

**March 23, 2020**

## **Food Delivery Resources & Virtual Counseling/Resources**

### Virtual Counseling & Mental Health Resources:

- LOCAL RESOURCE - The Community Counseling Center is still up and running during this time, but they are transitioning to tele-health services. They are still accepting new clients, and if clients wish to be seen by them they should go ahead and call (805) 543-7969. Unfortunately, the onboarding process takes about four weeks, so the sooner they call the better. Seems like we will be in this for the long haul so better off setting them up with that care now. The CCC also offers therapy via the phone if the client does not have access to a computer, and they encourage clients currently being seen to schedule appointments ASAP.
- Better Help is a more affordable, private online counseling resource. Their programs begin at \$40/week but financial aid is available. They offer a one-week free trial as well.
- 7 Cups is a website I came across that offers "free virtual counseling" through the form of volunteer listeners online. Users can remain anonymous, and "listeners" are available 24/7. They also offer professional therapy, which is about \$150/month. There are a variety of virtual support groups offered online as well.
- Headspace is offering a free virtual program focused on alleviating anxiety in the face of the challenges we are experiencing during this time. You can visit their website or download the app to learn more about the content they have curated to help.
- The Tribe Wellness Community is a free, online peer support network that gives members facing mental health challenges and/or difficult family dynamics a safe place to connect.
- Talkspace matches you to a licensed therapist, available five days a week for text, video, and audio messaging. Talkspace is also available as an app. This service is not free-- it can range from \$65-\$100 a week, definitely less affordable than others.
- For Like Minds is an online mental health support network that allows for individuals to connect with others who are experiencing stressful life events.
- 18 Percent offers a free, peer-to-peer online support community for those struggling with a wide range of mental health issues.

### Food delivery services for seniors, disabled, those with health issues that cannot leave their home:

There are a number of resources available to seniors, people with disabilities and people with pre-existing health problems available during the #COVID19 outbreak in #ad35! Please take a look through the list below (sorted by community) to find food pick-up locations, food delivery services and resource centers.

#### **DSS Adult Protective Services**

Phone: 805-781-1790

#### **Wilshire Good Neighbor Program**

Phone: 805-547-7025 ext. 17

### **San Luis Obispo Sites**

Anderson Hotel (11:30)

955 Monterey St.

SLO, CA 93401

Site Manager: Janine Lloyd

Phone: 805-543-0469

United Church of Christ (12:00)

112345 LOVR

San Luis Obispo, CA 93401

Site Manager: Les Winger

Phone: 805-541-1168

Grace Church SLO

Phone: 805-592-2701

### **Atascadero Sites**

Atascadero Senior Citizens (11:30)

5905- C East Mall

Atascadero, CA 93422

Site Manager: Jesse or Mike Miller

Phone: 805-927-1268

Atascadero Loaves and Fishes Food Pantry

Email: [contact@atascaderoloaves.org](mailto:contact@atascaderoloaves.org)

Website: [www.atascaderoloaves.org](http://www.atascaderoloaves.org)

### **Oceano Sites**

Central Coast Senior Center (11:30)

1580 Railroad Ave.

Oceano, CA 93445

Site Manager: Debbie Altamirano

Phone: 805-489-5149

### **Morro Bay Sites**

Morro Bay Senior Citizens' Center (11:45)

1001 Kennedy Way

Morro Bay, CA 93442

Site Manager: Marilee Zazueta

Phone: 805-772-4422

### **Nipomo Sites**

Nipomo Area Senior Citizens Club (12:00)

200 E. Dana St.

Nipomo, CA 93444

Site Manager: Sandy Omelas

Phone: 805-929-1066

### **Cambria Sites**

St. Paul's Episcopal Church (12:00)  
2700 Eton Rd.  
Cambria, CA 93428  
Site Managers: Jesse or Mike Miller  
Phone: 805-927-1268

### **Los Osos Sites**

South Bay Community Center (11:45)  
2180 Palisades Ave.  
Los Osos, CA 93402  
Site Manager: Terry Treves  
Phone: 805-528-6923  
  
Los Osos Care  
Phone: 805-592-2701

### **Paso Robles Sites**

Paso Robles Senior Center (11:30)  
270 Scott St.  
Paso Robles, CA 93446  
Site Manager: Ellen Morrow  
Phone: 805-238-4831

### **Santa Margarita Sites**

Atascadero Loaves and Fishes Food Pantry  
Email: [contact@atascaderoloaves.org](mailto:contact@atascaderoloaves.org)  
Website: [www.atascaderoloaves.org](http://www.atascaderoloaves.org)  
  
Senior Citizens of Santa Margarita (12:00)  
2210 "H" St.  
Santa Margarita, CA 93453  
Site Manager: David Herrod  
Phone: 805-438-5854

### **Lompoc Sites**

Foursquare  
125 N C St.  
Lompoc, CA 93436  
Monday 4:00 p.m. – 5:00 p.m.  
  
St. Timothy  
403 N J St.  
Lompoc, CA 93436  
Tuesday 5:00 p.m. – 5:45 p.m.  
  
Bethany Lutheran  
135 S E St.  
Lompoc, CA 93436  
Wednesday 12:00 p.m. – 1:00 p.m.

Half Century Club  
341 N N St.  
Lompoc, CA 93436  
Thursday 5:00 p.m. – 5:45 p.m.

La Purisima  
213 W Olive  
Lompoc, CA 93436  
Friday 5:00 p.m. – 5:45 p.m.

Trinity Nazarene  
500 E North Ave  
Lompoc, CA 93436  
Saturdays 2:00 p.m. – 3:00 p.m.

Meals on Wheels  
805-736-3257

### **Santa Maria Sites**

Salvation Army  
200 W. Cook Ave  
805-349-2421  
Mon-Thurs 11 am – 12 pm and 4pm – 5pm,  
Friday 10:30am – 11am

Meals on Wheels  
808-938-1200

**North Santa Barbara County**  
Community Action Commission  
805-925-3010