



Free & Low-Cost Health Services

Primary Care

Organization	Description	Location	Contact
Community Health Centers of the Central Coast (CHC) CommunityHealthCenters.org	Comprehensive primary health care for adults, children, and families; Accepts CenCal and other insurance plans	Locations throughout the County	Call or Text: 1-805-361-8400
SLO Noor Foundation Medical Clinics SLONoorFoundation.org	Free, comprehensive medical care for uninsured adults; Application process is required	Locations in San Luis Obispo and Paso Robles	Call: 805-439-1797

Oral Health & Dentistry

Organization	Description	Location	Contact
CHC Dentistry Communityhealthcenters.org/health-services/dental/	Low-cost, comprehensive dental care for children and adults; Accepts CenCal and other insurance plans	Locations in Nipomo, Oceano, and Templeton	Call or Text: 1-805-929-3254
SLO Noor Foundation Dental Services SLOnoorfoundation.org/dental	Free dental care for uninsured, low-income adults; Must complete an application and eligibility interview	3071 S. Higuera St, Suite 110, San Luis Obispo	Call: 805-592-2240 Email: dental@slonoorfoundation.org
Tolosa Children's Dental Center TolosaChildrensDental.org	Comprehensive, low-cost dental care for children aged 12 and younger; Accepts Medi-Cal and other insurance plans	717 Walnut Drive, Paso Robles 4251 S. Higuera St, Suite 401, San Luis Obispo	Call Paso Robles: 805-238-5334 Call SLO: 805-592-2445

Vision & Optometry Services

Organization	Description	Location	Contact
CHC Optometry Communityhealthcenters.org/health-services/optometry/	Low-cost, comprehensive optometry care for children and adults; Accepts CenCal and other insurance plans	Locations in Arroyo Grande, Nipomo, and Paso Robles	Call or Text: 1-805-361-8400
SLO Noor Foundation Vision Care Slonoorfoundation.org/vision	Free vision care for uninsured, low-income adults; Open Tuesdays 9am-5pm	1428 Phillips Lane, Suite 203, San Luis Obispo	Call: 805-439-1797

Sexual & Reproductive Healthcare Services

Organization	Description	Location	Contact
Access Support Network AccessSupportNetwork.org	Free testing, treatment, and care referrals for individuals with HIV and/or Hep C	1320 Nipomo St, San Luis Obispo	Call: 805-781-3660 Email: theeasnsupp@gmail.com
CAPSLO's The Center for Health & Prevention Capslo.org/the-center/	Free to low-cost family planning services including testing, contraception, emergency contraception, and annual exams; Habla Espanol	1152 East Grand Ave, Arroyo Grande 705 Grand Ave, San Luis Obispo	Call Arroyo Grande: 805-489-4026 Call SLO: 805-544-2478
CHC Women's Health Communityhealthcenters.org/health-services/womens-health/	Full-service women's health clinics including OB/GYN services, prenatal care, STI testing, and contraception	Locations in Arroyo Grande, Nipomo, San Luis Obispo, and Templeton	Call or Text: 1-805-361-8400
County of SLO Public Health Clinic SLOPublicHealth.org	Free or low-cost reproductive and sexual health services for women, men, and teens; Habla Espanol	805 4th St, Suite 201-202, Paso Robles	Call: 805-237-3050
Planned Parenthood of the Central Coast Plannedparenthood.org/planned-parenthood-california-central-coast	Full service sexual and reproductive health services including abortions, birth control, pregnancy testing & planning, gender-affirming care, and perinatal services	743 Pismo St, San Luis Obispo	Call: 888-898-3806

Home Health Services

Organization	Description	Contact
BrightStar Care Brightstarcare.com/locations/san-luis-obispo/	In-home care services ranging from companionship to skilled nursing	Call: 805-457-9317
CarePathways-San Luis Obispo	Source of local medical and non-medical support services	carepathways.com/ca/home-health-care-san-luis-obispo/#homecare
County of SLO In-Home Supportive Services (IHSS) SloCounty.ca.gov/IHSS	Helps pay for services provided to aged, blind, or disabled individuals	Call: 805-461-6110 Apply online: slocounty.ca.gov/IHSS-Apply



Health Services

Dignity Health- Home Health, Hospice, & Infusion Services Dignityhealth.org/central-coast/services/home-health-hospice-and-infusion-services	Home-based services for patients who have recently left the hospital or who need extra support at home	Call: 888-927-5548
Wilshire Health & Community Services Wilshirehcs.org/home-health/	Medical and non-medical home support services	Call: 805-782-8600



