, students must be currently enrolled and sign in/out with their student id number.</p> <p>Service: We have a variety of food available including: can tuna, oatmeal, granola bars, can beans, soups, cup noodles, peanut butter, quinoa, spaghetti etc. Students can take one or two items, so that we have plenty for everyone.</p>
<p>Food Bank Distribution SLO Campus 3:00pm – 5:00pm Parking Lot #3</p> <p>North County Campus: 3:00pm – 5:00pm Parking Lot #10</p> <p>For questions please call the Student Life and Leadership Office at (805) 546-3289</p> <p>https://www.cuesta.edu/student/campuslife/studentlife/slofoodbankdistribution.html</p> <p>Fall 2018 Pick-Up Schedule August 21 September 18 October 16 November 13 (2nd Tuesday due to Thanksgiving and December 4 (1st Tuesday due to Finals)</p>	<p>Step 1: Students and community members go to either SLO or North County campus locations on the scheduled dates for pick up.</p> <p>Eligibility: Participants must be at least 18 years old and must certify that they meet USDA income guidelines by signing in. <u>NO ID or proof of income is required to participate.</u></p> <p>Service: One bag of pantry food and one bag of fresh produce is provided for free.</p>

<p>Spring 2019 Pick-Up Schedule January 22 (4th Tuesday/Spring semester starts on Jan. 22) February 19 March 19 April 16 May 14 (2nd Tuesday due to Finals)</p>	
<p>CaFE Centers</p> <p>SLO CaFE Center Building 3100 Room 3142</p> <p>Fall/Spring Hours (SLO): 8:30am-4:30pm (M/Th) 8:30am-6pm (Tu/Wed) 8:30am-1pm (Fri)</p> <p>North County CaFE Center Building 1100 Room</p> <p>Fall/Spring Hours (NCC): 8:30am-4:30pm (M/Tu/Th) 8:30am-6pm (Wed) 8:30am-1pm (Fri)</p>	<p>Step 1: Students can go to either location on the SLO or North County campus to access supplies</p> <p>Eligibility: Enrolled Cuesta students</p> <p>Service: Free Hygiene packets (soap, toothbrush/tooth paste, comb, brush, soap, towels, cotton balls, first aid kits, chap stick & Kleenex), scarf, hats, backpacks, laundry soap, feminine products, rain coats, gift cards to fast food restaurants (limited).</p>
Community Resources	
<p>Call 2-1-1 for San Luis Obispo County Services</p>	<p>2-1-1 SLO County, a free program that is a one-stop way to get timely access to health and human services information and referrals 24 hours a day, seven days a week. The phone line is free, confidential, and provides bilingual assistance.</p>

<p>Maxine Lewis Memorial Shelter 750 Orcutt Road San Luis Obispo, CA 93401 (805) 781-3993</p> <p>Monday – Sunday Check-in 5:00pm Check-out 7:30am</p> <p>https://www.capslo.org/departments/Homeless-Services/page/maxine-lewis-memorial-shelter.html</p>	<p>Step 1: Women and families in line at 5:00pm Men in line at 6:00pm</p> <p>Eligibility: Homeless men and women 18 years and older. Sobriety is required.</p> <p>Service: beds, meals, showers, information, referrals</p> <p><u>*Maxine Lewis Shelter will close summer 2018 and all beds and services will be available at Friends of 40Prado</u></p>
<p>Friends of 40Prado 43 Prado Road San Luis Obispo, CA 93401 (805) 786-0617</p> <p>Monday – Sunday 8:30am – 4:00pm</p> <p>Breakfast 8:30am – 9:30am Lunch: 12:00pm – 1:00pm</p> <p>https://friendsof40prado.org/</p>	<p>Step 1: Fill out paperwork and do a short intake appointment (you do not have to schedule this appointment in advance)</p> <p>Eligibility: Completion of the paperwork and intake appointment</p> <p>Service: Restrooms and showers, laundry service, phones, bus tokens, mail and message service, employment listings and job application assistance, on-site health screenings, a children’s playroom and yard, a community garden, and access to community-based support services.</p>
<p>5Cities Homeless Coalition P.O. Box 558 Grover Beach, CA 93483 (805) 574-1638</p> <p>Monday – Friday 8:30am – 5:00pm</p> <p>Contact: Intake and Resource Coordinator, Devon Mcquade. Referrals submitted to: info@5CHC.org</p>	<p>Klaproad Rapid Re-housing Program/ Case Management Services</p> <p>Step 1: Call to set up an intake appointment. Appointments can be done over the phone or in person. Appointments typically take 15 minutes.</p> <p>Eligibility: <u>South County ONLY.</u> Clients must have become homeless while living in South County and must have been a resident in the area for at least 6 months.</p>

