

Perinatal Resource Guide 2006



Santa Barbara County Public Health Department
Alcohol, Drug, and Mental Health Services

South County

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HOSPITALS

Cottage Hospital
Goleta Valley Cottage Hospital
Marian Medical Center
Santa Ynez Cottage Hospital
Lompoc Hospital

Pueblo at Bath
351 S. Patterson
1400 E. Church
700 Alamo Pintado
508 E. Hickory

Santa Barbara, CA 93105
Santa Barbara, CA 93111
Santa Maria, CA 93456
Solvang, CA 93463
Lompoc, CA 93436

805-682-7111
805-967-3411
805-739-3000
805-688-6431
805-735-3351

HELPLINE:

Santa Barbara
Lompoc
Santa Maria
Santa Ynez

805-692-4011
805-734-2711
805-928-5818
805-688-1905

Case Management

PROGRAM	AGENCY	SERVICE DESCRIPTION	ELIGIBILITY	HOURS/FEES
CALM Great Beginnings	Child Abuse Listening and Mediation 1236 Chapala St. Santa Barbara, CA 93101 (805) 965-2376	Home based program focused on child abuse prevention. Provides case management, parenting education, referrals and community resources.	At risk families from prenatal to children through age 5.	7 days/week possible. Hours vary. No fee. Spanish.
CAC Head Start and Early Head Start	Community Action Commission 5681 Hollister Ave. Suite 6 Goleta, 93117 (805) 964-8857 ext. #194→ enrollment	Comprehensive center and home-based program. Includes medical, dental and nutritional services for low-income children. Parental involvement. Serving pregnant women and children under age 5 with both center-based and home-based options.	Pregnancy to 5 years of age from low income, eligible families, children with special needs or CPS referrals. Income limits. Waiting lists	M-F 7:30 am-5:30 pm. Hours Vary. Full or half day programs & home based programs. No fee or based on income. Spanish.
Early Start 0-3	Tri-Counties Regional Center 520 E. Montecito St. Santa Barbara, CA 93103 (805) 962-7881	Assessment and case management for developmental delay.	Infants to age 3 (Early Start) at risk for developmental disability and if developmental disability present before age 18.	M-F 8:30 am-5 pm by appt. No fee. Spanish.
First Steps	Casa Serena & Project Recovery (collaborative) 1515 Bath St. Santa Barbara, CA 93101 (805) 966-1260)	Case management, home visits individual counseling and group services for substance abusing pregnant women with children. Transportation.	Age 18 and older, pregnant and parenting substance abusing women with children under age 18.	M-F 8:30 am-4:30 pm or by appt. No fee. Spanish.
Project Follow Up	California Children Services SB Co. Public Health Dept. 1111 Chapala, Suite 200 Santa Barbara, CA 93101 (805) 681-5360	Periodic assessment and follow up of infant development during the first 24 months. PHN home visits, case management and developmental assessments.	Infants must be referred from Neonatal Intensive Care Unit and meet certain risk criteria.	M-F 8 am-5 pm. Spanish. No financial eligibility required.
Project Recovery Perinatal Program	Council on Alcoholism and Drug Abuse CADA Project Recovery 133 E. Haley St. Santa Barbara, CA 93101 (805) 564-6057	Case management, childcare, acupuncture and life skills education. Adolescent program offered for women under age 18.	Parenting and pregnant women 18 and older with children up to age 18.	M-Th 9 am-3 pm. Medi-Cal accepted. Sliding scale. Spanish.
Teenage Parenting Program TAPP AFLP/CAL-LEARN	SB Co. Public Health Department 345 Camino Del Remedio Santa Barbara, CA 93110 (805) 681-4952 Through 6/30/2006	Case management, education support and resources for pregnant and parenting teens and their families. Cal Learn assists with childcare, if eligible, through Dept. of Social Services.	Pregnant and parenting teens up to age 19 for females and 21 for males.	M-F 8 am-5 pm. No fee. Spanish.
Bethel House Rehab Program	Santa Barbara Rescue Mission 24 E. Arrellaga Street Santa Barbara, CA 93103 (805) 966-1316	One year residential rehab. program for women seeking recovery for alcohol and substance abuse.	Non-pregnant women ages 18 and older with commitment to be clean and sober. Client is required not to work for first nine months in program.	24 hours. No fee.
Casa Latina	1430 Junewood Way Oxnard, CA 93030 (805) 988-1560	90 day to six-month residential program for women to treat alcohol and substance abuse.	Women ages 18 to 65. Pregnant women considered.	24 hours. Sliding scale fee. Spanish. Handicap access.
Casa Serena	1515 Bath St. Santa Barbara, CA 93101 (805) 966-1260	Sober living residential program for women seeking recovery from alcohol and substance abuse. Out-patient case management services.	Women age 18 and older. Pregnant women accepted.	24 hours. Business hours: 8 am-5 pm. \$1,350/month General relief accepted as partial payment for first month only. CPS, probation. Limited Spanish.
Casa Solana	383 South 13 th St. Grover Beach, CA 93433 (805) 481-8555	Social model residential recovery home for women with drug/alcohol abuse.	Ages 18 to 72 years old. 90 day minimum commitment. Pregnant women in 1 st and 2 nd trimester accepted. No children.	Office: M-F 9 am-5 pm. \$600/month Medi-Cal not accepted.

Drug & Alcohol Treatment: Residential

PROGRAM	AGENCY	SERVICE DESCRIPTION	ELIGIBILITY	HOURS/FEEES
Cottage Residential Center	Santa Barbara Cottage Hospital 2838 State St. Santa Barbara, CA 93105 (805) 687-6681	Residential rehabilitation center with sub-acute detox. to treat alcohol and substance abuse. Detox. Requires hospitalization at Cottage Hospital.	Ages 18 and older. Pregnant women accepted.	24 hours. Office hrs: 8 am-5 pm. Private Insurance. No Medi-Cal accepted. Spanish.
Good Samaritan Acute Care	Good Samaritan Inc. 401 "B" W. Morrison St. Santa Maria, CA 93458 (805) 347-3338	3-14 day detox. for alcohol and substance abuse. Educational groups, acupuncture, 12-step meetings.	Age 18 and over. Pregnant women accepted.	\$50-\$70/day, assistance available. Spanish.
Transitional Center for Women and Children First Steps-System of Care	412 E. Tunnel Santa Maria, CA 93454 (805) 922-1200	6 to 18-month women's residential program for treatment of alcohol and substance abuse.	Pregnant or parenting women 18 and older with children age 5 and under.	24 hours. Sliding scale. Spanish.
Main House Oliver House Grad House	Casa Serena 1515 Bath Street. Santa Barbara, CA 93101 (805) 966-1260	Sober living in a safe and supportive home for recovering mothers and their children. Up to 12 months stay. Case management services.	Custodial mothers who have completed Casa Serena's residential home. Children under 10 accepted.	24 hours. Business hours: 8 am-5 pm. \$1,350/month General relief accepted as partial payment for first month only. CPS, probation. Limited Spanish.
CADA Residential Detoxification	Casa Esperanza 816 Cacique Street Santa Barbara, CA 93101 (805) 884-8481	7-14 days residential program. Group, 12-step meeting and individual meetings.	Ages 18 and over, ambulatory. Pregnant women accepted.	M-F 8am-4pm. Some Spanish.
Rainbow Recovery	1826 E. Channel Islands Blvd. Oxnard, CA 93033 (805) 487-4663	3-6 months residential program for women seeking recovery from alcohol and substance abuse	Ages 18 and over with 24 hrs. alcohol free and 72 hours drug free. Pregnant women accepted.	M-F 8am-5pm 24 hours emergency calls Sliding scale Private insurance. Spanish
Sunlight of the Spirit	115 E. Gutierrez Street Santa Barbara, CA 93101 (805) 962-2130	Structured sober residential program for recovering women. Six beds.	Ages 18 and over. Pregnant women accepted. No children.	24 hours. \$500 month plus food. Limited Spanish.
The Giving Tree	1217 Laguna Street Santa Barbara, CA 93101 (805) 455-4568	Structured sober residential program for recovering women. Six beds.	Ages 18 and over. Pregnant women accepted. No children.	24 hours. \$600 month plus food. Limited Spanish.
Phoenix House	107 E. Micheltorena Santa Barbara, CA 93101 (805) 965-3434	Co-Occurring Disorders treatment	Ages 18 and over	DMC, Sliding Scale fee
Sanctuary House	222 W. Valerio Street Santa Barbara, CA 93102	Co-Occurring Disorders treatment	Ages 18 and over	DMC, Sliding Scale fee

