

Alpha

Pregnancy & Parenting Support



Mission

A.L.P.H.A. also stands for: **Acceptance – Life – Professional – Help - Alternatives**

ALPHA is committed to the belief that every human life has dignity and is precious.

ALPHA provides an important safety net for local women, their infants and families during pregnancy and for a year after birth. ALPHA's free services include classes and support groups as well as necessary items for pregnancy and early child care. We are actively involved in community public health initiatives supporting education on healthy pregnancies. ALPHA is committed to strengthening families and providing a healthy and safe start to San Luis Obispo County's infants. By linking families to health, education, child care, and other resources, ALPHA helps brighten the futures of parents and their children in San Luis Obispo County.

ALPHA is funded by the generosity of individuals, civic groups, grants and fundraising events.

Vision

San Luis Obispo ALPHA 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.

Visit our Website

ALPHA's web site, www.sloalpha.org provides information on services, post partum depression hotline, volunteering, news and events, donations, agency partners, ways to contact the organization and more. Check it out!

Contact us:

11549 Los Osos Valley Road, Suite 104,
San Luis Obispo, CA 93405
Phone: (805) 541-3367
Fax: (805) 541-4536
E-mail: info@sloalpha.org

PROGRAM SERVICES

- ◆ Infant Clothing
- ◆ Baby food
- ◆ Car Seats
- ◆ Maternity Clothing
- ◆ Layettes
- ◆ Diapers (doz)
- ◆ Infant Equipment
- ◆ FDM Case Management
- ◆ Pregnancy Tests
- ◆ Program Referrals
- ◆ Pregnancy Assessments
- ◆ Postpartum Depression
- ◆ Housing Deposit
- ◆ Assistance
- ◆ Classes
- ◆ Scholarships to Parenting

SUCCESS STORY



Genna, an ALPHA client, made frequent visits this summer to our San Luis Obispo office, as she worked diligently to improve her family's circumstances. During her intake interview, Genna displayed worry over her unplanned pregnancy. She and her husband were experiencing serious financial troubles. Genna works part time and her husband is disabled with a disability benefit. Without permanent housing and with the constant struggle to keep food on the table for herself and her three children, Genna felt a considerable strain on her relationship with her husband.

During her intake interview, Genna received prenatal vitamins as well as maternity clothes. In addition, she learned that ALPHA has a rental deposit loan program, and she was provided with a referral for income-based relationship counseling, intended to help husband and wife work through their differences.

Genna continues to visit ALPHA during her lunch breaks from work. When the baby is ready to be born, Genna will receive a "layette" filled with newborn items. Genna plans to sign up for parenting classes, facilitated by ALPHA's partner organization, Parent Connection, and held at ALPHA's San Luis Obispo location. On her most recent visit to the office, Genna shared with us that she and her husband had been to four counseling sessions at the Community Counseling Center. She says they're growing closer as a couple. ALPHA will continue to support Genna and her family throughout her infant's first year.

Congratulations Genna!



<https://www.facebook.com/pages/San-Luis-Obispo-ALPHA/311705088448>