<p>https://5chc.org/programs/</p>	<p>Services: Provides case management to assist in obtaining long term stable housing. Support may be provided for deposit, rent and supportive need for those who are homeless.</p>
<p>5Cities Homeless Coalition Homeless Youth Outreach P.O. Box 558 Grover Beach, CA 93483 (805) 574-1638</p> <p>Monday – Friday 8:30am – 5:00pm</p> <p>Contact: Devon Mcquade : Intake and Resource Coordinator</p> <p>https://5chc.org/programs/</p>	<p>Step 1: Call to set up an intake appointment. Appointments can be done over the phone or in person. Appointments typically take 15 minutes.</p> <p>Eligibility: Homeless youth between 16-24 years old</p> <p>Services: One-on-one case management helps youth with immediate needs, housing and development of an individualized Action Plan to help them achieve independent living, steady employment, and continued education.</p>
<p>5Cities Homeless Coalition ESG Rapid Re-Housing Program P.O. Box 558 Grover Beach, CA 93483 (805) 574-1638</p> <p>Monday – Friday 8:30am – 5:00pm</p> <p>Contact: Devon Mcquade : Intake and Resource Coordinator</p> <p>https://5chc.org/programs/</p>	<p>Step 1: Call to set up an intake appointment. Appointments can be done over the phone or in person. Appointments typically take 15 minutes.</p> <p>Eligibility: Those who are homeless or facing homelessness. For rental assistance to prevent homelessness, clients’ income must be 30% or less of AMI (annual median income)</p> <p>Service: Funding and case management support: deposit, rent and immediate needs. Move-in assistance with deposit and rent</p>
<p>5Cities Homeless Coalition Warming Center Check-in daily 5:00pm Check-out 7:30am</p>	<p>Eligibility:</p> <ul style="list-style-type: none"> • No advance reservation needed • 18 years and older • Location TBD (announced fall 2018)

<p>S.A.F.E Family Resource Center (CAPSLO) (805) 458-5499 Monday – Friday 9:00am – 5:00pm</p> <p>S.A.F.E Family Resources Center South County 1511 19th Street Oceano (805) 474-3690</p> <p>Monday – Friday 9:00am – 5:00pm</p> <p>S.A.F.E Family Resource Center 1086 Grand Avenue, Arroyo Grande (805) 474-2105</p> <p>Monday – Friday 9:00am – 5:00pm</p> <p>S.A.F.E Family Resource Center 920 W. Teff Street, Nipomo (805) 474-2105</p> <p>Monday – Friday 9:00am – 5:00pm</p> <p>https://www.capslo.org/departments/Family-Community-Support-Services/page/safe-family-resource-centers.html</p>	<p>Step 1: Call to do a needs assessment</p> <p>Eligibility: Under 18 years old, families with kids under 18 in the SLO Unified School District. Must be a SLO resident</p> <p>Service: A community-based, school-linked, family-centered way of delivering and coordinating appropriate prevention and intervention services to youth and families in Southern San Luis Obispo County.</p>
<p>LINK 6500 Morro Road Unit A, Atascadero (805) 466-5404 – Atascadero</p> <p>LINK 1802 Chestnut Street, Paso Robles (805) 238-2775 – Paso Robles</p> <p>https://linkslo.org/</p>	<p>Step 1: Call to do a needs assessment</p> <p>Eligibility: Under 18 years old, families with kids under 18 in the SLO Unified School District. <u>Must be a SLO resident</u></p> <p>Service: Connects families with community resources, agency partners and mainstream benefits to help regain stability</p>
<p>Family Care Network. Inc. Transitional Housing Placement Program for Non-Minor Dependents</p>	<p>Step 1: Must be referred through an agency</p>