Drug & Alcohol Treatment: Outpatient

PROGRAM	AGENCY	SERVICE DESCRIPTION	ELIGIBILITY	HOURS/FEES
AA	Alcoholics Anonymous 1213 State St. #H (805) 962-3332 Santa Barbara (805) 688-4304 Solvang	Information, support and referral based on 12-step recovery program.	No special eligibility.	24 hour referrals. Call for schedule and location of meetings. No fee. Spanish.
AEGIS Medical Systems	Methadone Clinic 4129 State St, Suite B Santa Barbara, CA 93110 (805) 964-4795	Methadone detox./maint. for men and women. Pregnant women not detoxed but methadone maintenance available. Non-narcotic detox. available for some substances. Counseling available.	Age 18 years and older for methadone. Under 18 for non-methadone detox. with parental consent. Pregnant women accepted.	M-F 5:30 am–2:30 pm Sat & Sun 6am-9am Fees based on sliding scale Medi-Cal, County funding. Spanish.
AI-Anon	AI-Anon Family Group P.O. Box 30428 Santa Barbara, CA 93130 (805) 899-8302	Offers fellowship and support to families and friends of alcoholics, whether the alcoholic is drinking or not, based on 12-step recovery program.	No special eligibility. Support for teenagers through Alateen.	Call for schedule and location of meeting times. No fee. Spanish.
CA	Cocaine Anonymous Santa Barbara: (805) 969-5178 1-800-347-8998	Information, support, and referral based on 12-step recovery program.	No special eligibility.	Call for schedule and location of meetings. No fee. Spanish.
COPE	Santa Barbara Cottage Hospital Bath at Pueblo Street Santa Barbara, CA 93105 (805) 569-7473	Intensive outpatient drug and alcohol treatment program with strong family program/participation.	Must be at least 18. Pregnant women accepted.	M-F 6:45 am-9:45 pm. Private insurance. Medicare. No Medi-Cal.
Drop In Center	Council on Alcoholism and Drug Abuse -CADA 133 E. Haley St. Santa Barbara, CA 93103 (805) 962-6195	Drop in for crisis and other counseling, drug testing, assessment, education and referrals. Family intervention.	No special eligibility. Crisis counseling for substance abuser and/or family/loved ones.	M-F 8:30 am-5 pm. No fee. Spanish. Family intervention–1 st session free.
HelpLine	Family Service Agency of Santa Barbara County 211 www.211sbcounty.org	Crisis counseling, intervention, and referral. General information and referral.	No special eligibility.	24 hours. No fee. Spanish.
NA	Narcotics Anonymous Santa Barbara Area Service Committee P.O. Box 22902 Santa Barbara, CA 93102 (805) 569-1288	Information, support and referral based on 12-step recovery program.	No special eligibility.	24 hour referrals. Call for schedule and location of meetings. No fee. Spanish.
Project Recovery	Council on Alcoholism & Drug Abuse -CADA 133 E. Haley St. Santa Barbara, CA 93101 (805) 564-6057	Outpatient acupuncture detox. program. Homeless. Case management.	Age 18 and over including pregnant women. Family services.	M-F 7:30 am–6 pm. Some evenings & weekends. No appt. required. Medi-Cal, sliding scale. Spanish.
Perinatal	Project Recovery - CADA 133 E. Haley St. Santa Barbara, CA 93101 (805) 564-6057	Day treatment program includes case management, childcare, acupuncture and life skills education.	Women with substance abuse problems who are pregnant or who have children under age 18.	M-Th 9 am-3 pm Medi-Cal, sliding scale. Spanish.
Recovery Point	Good Samaritan 731 S. Lincoln Santa Maria, CA 93458 (805) 346-8185	6-12 months alcohol/drug detox. program with 12-step meetings, groups and individual counseling. Drug testing.	Age 18 and over. Pregnant women accepted.	M- F 8 am–7 pm. Medi-Cal, sliding scale. Spanish.
Mental Health Systems	Santa Barbara Center for Change 2950 State Street, Suite A Santa Barbara, CA 93105 (805) 898-1018	Outpatient drug treatment	Age 18 and over. Pregnant women accepted	M- F 8 am–7 pm. Medi-Cal, sliding scale. Spanish
Zona Seca	26 W. Figueroa St. Santa Barbara, CA 93101 (805) 963-8961	Treatment for substance abusers and their families. Parent education, support, family violence, drug diversion, drinking driver programs.	No special eligibility. May be pregnant.	M-F 9 am–5 pm. Medi-Cal, sliding scale. Spanish.

