CASA
Court Appointed Special Advocates
FOR CHILDREN
SAN LUIS OBISPO COUNTY

We are all in this together"

Search these websites to locate the resource:

Games / Interactive / Learning

Movement and Mindfulness

https://www.gonoodle.com/

Books read aloud by celebrities

https://www.storylineonline.net/

Yoga for kids

https://www.youtube.com/user/CosmicKidsYoga

Various activities for kids

https://kidsactivitiesblog.com/

Activities and videos

https://pbskids.org/

Resilience building games

https://www.superbetter.com/

Strength Identifying Activity

https://u.org/2SaKhA2

Education

Stay updated with your child's school district and their announcements

San Luis Obispo Office of Education

https://www.slocoe.org/

San Luis Obispo County Library

https://www.slolibrary.org/

Your library can be your haven, even when it's closed. Check what they can offer you.

https://bit.ly/3aOz8vv

General COVID 19 Info

https://aging.ca.gov/covid19/

https://covid19.ca.gov/resources-for-emotional-support-and-well-being/
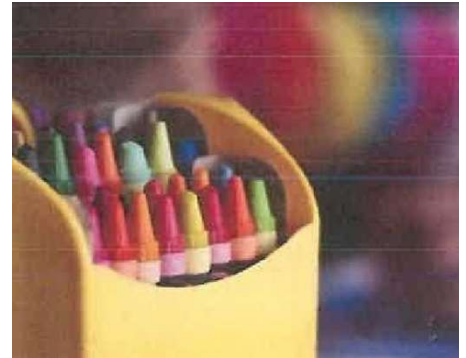
https://covid19.ca.gov/testing-and-treatment/

https://www.slocounty.ca.gov/Departments/Health-Agency/Public-Health/Department-News/COVID-19-Updates.aspx

24-hour Suicide Prevention Lifeline:
1-800-273-8255 or text 838255

24-hour Domestic Violence Hotline:
1-800-799-7233 or click Chat Now

Call 911 if you or the person you are helping is in immediate danger.

Child Hotline Information:
To report suspected child abuse or neglect call the 24 hour
Child Abuse Hotline at (805) 781-KIDS (5437) or toll free 1-800-834-KIDS (5437)
CASA staff can assist CASA volunteers with completing and submitting this form.

Food Supply
Find your local Food Bank

https://www.feedingamerica.org/find-your-local-foodbank

Mental Health and Wellness
 Multiple resources: https://www.t-mha.org/
Crisis Hotline: SLO Hotline at (800)783-0607