

**There is no friendship,  
no love,  
like that of the parent  
for the child**

*Harriet Ward Beecher*



**IF A COMMUNITY VALUES ITS CHILDREN  
IT MUST CHERISH THEIR PARENTS.**

*John Bowlby*

## **LOCATIONS**

**San Luis Obispo County  
Drug and Alcohol Services  
(805) 781-4753**

### **Atascadero**

**3556 El Camino Real  
(805) 461-6080**

**Grover Beach  
1523 Longbranch  
(805) 473-7080**

**Paso Robles  
1763 Ramada Drive  
(805) 226-3200**



# **PERINATAL OUTPATIENT EXTENDED GROUP**



## **YOU AND YOUR BABY**

**A PROGRAM FOR  
PREGNANT AND PARENTING  
WOMEN AND THEIR  
DEPENDENT CHILDREN  
FIVE AND UNDER**

**PROVIDED BY:  
SAN LUIS OBISPO COUNTY  
DRUG AND ALCOHOL SERVICES**

**The Perinatal Outpatient Extended Group (POEG)** is a service provided by San Luis Obispo County Drug and Alcohol Services:

### **WALK-IN CLINIC SCHEDULES**

During Walk-In Clinic, you will receive a **free** consultation in a one-on-one individual session with a qualified counselor to help you decide what level and what kind of treatment may be beneficial to you.

Please note all walk-ins are on a first-come, first served basis, with no appointment necessary. If there are too many people here before you, you may be asked to schedule another appointment. Please call for assistance or for an alternative time if needed.

#### **San Luis Obispo**

2180 Johnson Avenue  
Mondays 9:00-11:30 am  
Mondays 2:00-5:30 pm

#### **Atascadero**

3556 El Camino Real  
Tuesdays 9:00-11:30 am  
Tuesdays 2:00-5:30 pm

#### **Grover Beach**

1523 Longbranch Avenue  
Mondays 9:00 – 11:30 am  
Mondays 2:00 – 5:30 pm

#### **WHO CAN ATTEND?**

*This program is for pregnant and parenting women (and their dependent children five and under) who have a history of drug and/or alcohol involvement. Each woman must be willing to be 100% drug and alcohol free.*

### **ABOUT POEG**

Meets four days per week. Each day will consist of a three-hour block of time. Services provided may include individual, family, group process, play therapy, as well as a parent support and education group. In addition, weekly recovery education and linkage with community resources such as W.I.C., CalWorks, Adult School, Family Planning, Medical Referrals, Center for Alternatives to Domestic Violence, GED Tutoring and Child Development Center.

Community resources will be included according to the participant's needs and requests, whenever possible.

In addition, any participant with special knowledge or skills relevant to enriching self development will be given the opportunity to share with the other POEG moms and kids.



### **CHILD SUPERVISION**

On site supervision of children ages five and under is provided for women who may not otherwise be able to attend Perinatal Outpatient Extended Group (POEG). The children will participate in family socialization with their mother. Some children will be eligible for individual play therapy.

### **GOALS**

To clarify the increased risks of alcohol and other drug use during pregnancy and breast feeding by providing a safe, positive, structured drug and alcohol free learning environment with focus on the family as a unit. Education about how drug and alcohol use affects the entire family. Learning alternative skills for achieving and maintaining a drug and alcohol free lifestyle will be ongoing.

### **HOW TO ENROLL**

Individuals interested in POEG services can call (805) 781-4753 or the independent centers located on the back of this brochure.

Pregnant and parenting women have a preference for treatment services. Please call or come in today. We will be happy to see you.

**Note: There is assistance with transportation if needed**