Childcare & Preschools

PROGRAM	AGENCY	SERVICE DESCRIPTION	ELIGIBILITY	HOURS/FEES
CAC Head Start/ Child Development Program	Community Action Commission 5681 Hollister Ave., Suite 6 Goleta, CA 93117 (805) 964-8857	Comprehensive center and home-based program. Includes medical, dental and nutritional services for low-income children. Parental involvement. Serving pregnant women and children under age 5.	Pregnancy to 5 years of age from low income, eligible families, children with special needs or CPS referrals. Income limits. Waiting lists	M-F 7am-5:30 pm. Hours Vary. Full or half day programs & home based programs. No fee or based on income. Spanish.
CAL Learn	Santa Barbara Co. Dept. of Social Services 234 Camino del Remedio Santa Barbara, CA 93110 (805) 681-4401 or 681-4488	Case management services to assist with school attendance, and graduation, paid childcare, transportation, and some school auxiliaries.	Pregnant and Parenting teens up to age 19 whom are part of a grant assistance unit for Cal-Works.	M-F 8 am–5 pm. Eligible for public assistance. Spanish.
CALM Child Abuse Listening and Mediation	1236 Chapala St. Santa Barbara, CA 93101 (805) 965-2376	Provides volunteers to do emergency respite care in crisis situations. Counseling and therapy for abused children.	All ages.	M-F 9 am-5 pm. Sliding scale. Spanish available.
Casa Alegria	St. Vincent's 4200 Calle Real P.O. Box 669 Santa Barbara, CA 93102 (805) 683-6381	Affordable, quality childcare for infants, toddlers and preschoolers from both St. Vincent's transitional housing program and the local community.	Children of working parents between age 3 months to 5 years.	M-F 7 am-5:30 pm. Full or part time available. Spanish.
Centro Familiar Licensed State Preschool	Santa Barbara Family Care Center 305 E. Anapamu St. Santa Barbara, CA 93101 (805) 962-8003	Provides nurturing care and activities for preschool aged children.	Children ages 3-5 years.	M-F 8:30-11:30 am or 1-4 pm. Income eligible. Spanish.
Centro Infantil	Santa Barbara Family Care Center 1124 Castillo St. Santa Barbara, CA 93101 (805) 966-9923	Nurturing care and educational stimulation for infants and toddlers.	Children ages 6 weeks to 2-½ years.	M-F 7:30 am-5:45 pm. Open year round. Sliding scale. Spanish.
Children's Centers SB Child Development Programs	Santa Barbara School District 720 Santa Barbara St. Santa Barbara, CA 93101 (805) 963-4331	Year-round, full-time, subsidized childcare for children ages 2-1/2 to 5 years of parents eligible by State Dept. of Education guidelines.	Parents must be working, in job skills training, in school or disabled. Min. 30 hours a week or 12 units of school.	M-F 8am-5pm Fees vary per state guidelines. Spanish.
Children's Resource and Referral Program	Santa Barbara Family Care Center 1124 Castillo St Santa Barbara, CA 93101 (805) 962-8988	Information and assistance in finding quality child care. Education and resources to children and parents.	Special emphasis on low income and under-represented children and families.	Mon.-Fri. 8 am-12 pm & 1-3 pm. Spanish.
FBG/APP Federal Block Grant/Alternative Payment Program	SB County Education Office Child Development Program 3970 La Colina, Rm. 5 Santa Barbara, CA 93110 P.O. Box 6307 Santa Barbara, CA 93160 (805) 964-4711 ext. 409	Subsidized childcare services for children from birth to age 13.	Income eligible. Families must be working, looking for work, in training, incapacitated or referred through CPS.	M-F 8 am-5 pm. Sliding scale. CPS referral-no fee. Spanish.
Isla Vista Children's Center	Isla Vista Youth Projects 892 Camino del Sur Isla Vista, CA 93117 (805) 968-0488	Provides nurturing and stimulating first school experience. Other programs include after school, summer, elementary age.	Ages 18 months through 6 years. After school pick-up for kindergartners at Isla Vista school. Children do not need to be potty trained.	M- F 6:45 am-5:45 pm. Year round. Full and part-time available. Reasonable tuition and scholarships for eligible families.
Kinko's Infant Center	Westside Community Center 423 W. Victoria St. Santa Barbara, CA 93101 (805) 560-6532	Lab school providing nurturing care for infant's age 3 months to 2 years.	Priority for infants of parents attending Santa Barbara City College.	M-Th 7:30 am-5:30 pm. Fri-7:30 am-4 pm. Runs on SBCC schedule. Fee \$45/day, gov't assistance accepted. Spanish.
Lower Westside Community Center	629 Coronel Pl. Santa Barbara, CA 93101 (805) 963-7537	After school mentor/tutor program. Summer program and field trips.	Children ages 7-18.	M-F 8 am-5 pm. Free or low fees. Scholarships available. Spanish.
Parent and Child Education PACE Centers	Santa Barbara High School 700 E. Anapamu St. Santa Barbara, CA 93101 (805) 966-9101 ext. 279 San Marcos High School 4750 Hollister Ave. Santa Barbara, CA 93110 (805) 967-4581 ext. 356	Provides childcare for infants and toddlers to 2-1/2 years of students attending school. Encourages teens to graduate and prevent second pregnancy. Lab site for high school students interested in early childhood development and techniques.	Children to age 2-1/2 of teen parents within Santa Barbara Unified School District. Parent required to serve one lab per day.	M-F during school hours. No fee. Spanish.

Special Education Support Services	SB Co. Education Office 4400 Cathedral Oaks Rd. Santa Barbara, CA 93110 (805) 964-4711	Center and home based program to families and children with developmental delays (infant to 22 years).	50% delay in one area, 25% delay in 2 areas, disabling medical condition, or congenital syndrome requiring special education.	M-F 8 am-5 pm. No fee. Spanish.
State Preschool	Santa Barbara School District 915 E. Montecito St. Santa Barbara, CA 93103 (805) 899-4129	Subsidized preschool program based on state guidelines.	Minimum age 4 years and meet funding criteria.	M-F am or pm sessions. Designed for low-income families based strictly on number of people in household and total monthly gross income.
Storyteller	Storyteller Children's Center 2115 State St. Santa Barbara, CA 93105 (805) 682-9585	Licensed, high-quality childcare for homeless children and support for parents. Serves 42 children NAEYC accredited.	Children ages 18 months to 5 years. Homeless, at risk, special circumstances and Early Head Start Program. (Toddler-18 mos-3 yrs.)	M-F 7:30 am-5 pm year round. No fee. Spanish.
YMCA Preschool	YMCA 36 Hitchcock Way Santa Barbara, CA 93105 (805) 687-7720 x263	Full and part-time Childcare.	Children ages 2-1/2 to 5 years.	M-F 7:15 am-6 pm. Some financial assist. available. Social subsidies accepted. Spanish.

Community Clinics & Health Care Providers

PROGRAM	AGENCY	SERVICE DESCRIPTION	ELIGIBILITY	HOURS/FEES
AIDS Services	SB Co. Public Health Dept. 345 Camino del Remedio Santa Barbara, CA 93110 (805) 681-5431 Also: Planned Parenthood & SB Neighborhood Clinics, Pacific Pride, American Indian Health, Project Recovery.	HIV antibody testing information and referral for HIV positive and persons with AIDS.	No special eligibility.	M-F 8 am–5 pm. No fee. Spanish. Call for available testing times.
AIM Access for Infants & Mothers Prenatal Plus	Ventura & Santa Barbara Counties 6633 Telephone Rd., Ste. 210 Ventura, CA 93003 (805) 650-3740 1-800-433-2611 general	Low cost health insurance for middle income pregnant women.	Must be less than 30 weeks pregnant, lived in California for at least 6 months and not qualified for any cost Medi-Cal. Income based on AIM guidelines.	M-F 8 am-5 pm. Spanish.
Carrillo Family Dental Clinic	923 Laguna St., Suite A Santa Barbara, CA 93101 (805) 884-1998	Dental education, exams, X-rays, cleaning, filling and simple extraction for children and adults.	Must not have Medi-Cal or other dental plan.	\$15 per 30 min. visit for children. \$20 per 30 min. visit for adults. Spanish.
Child Health and Disability Prevention (CHDP)	SB Co. Public Health Dept. 1111 Chapala, Suite 200 Santa Barbara, CA 93101 (805) 681-5130	Referrals to providers for complete health exam and developmental history. List of low-cost providers for non Medi-Cal clients.	0 to 18 years if low income (200% of poverty level). 0 to 21 years if Medi-Cal.	M-F 8 am–5 pm. Medi-Cal, or no fee. Spanish.
Comprehen- sive Perinatal Services Program (CPSP)	SB Co. Public Health Dept. 345 Camino del Remedio Santa Barbara, CA 93110 1-800-288-8145 or (805) 681-5251	Obstetrical care, case coordination, vitamins, classes, health education, nutrition, psychosocial services.	Must be Medi-Cal eligible. Must obtain services from an approved CPSP provider. Undocumented served.	Call for Provider List Hours vary by provider. Medi-Cal. Spanish.
Denti-Cal	SB Co. Dept. of Social Services 234 Camino del Remedio Santa Barbara, CA 93110 1-800-456-2387 eligibility 1-800-322-6384 referrals	Determines if eligible and refers to participating providers.	Medi-Cal participants or may qualify with CHDP exam for treatment authorization. (Contact CHDP.)	M-F 8 am-5 pm. Spanish.
Health Linkages	Hope Education Center 3970 La Colina Road P.O. Box 6307 Santa Barbara, CA 93160-6307 (805) 964-4710 ext. 4454	Promotes services to assure children are healthy, ready to learn, and ready for school. Advises and teaches about health issues important to childcare.	No special eligibility.	M-F 8am-5pm Hours may vary.
Maternal Child Health (MCH) Referral Line	Santa Barbara County Public Health Dept. 1-800-288-8145	Refers callers to Maternal and Child Health services family planning, parenting help, WIC, etc.	No special eligibility.	24 hours. During business hours call will be connected with the service provider. Spanish.
Medi-Cal	SB Co. Dept. of Social Services 234 Camino del Remedio Santa Barbara, CA 93110 (805) 681-4401	Payment for medical services. May include prenatal care for undocumented women.	Income and property limits. Available to families, the blind, disabled and the aged. Expanded eligibility for pregnant women.	M–F 8 am-5 pm. Walk in to apply. Spanish.
Nutrition Services	SB Co. Public Health Dept. 315 Camino del Remedio Santa Barbara, CA 93110 1-877-275-8805 toll free	Nutrition counseling, prenatal, postpartum, primary care, WIC and breastfeeding counseling.	No special eligibility.	M-F 8 am-5 pm. No fee. Spanish.
Planned Parenthood	Planned Parenthood 518 Garden St. Santa Barbara, CA 93101 (805) 963-5801	Reproductive healthcare, including gynecological, family planning, pregnancy and HIV testing.	No special eligibility.	M-Th 9 am-8 pm. Some Saturday hours. Medi-Cal, sliding scale. Spanish.
Project Follow Up	California Children Services SB Co. Public Health Dept. 1111 Chapala, Suite 200 Santa Barbara, CA 93101 (805) 681-5360 (805) 681-5362	Periodic assessment and developmental follow-up during the first 24 months of age. PHN home visit and case management.	Infants must be referred from Neonatal Intensive Care Unit and meet certain risk criteria. No financial eligibility required.	M-F 8 am-5 pm. Spanish.
Public Health Nursing	SB Co. Public Health Dept. 345 Camino Del Remedio Santa Barbara, CA 93110 (805) 681-4933	Case management, home visits, assessment, intervention, referral and education.	No financial eligibility requirements.	M-F 8 am-12 pm, 1-5 pm. No fees. Spanish.

