

Youth Services

Noah's Anchorage: Offers youth and family crisis intervention services to runaway and at-risk youth, ages 10-17.	301 W. Figueroa 963 - 8775 or (866) 435-7833
Twelve35 Teen Center: Teens have access to various recreational equipment in a safe and positive environment.	1235 Chapala 882 - 1235
Santa Barbara Police Activities League (PAL): Offers activities for youth with direction and focus to helping them become better citizens. The activities serve as a strong foundation for a positive relationship between the youth, police department and the community.	222 E. Anapamu Suite 21 962 - 5560
La Casa de la Raza Youth Center: Drop-in recreational, educational and cultural arts programs for the youth of Santa Barbara. Home of the Youth Computer Academy.	601 E. Montecito 965 - 8581

Senior Services

Area Agency on Aging (AAA): Provides free information and referral for senior citizens and their caregivers, including a free copy of the Senior Resource Directory and Vial of Life.	528 S. Broadway Santa Maria (800) 510-2020
Friendship Center: Provider of day services for the frail, elderly, individuals with dementia or a developmental disability. Program provides transportation, care, supervision, entertainment, activities, and hot meals for its members.	89 Eucalyptus 969 - 0859
Brown Bag: Distributes groceries to seniors 60+ twice monthly. Free program.	967 - 5741 x102

Parenting Services

New Beginnings Life Skills Program: Parents can improve parenting skills, find permanent housing, improve parent-child communication, stress reduction and stabilize lives for themselves and children.	324 E. Carrillo # C 963 - 7777
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Financial Assistance/Counseling

Social Security Administration: Retirement benefits, disability benefits and survivors benefits for families of deceased workers. Supplemental Security Income payments for people 65 and over or disabled people of all ages who have very limited income and resources. www.socialsecurity.gov	355 Paseo Nuevo (800) 772-1213
CalWORKS: Temporary financial assistance to families in which a child is either deprived of a parent, has a disabled parent or has a parent who is unemployed.	Department of Social Services 234 Camino Del Remedio 681 - 4401
General Relief: Needed care and support for low-income individuals who by reason of their inability to be gainfully employed (due to personal incapacity or the unavailability of jobs) and who are not otherwise eligible for or receiving other public assistance.	Department of Social Services 234 Camino Del Remedio 681 - 4401
Health Insurance Counseling and Advocacy Program (HICAP): Objective health insurance information and assistance with Medicare and supplemental insurance, HMOs and long term care insurance for senior citizens.	528 S. Broadway Santa Maria (800) 434-0222
Consumer Credit Counseling (CCC): Provides free confidential financial counseling.	1221 State Suite 4A 383 - 7700

Housing Authority of the
City of Santa Barbara

COMMUNITY RESOURCES



**808 Laguna Street
Santa Barbara, CA, 93101
(805) 897-1044
www.hacsb.org**

Food/Meals

<p>Catholic Charities: Social service referrals and casework; immigration services; food and clothing. Eviction assistance for families in economic crisis.</p>	<p>609 E. Haley 965 - 7045</p>
<p>Community Action Commission: Senior meals served Mon-Fri at senior centers. For qualified individuals a meal can be delivered 7 days a week.</p>	<p>5638 Hollister Goleta (800) 655-0617 or 692-4979</p>
<p>Meals on Wheels: One meal delivered daily to the disabled and elderly who, due to illness, advanced age, or lack of resources, are unable to provide proper nutrition for themselves.</p>	<p>683 - 1565</p>
<p>Salvation Army: Offers a variety of services to homeless individuals which include sack lunches, shower, restroom facilities, hygiene kits, clothing vouchers, transportation assistance, and an inclement weather shelter.</p>	<p>423 Chapala 962 - 6281</p>
<p>Community Kitchen: Food program for homeless and low-income individuals. In-take required to receive lunch services. Lunch: 7 days, 11 am-12:30 pm</p>	<p>816 Cacique 564 - 0093</p>
<p>Food Stamps: Supplement to cash benefit available to CalWORKs and General Relief recipients. SSI/SSP recipients are not eligible for food stamps.</p>	<p>Department of Social Services 234 Camino Del Remedio 681 - 4401</p>

Counseling/Mental Health Services

<p>CARES (Crisis and Recovery Emergency Services): Provides psychiatric evaluations and services to recipients of MediCal, as part of the County of Santa Barbara's Alcohol, Drug and Mental Health Services.</p>	<p>2034 De La Vina (888) 868-1649 24 Hour line: 884 - 6850</p>
<p>New Beginnings: Offers individual, family, parenting, youth, couples and group counseling at affordable fees.</p>	<p>324 E. Carrillo # C 963 - 7777</p>
<p>Community Counseling and Education Center: Provides counseling services to individuals, couples, children and families of varying incomes.</p>	<p>923 Olive # 1 962 - 3363</p>
<p>Family Therapy Institute: Provides individual, family and group counseling on a sliding fee scale. Programs for teens and parenting groups.</p>	<p>23 W. Mission 569 - 2272 or 569 - 6277</p>
<p>Family Service Agency: Provides MediCal and sliding scale counseling for children, individuals, couples and families. School-based mental health services, and outreach support services.</p>	<p>123 W. Gutierrez 965 - 1001</p>
<p>CALM (Child Abuse Listening and Mediation): Provides individual, family and group counseling for families where physical, sexual, emotional abuse or neglect have occurred or may occur and for children and mothers who have experienced or witnessed domestic violence.</p>	<p>1236 Chapala 965 - 2376</p>

Legal Assistance/Mediation

<p>Legal Aid of Santa Barbara County: Free civil legal services available to low-income families and senior citizens. Project Outreach, an advice-only clinic, is offered at four community centers and attorneys are available for a free legal consultation.</p>	<p>301 E. Canon Perdido 963 - 6754</p>
<p>California Rural Legal Assistance: Civil legal services to low-income persons who reside in the South Coast area.</p>	<p>324 E. Carrillo Suite B 963 - 5981</p>
<p>Rental Housing Mediation Task Force: Free information on residential rental housing rights and responsibilities.</p>	<p>630 Garden 564 - 5420</p>