Immunizations & Pharmaceutical Services

Organization	Description	Location	Contact
The Alliance for Pharmaceutical Access (APA) tinyurl.com/APA-SLO	Free advocacy services and discounted diabetes supplies for those who cannot afford prescription medication; Registration is required	1428 Phillips Lane, Suite B-4, San Luis Obispo, (Tuesday 1:00-5:00pm)	Call: 805-614-2040 Email Claudia: Claudia.Lopez2@dignityhealth.org
County of SLO Public Health Clinics Slocounty.ca.gov/clinics	Appointment-based vaccination services including school vaccines, travel vaccines, and COVID & Flu; Accepts CenCal, most private insurance and, offers sliding-scale for private pay	Clinic locations in San Luis Obispo, Grover Beach, and Paso Robles	Call: 805-781-5500
EZIZ eziz.org/vfc/provider-locations/	Online platform to location Vaccines for Children (VFC) providers; Must be enrolled in VFC	This is a virtual resource	Visit their website
GoodRx Goodrx.com	An online platform offering prescription drug price comparisons and coupons; Cannot be used with insurance	This is a virtual resource	Visit their website
Rx List rxlist.com/pharmacy/san-luis-obispo-ca_pharmacies.htm	Online platform locating pharmacies in and around San Luis Obispo; Includes 24-hour pharmacies	This is an online resource	Visit their website
Vaccines.gov Vaccines.gov	National online platform for locating and scheduling COVID-19 vaccines	This is a virtual resource	Visit their website



Disability Services

Organization	Description	Location	Contact
Independent Living Resource Center ILRC-TriCO.org	Provides disability advocacy and independent living skills for people of all ages with all disabilities and income levels	51 Zaca Lane, #140, San Luis Obispo	Call: 805-462-1162
PathPoint PathPoint.org/locations/san-luis-obispo	Provides employment, independent living, transition, and community access services for individuals with disabilities	775 W Grand Ave #C, Grover Beach 11491 Los Osos Valley Road, San Luis Obispo	Call Grover Beach: 805-473-9582 Call SLO: 805-782-8890
SLO Access for All SLOAccessForAll.org	Provides information on accessibility best practices, and advocacy and outreach for people with disabilities	550 Dana St, San Luis Obispo	Call: 805-543-2323



Nutritionist Services & Classes

Organization	Description	Location	Contact
County of SLO WIC SLOcounty.ca.gov/WIC	Individual or group nutrition education and counseling services for WIC clients from Registered Dietitians	Any WIC office by appointment	Call: 805-781-5570
Dietitian Live Dietitianlive.com	Remote dietitian services providing education and support for eating disorders, diabetes, IBS, weight loss, heart health, and more; Accepts some private insurances	This is an online service	Visit their website
Dignity Health Diabetes Support Group dignityhealth.org/central-coast/locations/frenchhospital/classes-and-events/diabetes	A free, quarterly support group led by a Registered Dietician nutritionist for education and discussion	French Hospital, Copeland Education Pavilion, Urology Classroom, 1911 Johnson Ave, San Luis Obispo	Call: 805-597-6780 Email Angela: Angela.Fissell@dignityhealth.org
Dignity Health Wellness Workshops	Free education programs to help treat and/or prevent illnesses including diabetes	Workshops hosted virtually	Call: 805-786-6183



Health Services

dignityhealth.org/central-coast/locations/frenchhospital/classes-and-events/wellness-workshops			
Samantha Lalush Nutrition, LLC SLODietitian.com	Nutritionist and diabetes educator specializing in prediabetes, Type 2 Diabetes, weight management, and more; Accepts Medicare, CenCal, and Blue Shield; Provides superbill for other insurance carriers	1022 Mill Street, San Luis Obispo	Call: 805-242-6417
SLO Nutrition SLONutrition.com	Nutritionist and diabetes educator creating personalized lifestyle plans; Can bill Medicare with a diagnosis of diabetes and provide a superbill for others	107 Nelson St, Arroyo Grande	Call: 805-316-5113 Email Lisa: lisa@slonutrition.com

H Medical Facilities

Organization	Location	Contact
Adventist Health Sierra Vista adventisthealth.org/system/locations/sierra-vista-regional-medical-center/	1010 Murray Ave, San Luis Obispo	Call: 805-546-7600
Adventist Health Twin Cities adventisthealth.org/system/locations/twin-cities-community-hospital/	1100 Las Tablas Road, Templeton	Call: 805-543-3500
Arroyo Grande Community Hospital dignityhealth.org/central-coast/locations/arroyo-grande	345 S. Halcyon Road, Arroyo Grande	Call: 805-489-4261
Community Health Centers of the Central Coast (CHC) Communityhealthcenters.org/locations/	Locations throughout the county	Call: 805-361-8400
French Hospital Medical Center dignityhealth.org/central-coast/locations/frenchhospital	1911 Johnson Ave, San Luis Obispo	Call: 805-543-5353