Santa Barbara County Clinics	Carpentaria Clinic 931 Walnut Ave. Carpentaria, CA 93013 (805) 560-1050 Franklin Clinic 1136 E. Montecito St. Santa Barbara, CA 93103 (805) 568-2099 Calle Real Clinic 345 Camino del Remedio Santa Barbara, CA 93110 (805) 681-5488	PHN home visits, case management of high-risk pregnant women, infants and children. Prenatal care, immunizations, well baby care, and family planning.	Some programs have income eligibility limits.	M-F 8 am–12 pm, 1-5 pm. Medi-Cal, sliding scale. Spanish.
Santa Barbara Neighborhood Clinics	Carrillo Medical Clinic 929 Laguna St. Santa Barbara, CA 93101 (805) 963-1641 Isla Vista Medical Clinic 970 Embarcadero del Mar Isla Vista, CA 93117 (805) 968-1511 Westside Medical Clinic 628 W. Micheltorena St. Santa Barbara, CA 93101 (805) 963-1546	Pregnancy testing and education, primary care, well baby, immunization, family planning, HIV testing, homeless physical exam, and podiatry. Pregnancy testing and education, primary care, well baby, immunization, family planning, HIV testing, homeless physical exam, acupuncture. Pregnancy testing and education, primary care, well-baby, immunization, family planning, HIV testing, homeless physical exam.	No special eligibility.	Mon., Tues., Wednesday 9am-6pm Thurs. 9am-5pm Fri. & Sat. 9am-12 noon
VNA	Visiting Nurse Assoc. 222 E. Canon Perdido St. Santa Barbara, CA 93101 (805) 963-6794	Intermittent skilled nursing care and rehabilitative therapy. Home health care. Pediatric nurses available.	All ages eligible. Services to pregnant women. Must be referred by physician.	On Call 24 hours. Medi-Cal, Medicare. Insurance. Spanish.

Tobacco Cessation Programs

PROGRAM	AGENCY	SERVICE DESCRIPTION	ELIGIBILITY	HOURS/FEES
California Smokers Helpline	Tobacco Control Section of California Dept. of Health English: 1-800-662-8887 Spanish: 1-800-456-6386 Vietnamese: 1-800-778-8440 Chinese: 1-800-400-0866 Korean: 1-800-556-5564 Quit Smoking: 1-800-844-2439	7 free telephone-counseling sessions for cigarette and chew tobacco cessation. Call the Tobacco Prevention Program listed for more information.	Assessment for readiness to quit. All ages eligible, special teen counselors available (14 and older).	M-F 9 am-9 pm. Sat 9 am-1 pm. Provides certificate of enrollment necessary for Medi-Cal recipients to receive nicotine patch or Zyban. No fee.
Nicotine Anonymous	Lois: (805) 965-3972 Beth: (805) 564-4806	Cessation and maintenance of nicotine-free lifestyle.	No special eligibility.	Self-help support group for smoking cessation.
Sansum-Santa Barbara Medical Foundation Clinic	P.O. Box 1200 Santa Barbara, CA 93102 (805) 681-7582 <i># for Gail Ward, Health Edu. Supervisor</i>	Resources and referral.	No special eligibility.	Call for class schedule. \$30 refundable fee if class completed.
Tobacco Prevention Program	SB Co. Public Health Dept. 300 N. San Antonio Rd. Santa Barbara, CA 93110 (805) 681-5407 Helpline: (800) 7-NO-BUTTS	Information, referral, brief counseling and educational materials about tobacco including smoking cessation.	No special eligibility.	M-F 8:30 am-5 pm. No fees. Nicotine patch/Zyban free to Medi-Cal recipients who enroll with Helpline.

Food, Clothing & Financial Assistance

PROGRAM	AGENCY	SERVICE DESCRIPTION	ELIGIBILITY	HOURS/FEES
CAL-WORKS (formerly AFDC) The Work Force Resource Center	SB Co. Dept. Social Services 234 Camino del Remedio Santa Barbara, CA 93110 (805) 681-4401 or 681-4488	Cash assistance to qualifying families. Medi-Cal coverage.	Income and property limits and one or more parents absent, disabled, deceased or unemployed.	M-F 8 am-4 pm. Walk in to apply. No fee. Spanish.
Catholic Charities	609 E. Haley St. Santa Barbara, CA 93101 (805) 965-7045	Provides emergency food, clothing, rental assistance, counseling, immigration, bus tokens. Toiletries and car seats may be available.	Case-by-case. Immigration services. Call for appointment.	Mon. through Fri. 9 am-4:30 pm. . Spanish.
Community Services of 7th Day Adventists	Community Services of 7th Day Adventists 425 Arroyo Rd. Santa Barbara, CA 93110 (805) 967-1611	Food and clothing.	Low-income families.	Tuesdays 10 am-1 pm. Spanish.
Council of Christmas Cheer AKA Unity Shoppe	Unity Shoppe 1236 Chapala St. Santa Barbara, CA 93101 (805) 965-4122	Food, clothing, essentials and gifts distributed. Job and computer training to low income.	Low-income.	Office hours M-F 10 am-6 pm. Food program MWF 1-5 pm.
Food Stamps	SB Co. Dept. of Social Services 234 Camino del Remedio Santa Barbara, CA 93110 (805) 681-4401 or 681-4430	Food coupons for purchase of food items in grocery stores.	Income, resource and citizenship requirements. Includes eligible undocumented people.	M-F 8 am-4 pm. Walk in to apply. No fee. Spanish.
Hospitality House	Salvation Army 423 Chapala St. Santa Barbara, CA 93101 (805) 962-6281	Day program includes 2 hot meals and showers 5 days a week for single, homeless adults.	Must be 21, employed, seeking employment or referred by another agency. Pregnant women accepted.	Business Hours 8am-5pm No fee. Spanish.
Rescue Mission	535 E. Yanonali St. Santa Barbara, CA 93103 (805) 966-1316	Two hot meals per day.	Not admitted if intoxicated or under the influence of drugs.	Breakfast at 6:30 am. Dinner at 8 pm. No fees.
Salvation Army	4849 Hollister Avenue Santa Barbara, CA 93160 (805) 964-8738	Meals and overnight emergency lodging		
Women, Infants, and Children (WIC)	SB Co. Public Health Dept. 315 Camino del Remedio Santa Barbara, CA 93110 (805) 681-5275	Supplemental food and nutrition education program for women with young children. Children of foster parents and guardians eligible.	Low-income (less than 185% of poverty level) and at nutritional risk.	M-F 7:30 am-6 pm. No fee. Spanish.

