



## **SAN LUIS OBISPO A.L.P.H.A., Inc.**

A California Non-Profit Corporation since 1980

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### **Scope of ALPHA Services**

**San Luis Obispo A.L.P.H.A., Inc. is a nonprofit organization providing support, practical assistance during pregnancy through a child's first year, and education on pregnancy and early parenting throughout San Luis Obispo County.**

ALPHA services include:

1. Emotional support throughout pregnancy and early parenting
2. Case management to help families access all community resources
3. Non-judgmental options regarding pregnancy
4. Adoption support
5. Postpartum depression support line, referrals and support groups
6. Support and referrals for pregnancy loss, post adoption and post abortion
7. Pregnancy and Parenting support groups and classes
8. Budgeting and family finance education
9. Child safety and car seat education and information
10. Infant Development assessment
11. Pregnancy Testing
12. Health and wellness support (prenatal vitamins, food and gas vouchers, etc.)
13. Maternity and infant clothing
14. Layette items
15. Emergency supplies of diapers and formula
16. Supplies and equipment (cribs, high chairs, strollers, etc.)
17. One-time assistance with a security deposit
18. *Beginnings* – outreach education regarding healthy pregnancy and the effects of substance use during pregnancy
19. Speakers and educational programs for schools, civic groups, and other organizations
20. Referrals for issues regarding: drug and alcohol abuse, domestic violence, postpartum depression, mental health, health, financial needs, housing, insurance, and legal assistance

ALPHA does not provide licensed counseling services and refers clients who need services beyond our scope of practice to licensed clinicians, nonprofit counseling services, and County Mental Health as appropriate. ALPHA also refers clients to other medical services, and for additional financial and practical resources in the community. ALPHA does not refer for abortions. Services that significantly vary from the above require a vote of the Board before implementation.