<p>1255 Kendall Road San Luis Obispo, CA 94401 (805) 781-3535</p> <p>Monday – Friday 8:00am – 5:00pm</p> <p>https://fcni.org/housing-support</p>	<p>Eligibility: Foster youth age 18-21 (Non-Minor Dependents)</p> <p>Service: Affordable housing and a wide range of supportive services, including one-on-one life skills development assistance and case management in order to successfully establish permanency and self-sufficiency.</p>
<p>Family Care Network, Inc. Transitional Housing Placement Program for Minor Foster Children (THPP-M) 1255 Kendall Road San Luis Obispo, CA 94401 (805) 781-3535</p> <p>Monday – Friday 8:00am – 5:00pm</p> <p>https://fcni.org/housing-support</p>	<p>Step 1: Must be referred through an agency</p> <p>Eligibility: Foster youth preparing to leave the system</p> <p>Services: provides youth with independent housing, substantial one-on-one counseling, support, instruction and guidance.</p>
<p>Family Care Network, Inc. Housing Support Program (HSP) 1255 Kendall Road San Luis Obispo, CA 94401 (805) 781-3535</p> <p>Monday – Friday 8:00am – 5:00pm</p> <p>https://fcni.org/housing-support</p>	<p>Step 1: Must be referred through an agency</p> <p>Eligibility: Determined at intake</p> <p>Service: Program participants are provided necessary case management services for life skills development, one-on-one guidance, work group classes and community linkage to ensure their successful transition to self-sufficiency post care.</p>
<p>Peoples’ Self-Help Housing 3533 Empleo Street San Luis Obispo, CA 93401 (805) 781-3088 info@pshhc.org</p> <p>Monday – Friday 9:00am – 5:00pm</p> <p>https://pshhc.org/housing/</p>	<p>Step 1: Call to be added to the waitlist</p> <p>Eligibility: Low income, single parent head of household, farm workers, elderly on a fixed income, persons with disabilities, veterans, formerly homeless, mentally ill, and those with other special needs.</p> <p>Service: Supportive housing services, housing counseling, home ownership opportunities</p>

<p>Housing Authority of San Luis Obispo (HASLO) 487 Leff Street San Luis Obispo, CA 93401-4347 (805) 543-4478</p> <p>Monday – Thursday 8:00am – 5:00pm (closed 12:30 – 1:00 daily)</p> <p>http://www.haslo.org/</p>	<p>Step 1: Call to make an appointment for a screening process</p> <p>Eligibility: Must be approved through the screening process to get on the waitlist</p> <p>Services: Public affordable housing.</p>
<p>Independent Living Resource Center 1411 Marsh Street San Luis Obispo, CA 93401 (805) 462-1162</p> <p>Monday – Friday 9:00am – 12:00pm & 1:00pm – 5:00pm</p> <p>Contact: Community Living Advocate, Nicole Janikowski extension 413</p> <p>Youth Advocate (for ages 14-24) Alexa Martin</p> <p>https://www.ilrc-trico.org/our-services/</p>	<p>Step 1: Call to set up an intake appointment</p> <p>Eligibility: Person must have a disability (of any kind)</p> <p>Services: Advocate on behalf of the consumer for housing, personal assistance, interpreting, assistive technology, advocacy (do not provide case management).</p>
<p>Stand Strong (Women’s Shelter) 51 Zaca Lane, Suite 150 San Luis Obispo, CA 93401</p> <p>Business Line (805) 781-6401 Monday – Friday 9:00 – 5:00pm</p> <p>Crisis Line (805) 781- 6400 open 24/7</p> <p>https://standstrongnow.org/</p>	<p>Step 1:Call for a consultation</p> <p>Eligibility: Must be referred through Stand Strong counseling, Safe House of community project partners</p> <p>Services: Advocacy services, employment assistance, counseling, legal services, children’s services, life skill groups, and assistance with obtaining permanent housing.</p>
<p>Transitions Mental Health Association Community Residential Program 784 High Street San Luis Obispo</p>	<p>Step 1: Call for an intake appointment</p> <p>Eligibility: determined at the intake appointment</p>

<p>(805) 540-6500</p> <p>Monday – Friday 9:00am – 5:00pm</p> <p>https://www.t-mha.org/</p>	<p>Services: Each resident will be assigned a case manager who will assist the resident in developing individual service plans to address issues such as homelessness, mental/physical disabilities, substance abuse, credit repair, legal problems with the end goal of obtaining maximum level of independent living</p>
<p>El Camino Homeless Organization (ECHO) 6370 Atascadero Avenue, Atascadero CA (805) 462-3663</p> <p>Monday-Sunday 4:30pm – 7:30am</p> <p>http://echoshelter.org/home-1</p>	<p>Step 1: Stop by the office for an intake appointment or fill out the form on the ECHO website: http://echoshelter.org/begin</p> <p>Eligibility: Determined at intake appointment</p> <p>Services: Critical case management for clients to develop an action plan to resolve their housing crisis, bus passes, clothing vouchers, laundry vouchers, motel rooms for clients who become ill, furniture and other donations for clients who have found housing, postal address so clients may receive mail, gas and other types of transportation for stranded clients</p>
<p>Los Osos Cares Resource Center Sunnyside School 880 Manzanita Drive Room 18 (805) 592-2701</p> <p>Tuesday-Friday 4:00pm</p> <p>wecareinlososos@gmail.com</p>	<p>Step 1: Visit in person, call or email for information about what services are provided on which days</p> <p>Edibility: Call to determine</p> <p>Services: Connections with county services, food, clothing, employment help, family support</p>