Family Services, Counseling & Education

PROGRAM	AGENCY	SERVICE DESCRIPTION	ELIGIBILITY	HOURS/FEES
Anger Management Program	Domestic Violence Solutions 2950 State St., Unit B Santa Barbara, CA 93105 (805) 682-7229	General and anger management counseling for teens, individual and groups. May be court mandated.	No special eligibility.	M-F 9 am-5 pm. Sliding scale. Spanish.
BABYCAL	CA Dept. of Health Services 714 "P" St., Rm. 1650 Sacramento, CA 95814 1-800-BABY-999	Statewide educational campaign with focus on prenatal care. Resources and outreach materials for low-income pregnant women.	Outreach to women of childbearing age.	Bilingual toll-free number 1-800-BABY-999. Free materials.
Birth Resource Center	SB Birth Resource Center 4141 State St., Suite F3 Santa Barbara, CA 93110 (805) 683-9590	Resources, information, support and education for pregnancy, childbirth, breastfeeding and parenting.	No special eligibility.	M - Th 10 am-2 pm. No fee.
Breastfeeding Coalition	Santa Barbara County 315 Camino Del Remedio Santa Barbara, CA 93110 (805) 681-5276	Information, education, and meetings to promote breastfeeding.	Desire to promote breastfeeding.	M-F 8:00-5:00 No Fee
The Breastfeeding Project	Santa Barbara Resource Center 4141 State St. Suite F3 Santa Barbara, CA 93110 (805) 683-9590	Free breastfeeding consultation. Rental and sales of breast pumps and breastfeeding accessories.	No special eligibility.	M-TH 10 am-2 PM. No fee.
California Birth Defects Monitoring Program	Statewide number 1-888-898-2229	Program devoted to finding causes of birth defects. Published materials describing program activities and findings are available. No clinical services.	Funded through the California Department of Health Services Dept. jointly operated with the March of Dimes Birth Defects Foundation.	Mon-Fri 8 am-5 PM. No fees.
California Teratogen Information Service and Clinical Research Program	UC San Diego 200 W. Arbor Dr. San Diego, CA 92103 (800) 532-3749 or (619) 543-2131	Information about alcohol, medications, illicit drugs and other agents which may be harmful to unborn child.	Includes program for registering women who have had exposures to certain agents and collecting data that will make counseling more accurate and helpful to future pregnant women.	Mon-Fri 8 am-5 pm.
Catholic Charities	609 E. Haley St. Santa Barbara, CA 93103 (805) 965-7045 941 Walnut St. Carpentaria, CA 93013 (805) 684-8621	Listings of affordable rentals including Section 8, emergency shelter referrals. Help with rent & utilities, food pantries, baby supplies, clothing, household vouchers, medical bills, budgeting, counseling, immigration services.	Usually at or below poverty level or special circumstances.	M-F 9 am-4:30 pm. No fee. Spanish.
Child Abuse Listening and Mediation (CALM)	Child Abuse Listening and Mediation (CALM) 1236 Chapala St. Santa Barbara, CA 93101 (805) 965-2376	Child abuse prevention, treatment, counseling and support services.	Physically, sexually and emotionally abused children and families.	M-F 9 am-5 pm. Evenings & Sat. by appt. Sliding scale. Insurance. Spanish.
Child Guidance Clinic	Family Service Agency 123 W. Gutierrez St. Santa Barbara, CA 93101 (805) 965-1001	Counseling to children and families. Play therapy.	Children 0-12 years, families, couples. Pregnant women welcome.	MF 8:30 am-5pm. T W Th 8:30 am-8pm. Sliding scale. Insurance. Spanish.
Child Welfare Services (CWS) Formerly CPS	SB Co. Dept. of Social Services 234 Camino del Remedio Santa Barbara, CA 93110 (805) 683-2724 after 5 pm Reporting Hotline: 1-800-367-0166	Protective services for children in danger of being exploited abused or neglected.	Child needs to be resident of county. To age 18.	24 hours. No fee. Spanish.
County Schools Special Education	4400 Cathedral Oaks Rd. Santa Barbara, CA 93110 (805) 964-4711 ext. 5412	Center and home based program to families and children with developmental delays.	50% delay in one area, 25% delay in 2 areas, disabling medical condition or congenital syndrome requiring special education.	M-F 8 am-5 pm. Sliding scale. Spanish.
Family First	Alpha Resource Center 4501 Cathedral Oaks Rd. Santa Barbara, CA 93110 (805) 683-2145	Parent-to-parent support and resources for families of children with disabilities. Referral and technical assistance.	Families who have a child with a special need or disability.	M-F 8 am-5 pm. No fee.

Easter Seals	Easter Seals Tri-County 5178 Hollister Ave. Santa Barbara, CA 93111 (805) 692-6822	Home and center based OT, PT, speech and aquatic therapy. Support groups. Lekotec toy lending library.	Ages 0-12 years. Delay in motor coordination, speech, language or sensory integration problem.	M-F 8:30 am-5 pm; some flexibility. Fees vary by funding source, family economic status. Some Spanish.
Family and Individual Counseling Program	Family Service Agency 123 W. Gutierrez St. Santa Barbara, CA. 93101 (805) 965-1001	Helps families, couples and individuals cope with problems and crises.	No special eligibility.	MF 8:30 am-5 pm. T W Th 8:30 am-8 pm. Sliding scale. Insurance. Spanish.
The Fatherhood Coalition	SB Regional Health Authority P.O. Box 22015 Santa Barbara, CA 93101 (805) 882-0157	Mission is to support and equip men in contributing their unique gifts to children, Families and the community. Community projects, professional training, resource development, referrals and educational meetings.	No special eligibility	Hours vary. Call for boot camp dates. \$5.00 donation suggested.
Healthy Start Programs	Family Service Agency 123 W. Gutierrez St. Santa Barbara, CA 93101 (805) 965-1001	Connects at-risk families with community resources and information by the school site.	No special eligibility.	MF 8:30 am-5pm. T W Th 8:30- 8:00pm. No fee for information and referral. Spanish.
La Leche League	La Leche League of Santa Barbara (805) 961-2205	Mother-to-mother support, monthly breastfeeding support groups and resource information.	Desire to promote breastfeeding.	Call for time/ location of meetings. No fee.
Life Network	185 Patterson Ave., Suite C Santa Barbara, CA 93111 (805) 967-9096	Shepherding homes for single pregnant women and teens, birth education class, mentoring, parenting group, post-abortion support group, teen mom camp, maternity and infant clothes and furniture. Abstinence education available.	No special eligibility.	M-F 9 am-5 pm. Hours may vary. No fee. Spanish.
March of Dimes	3699 Wilshire Blvd., Suite 520 Los Angeles, CA 90010 L.A. (213) 637-5050	Mission is to improve the health of babies by preventing birth defects and infant mortality. Offers public health information and education for pregnant parents and pre-pregnancy parents.	No special eligibility.	M-F 9 am-5 pm. No fee. Spanish.
Maternal Child Health (MCH) Referral Line	Santa Barbara County Public Health Dept. 1-800-288-8145	Refers callers to Maternal and Child Health services family planning, parenting help, WIC, etc.	No special eligibility.	24 hours. During business hours call will be connected with the service provider. Spanish.
MISC	Multi-Integrated System of Care 114 E. Haley St. Santa Barbara, CA 93101 (805) 884-1600	Services children with mental health diagnosis via coordinated delivery system involving schools, health care, mental health and juvenile justice services.	Children with mental health diagnosis.	M-F 8 am-5 pm. Insurance, Medi-Cal. Sliding scale. Spanish.
Perinatal Advisory Council (PAC / LAC)	Regional Perinatal Program of California 5445 Balboa Blvd., Suite 123 Encino, CA 91316 (818) 382-3956	Focus on maternal/child health and education for health care providers. Lending library.	No special eligibility.	M-F 8 am-5 pm. No fee. Spanish.
Postpartum Education for Parents(PEP)	P.O. Box 6154 Santa Barbara, CA 93160 (805) 564-3888 24 hours	Warm-line provides emotional support and education for newborn care and postpartum depression. Parent peer group, post partum distress support groups.	Pregnant and postpartum parents.	Classes only in Santa Barbara. Phone counseling available from the SB number. 24 hr warm line, free. Limited Spanish. Baby basics, \$10 single \$15 couples.
Pregnancy and Infancy Loss Support Group	Dr. Sharon Eve 29 W. Anapamu St., Suite 301 Santa Barbara, CA 93101 (805) 966-6428	Meets first Tuesday of each month for sharing and support.	Support for families who have lost infants conception through early childhood.	Call for information. No fee.
Rape Crisis Center	111 Milpas St. Santa Barbara, CA 93103 (805) 963-6832 Office (805) 564-3696 24 hr hotline	No cost crisis intervention services.	Long term counseling, support groups, self defense classes.	9 am-5 pm. No cost crisis intervention services. Sliding scale. Spanish.
Sidelines	2094 Sequoia Crest Vista, CA 92083 (949) 497-2265	Non-profit organization assisting women with high-risk pregnancies. Support and education one-to-one volunteer.	High-risk per MD, nurse, insurance/healthcare company, family and friends.	No fee. Hours as needed. Spanish.
Sojourn Services, Inc.	Early Intervention Program 118 W. Arrellaga St. Santa Barbara, CA 93101 (805) 965-0309	Home based resources and support for families of eligible infants and toddlers.	0-3 at risk for developmental delay.	Mon-Fri 9 am-5 pm. Hours may vary. No fee. Spanish.

Tri-Counties Regional Center	Tri-Counties Regional Center 520 E. Montecito St. Santa Barbara, CA 93103 (805) 962-7881	Assessment and case management for developmental delay.	Infants to age 3 (Early Start) at risk for developmental disability and if developmental disability present before age 18.	M-F 8:30 am-5 pm. By appointment. No fee. Spanish.
Welcome Every Baby (WEB) Newborn Home Visiting Initiative	Child Abuse Listening and Mediation (CALM) 1236 Chapala Street PO Box 90754 Santa Barbara, CA 93190-0754 (805) 965-2376	Postpartum home visits by RN and child development specialist for newborns & families. Support, education, state baby kit, developmental screening, referrals and gifts provided.	Families of newborns if mother is 25 years of age or under and living in zip codes 93013, 93101 or 93103. Program is expanding, call for additional zip codes.	Mon.-Sat. Hours vary No fee Spanish
Women in Treatment Support Group	133 E. Haley St. Santa Barbara, CA 93101 P.O. Box 28 Santa Barbara, CA 93102 (805) 564-3348 (805) 962-6195	Support group and parenting classes for women in treatment for alcohol and drug problems.	Pregnant and postpartum women with substance abuse problems with children less than 6 years. Low income women a priority.	9am –3am No fee. Spanish.

Housing

PROGRAM	AGENCY	SERVICE DESCRIPTION	ELIGIBILITY	HOURS/FEES
Catholic Charities	609 E. Haley St. Santa Barbara, CA 93103 (805) 965-7045 941 Walnut St. Carpentaria, CA 93013 (805) 684-8621	Listings of affordable rentals including Section 8, emergency shelter referrals. Help with rent and utilities, food pantries, baby supplies, clothing, household vouchers, medical bills, budgeting, counseling, immigration services.	Usually at or below poverty level or special circumstances.	M-F 9 am-4:30 pm No fee. Spanish.
Domestic Violence Solutions	P.O. Box 1536 Santa Barbara, CA 93102 (805) 963-4458 Office (805) 964-5245 Hot-Line	Provides confidential emergency shelter for battered women and their children. Thirty-day program with support groups, advocacy, parenting classes and substance abuse education.	Pregnant women, their children, women who are in battering situations and sexual assault survivors. Accepted in priority order.	24 hours. \$1/ day for women .25 per child. No one denied service due to lack of funds. Chores required. Spanish.
Hospitality House	Salvation Army 423 Chapala St. Santa Barbara, CA 93101 (805) 962-6281	90 day working shelter for single men and women. Showers, meals, washer/dryer, lockers, outreach nurse, respite and mental health beds. Day program for homeless.	Must be 21 and older and employed at least 30 hours/week and save 60% of income. Pregnant women accepted. Unable to accept children.	24 hours. Case worker: M-F 7:30 am-3:30 pm W 12 noon-3:30 pm No fee. Spanish limited.
Housing Authority	Santa Barbara Housing Authority 5575 Armitos Way Goleta, CA 93117 (805) 967-3402	Housing assistance program. Counseling assistance for rent and mortgage delinquency. Consumer education and financial management assistance.	Based on income and family composition.	M-Th 7:30 am-11:30 am and 12:15- 4:30 pm. F 7:30-11:30 & 12:15-3:45pm No fee. Spanish.
Life Network	185 Patterson Ave., Suite C Santa Barbara, CA 93111 (805) 967-9096	Shepherding homes for single pregnant women and teens.	No special eligibility.	M-F 9 am-4 pm. No fee. Spanish.
PATHS	St Vincent's 4200 Calle Real Santa Barbara, CA 93102 (805) 683-6383 x100	Affordable transitional housing and services for single mothers. Offers support, counseling and education to facilitate self-sufficiency, parenting. Case management.	Single mothers who are working or in school. Up to 2 years stay. Up to two children under age 12 are accepted.	Office hours M-F 8 am-5 pm. Minimum rent. Spanish.
Santa Barbara Homeless Shelter	Casa Esperanza 816 Cacique St. Santa Barbara, CA 93103 (805) 884-8481	Offers year round day shelter and overnight shelter during winter months. Includes restrooms, showers, washer/dryer, meals and public health nurse visits.	No special eligibility requirements. Pregnant women and children welcome. No drugs or alcohol.	12 month day shelter. 7am-5 pm. Winter shelter: 6-pm check-in. No fee. Spanish.
Transition House	Shelter 434 E. Ortega St. Santa Barbara, CA 93101 (805) 966-9668	Emergency shelter for up to 2 months. Career development, on-site childcare for clients and childcare referrals.	Adults and children under 18 with an adult. Identification required. Priority given to families and pregnant women.	5:30 pm - 7:30 am. No fee. Spanish.
Transition House	Firehouse Program 434 E. Ortega St. Santa Barbara, CA 93101 (805) 682-6808	Long-term shelter program up to 6 months after first phase at Transition House. Case management, career development and childcare assistance.	Adults and children under 18 with an adult. Pregnant women accepted. Referral through Transition House.	Daily. Sliding scale. Spanish.
Transition House	Homes Program 434 E. Ortega St. Santa Barbara, CA 93101 (805) 966-9668	Extended housing for families who have completed Transition and Firehouse programs. Employment resources and childcare assistance.	Adults and children under 18 with adults who qualify through Transition House.	M-F 9:00 am-5 pm. Spanish.
Via Magella Maternity Home	202 W. Valerio St. Santa Barbara, CA 93101 (805) 683-2838	Residential home for single, pregnant and postpartum women age 18 and over and emancipated minors. Counseling.	Women 18 years and older with crisis pregnancy. Must be clean and sober.	M-F 9 am-5 pm. \$250 month. No one refused for lack of funds.

Legal Services

PROGRAM	AGENCY	SERVICE DESCRIPTION	ELIGIBILITY	HOURS/FEES
California Rural Legal Services Incorporated	324 E. Carrillo St., Suite B Santa Barbara, CA 93101 (805) 963-5981	Legal services, civil law, health care, employment, education, govt. benefits, housing, and consumer issues.	Based on income.	M-Th 8:30 am-12 pm & 1-5 pm. F 8:30 am - 12pm. No fee. Spanish.
Family Support Division—Paternity Opportunity Program	District Attorney SB (805)-658-2330 SM (805)-346-7448 Lompoc (805)-737-7980	Establish paternity and obtain support from non-custodial parents for the benefit of minor children.	Must be County resident. Offers Paternity Opportunity Program (POP) No & So County call: (805) 568-2367 or 2319.	M-F 7 am-5 pm. No fee. Spanish.
Lawyer Referral Service	1111 Garden St., Suite 106 Santa Barbara, CA 93101 (805) 962-8191	30 minute consultation with an attorney. Referrals.	Referrals to qualified attorneys.	Call for hours. \$30 administrative fee. Spanish.
Legal Aid Foundation	301 E. Canon Perdido St. Santa Barbara, CA 93101 (805) 963-6754	Provides free legal services to low-income people. Assistance with restraining orders, divorce, and mediation.	Based on income. No income requirements for domestic violence restraining order.	M Th 9 am-4 pm. Free to low income. Spanish.
Public Defender Santa Barbara County	1100 Anacapa St., 3 rd Floor Santa Barbara, CA 93101 (805) 568-3470	Legal services for those charged with a crime. Defends juvenile offenders, represents mentally and developmentally disabled.	Based on income.	M-F 8 am –5 pm. Spanish.

North County

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HOSPITALS

Cottage Hospital
Goleta Valley Cottage Hospital
Marian Medical Center
Santa Ynez Cottage Hospital
Lompoc Hospital

Pueblo at Bath
351 S. Patterson
1400 E. Church
700 Alamo Pintado
508 E. Hickory

Santa Barbara, CA 93105
Santa Barbara, CA 93111
Santa Maria, CA 93456
Solvang, CA 93463
Lompoc, CA 93436

805-682-7111
805-967-3411
805-739-3000
805-688-6431
805-735-3351

HELPLINE:

Santa Barbara
Lompoc
Santa Maria
Santa Ynez

805-692-4011
805-734-2711
805-928-5818
805-688-1905

Case Management

PROGRAM	AGENCY	SERVICE DESCRIPTION	ELIGIBILITY	HOURS/FEES
CAC Head Start and Early Head Start	Community Action Commission 201 W. Chapel St. Santa Maria, CA 93458 (805) 922-2243 120 W. Chestnut Lompoc, CA 93455 (805) 740-4555	Comprehensive center and home-based program. Includes medical, dental and nutritional services for low-income children. Parental involvement. Serving pregnant women and children under age 5 with both center-based and home-based options.	Pregnancy to 5 years of age from low income, eligible families, children with special needs or CPS referrals. Income limits. Waiting lists	M-F 7:30am-5:30 pm. Hours Vary. Full or half-day programs & home based programs. No fee or based on income. Spanish. Hmong in Lompoc only.
Early Start 0-3	Tri-Counties Regional Center 1288 W. McCoy Lane Santa Maria, CA 93455 (805) 922-4640	Assessment and case management for developmental delay.	Infants to age 3 (Early Start) at risk for developmental disability and if developmental disability present before age 18.	M-F 8:30 am-5 pm. No fee. Spanish.
First Steps	Good Samaritan 412 E. Tunnel Santa Maria, CA 93454 (805) 614-9827	Case management, home visits individual counseling and group services for substance abusing pregnant women with children. Transportation.	Age 18 and older, pregnant and parenting substance abusing women with children under age 18.	M-F 8:30 am-4:30 pm or by appt. No fee. Spanish.
Perinatal Outreach and Education (POE)	SB Co. Public Health Dept. 2115 S. Centerpointe Pkwy. Santa Maria, CA 93455 (805) 346-8426	Case management for pregnant and parenting teen women. Assessment and referral for alcohol, tobacco, drug services.	Pregnant and parenting women under 20 years of age at risk for late entry into prenatal care, and/or drug/alcohol or tobacco use.	M-F 8 am to 5 pm by appt. No fee. Spanish.
Project Follow Up	California Children Services SB Co. Public Health Dept 1111 Chapala, Suite 200 Santa Barbara, CA 93101 SM (805) 934-6295 x 5360 Lompoc (805) 737-7775 x5360 Buellton (805) 686-5011 x5360	Periodic assessment and follow up of infant development during the first 24 months. PHN home visit, case management and developmental assessments.	Infants must be referred from Neonatal Intensive Care Unit and meet certain risk criteria. No financial eligibility required.	M-F 8 am-5 pm. Spanish.
Teenage Parenting Program TAPP AFLP/CAL-Learn	SB Co. Public Health Dept. 201 S. Miller St. Suite 209 Santa Maria, CA 93454 (805) 346-7400 301 N. "R" St. Lompoc, 93436 (805) 737-6448 Cal-Learn 1133 North "H" St., Suite F Lompoc, CA 93436 (805) 740-1434 Through June 30, 2006 Effective July 2006 Santa Maria (805) 614-1300 Lompoc (805) 740-1396 SB County Dept. of Social Services	Case management, education support and resources for pregnant and parenting teens and their families. Cal Learn assists with childcare, if eligible, through Dept. of Social Services.	Parenting and pregnant teens up to age 19 and males up to age 21.	M-F 8am- 5pm. No fee. Spanish.

Drug & Alcohol Treatment: Residential

PROGRAM	AGENCY	SERVICE DESCRIPTION	ELIGIBILITY	HOURS/FEEES
Casa Serena	1515 Bath St. Santa Barbara, CA 93101 (805) 966-1260	Sober living residential program for women seeking recovery from alcohol and substance abuse. Outpatient case management services.	Women age 18 and older. Pregnant women accepted.	24 hours. Business hours: 8 am-5 pm. \$1,350/month General relief accepted as partial payment for first month only. CPS, probation. Limited Spanish.
Casa Solana	383 South 13 th St. Grover Beach, CA 93433 (805) 481-8555	Social model residential recovery home for women with drug/alcohol abuse.	Ages 18 to 72 years. 90 day minimum commitment. Pregnant women in 1 st and 2 nd trimester accepted. No children.	Office: M-F 9 am-5 pm. \$600/month Medi-Cal not accepted.
Cottage Residential Center	Santa Barbara Cottage Hospital 2838 State St. Santa Barbara, CA 93105 (805) 687-6681	Residential rehabilitation center with sub-acute detox. To treat alcohol & substance abuse. Detox. requires hospitalization is at Cottage Hospital.	Must be 18 or over. Pregnant women accepted.	24 hours. Bus. hours 8 am-5 pm. Private insurance. No Medi-Cal. Spanish.
Good Samaritan Acute Care	Good Samaritan Inc. 406 S. Pine St. Santa Maria, CA 93454 (805) 928-6242	3-21 day detox. for alcohol and substance abuse. Educational groups, acupuncture 12-step meetings.	Age 18 and over. Pregnant women accepted.	\$50-\$70/day, assistance available. Spanish.
Transitional Center for Women and Children First Steps System of Care	412 E. Tunnel Santa Maria, CA 93454 (805) 922-1200	6 to 18-month women's residential program for treatment of alcohol and substance abuse.	Pregnant or parenting women 18 and older with children age 5 and under.	24 hours. Sliding scale. Spanish.
Main House Oliver House Grad House	Casa Serena 1515 Bath Street Santa Barbara, CA 93101 (805) 966-1260	Sober living in a safe and supportive home for recovering mothers and their children. Up to 12 months stay.	Custodial mothers who have completed Casa Serena's residential home. Children under 10.	24 hours. Business hours: 8 am-5 pm. \$1,350/month General relief accepted as partial payment for first month only. CPS, probation. Limited Spanish.
CADA Residential Detoxification	Casa Esperanza 816 Cacique Street Santa Barbara, CA 93191 (805) 884-8481	7-14 days residential program with day treatment. Group, 12-step meeting and individual meetings.	Ages 18 and over, ambulatory. Pregnant women accepted.	M-F 8am-4pm No cost. Some Spanish.
Rainbow Recovery	1826 E. Channel Islands Blvd. Oxnard, CA 93033 (805) 487-4663	3 to 6 months residential program for women seeking recovery from alcohol and substance abuse.	Ages 18 and over with 24 hours alcohol free and 72 hours drug free. Pregnant women accepted.	M-F 8 am-5 pm. 24-hour emergency calls. Sliding scale. Private insurance. Spanish.
Sunlight of the Spirit	115 E. Gutierrez Street Santa Barbara, CA 93101 (805) 962-2130	Structured sober residential program for recovering women. Six beds.	Ages 18 and over. Pregnant women accepted. No children.	24 hours. \$500 month plus food. Limited Spanish.
The Giving Tree	1217 Laguna Street Santa Barbara, CA 93101 (805) 455-4568	Structured sober residential program for recovering women. Six beds.	Ages 18 and over. Pregnant women accepted. No children.	24 hours. \$600 month plus food. Limited Spanish.
Phoenix House	107 E. Micheltorena Santa Barbara, CA 93101 (805) 965-3434	Co-Occurring Disorders treatment	Ages 18 and over	DMC, Sliding Scale fee
Sanctuary House	222 W. Valerio Street Santa Barbara, CA 93102	Co-Occurring Disorders treatment	Ages 18 and over	DMC, Sliding Scale fee

Drug & Alcohol Treatment: Outpatient

PROGRAM	AGENCY	SERVICE DESCRIPTION	ELIGIBILITY	HOURS/FEEES
AA	Alcoholics Anonymous Santa Maria: (805) 925-3782 Lompoc: (805) 737-1101 Santa Barbara: (805) 962-3332 Solvang/Santa Ynez (805) 688-4304	Information, support and referral based on 12-step recovery program.	No special eligibility.	24 hour referrals. Call for schedule and location of meetings. No fee. Spanish.
AEGIS Medical Systems	Methadone Clinic 115 E. Fesler St. Santa Maria, CA 93454 (805) 922-6597	Methadone detox. /maintenance. Pregnant women not detoxed but methadone maintenance available. Counseling available.	Age 18 years and older for methadone. Pregnant women accepted.	Mon-Fri 5:30 am-2 pm. Methadone maintenance \$220/month; detox. \$150/15 days. Medi-Cal accepted for detox. Spanish.
AI-Anon	Santa Maria: (805) 925-9076 Lompoc: (805) 733-1287 Solvang/Santa Ynez: (805) 688-4304	Offers fellowship and support to families and friends of alcoholics, whether the alcoholic is drinking or not based on 12-step model.	No special eligibility. Support for teens through Alateen.	Call for schedule and location of meetings. Spanish.
CA	Cocaine Anonymous 1-800-347-8998	Information, support and referral based on 12-step recovery program.	No special eligibility.	Call for locations and meetings. No fee. Spanish.
Coast Valley Substance Abuse Treatment Center	1017 E. Ocean Ave. Lompoc, CA 93436 (805) 735-0015 2320 Thompson St. Suite D Santa Maria, CA 93454 805 739-1512	Drug and alcohol, counseling. Family, individual and group support	No special eligibility.	Call for appointment 7 days a week. Sliding scale fee, Medi-Cal. Spanish.
COPE	Santa Barbara Cottage Hospital. Bath at Pueblo Street Santa Barbara, CA 93105 (805) 682-7473	Intensive outpatient drug and alcohol treatment program with strong family program/participation.	Must be at least 18. Pregnant women accepted.	M-F 6:45 am-9:45 pm. Private insurance. Medicare. No Medi-Cal.
First Steps	Good Samaritan 412 E. Tunnel Santa Maria, CA 93454 (805) 614-9827	Case management, home visits individual counseling and group services for substance abusing pregnant women with children. Transportation.	Age 18 and older, pregnant and parenting substance abusing women with children under age 18.	M-F 8:30 am-4:30 pm or by appt. No fee. Spanish.
HelpLine	c/o Family Service Agency 123 W. Gutierrez St. Santa Barbara, CA 93101 (805) 928-5818 (SM) (805) 734-2711 (Lompoc) (805) 688-1905 (Santa Ynez)	Crisis counseling, intervention, information and referral.	No special eligibility.	24 hours. No fee. Spanish.
NA	Narcotics Anonymous Central Coast Hotline: (800) 549-7730 SM (805) 739-1980	Information, support and referral based on 12-step recovery program.	No special eligibility.	Call for locations and meetings. No fee. Spanish.
Project P.R.E.M.I.E.	Good Samaritan 412 E. Tunnel Santa Maria, CA 93454 (805) 925-0315	6 to 18-month comprehensive Perinatal day treatment program for alcohol and substance abuse. Education, counseling, acupuncture and 12-step meetings.	Pregnant and parenting women age 18 and over and their children age 5 and under.	M- F 9 am-4:30 pm. Medi-Cal sliding scale. Limited Spanish.
Recovery Point	Good Samaritan 731 S. Lincoln Santa Maria, CA 93458 (805) 346-8185	6-12 months alcohol/drug detox. program with 12-step meetings, groups and individual counseling. Drug testing.	Age 18 and over. Pregnant women accepted.	M- F 8 am-7 pm. Medi-Cal, sliding scale. Spanish.
Santa Maria Youth & Family Center	105 N. Lincoln St. Santa Maria, CA 93454 (805) 928-1707 4460 Tenth St. Guadalupe 93434 (805) 343-2446	Individual /family counseling for issues relating to children and their families. Includes substance abuse, child abuse and school problems.	Children and their families who are Santa Barbara County residents.	M-Th 8 am-7 pm. F 8 am-5 pm. Sliding scale. Spanish.

Childcare & Preschools

PROGRAM	AGENCY	SERVICE DESCRIPTION	ELIGIBILITY	HOURS/FEES
CAC Head Start/ Child Development Program	Community Action Commission 201 W. Chapel St. Santa Maria, CA 93458 (805) 922-2243 1-800-894-0160 120 W. Chestnut Ave. Lompoc CA 93436 (805) 740-4555 Mid-County (805) 740-4555	Comprehensive center and home-based program. Includes medical, dental and nutritional services for low-income children. Parental involvement. Serving pregnant women and children under age 5 with both center-based and home-based options.	Pregnancy to 5 years of age from low income, eligible families, children with special needs or CPS referrals. Income limits. Waiting lists	M-F 7:30am-5:30 pm. Hours Vary. Full or half day programs & home based programs. No fee or based on income. Spanish. Hmong in Lompoc only.
CAL Learn	SB Co. Dept. of Social Services 1444 S. Broadway Santa Maria, CA 93454 (805) 614-1300 1133 North "H" St. Lompoc, CA 93436 (805) 740-1396	Case management services to assist with school attendance, and graduation, paid childcare, transportation, and some school auxiliaries.	Pregnant and Parenting teens up to age 19 that are part of a grant assistance unit for Cal-Works.	M-F 8 am–5 pm. Eligible for public assistance. Spanish.
Special Education Support Services	SB Co. Education Office North Co. Liaison Dept. 402 Farnel Rd., Suite A Santa Maria, CA 93458 (805) 964-4710 x2300	Center- and home-based program to families and children with developmental delays (infant to 22 years).	50% delay in one area, 25% delay in 2 areas, disabling Medi-Cal condition or congenital syndrome requiring special education.	M-F 8am-5pm. No fee. Spanish.
Children's Resource and Referral Program	705 E. Main St., Suite 106 Santa Maria, CA 93454 (805) 925-1989 604 E. Ocean Ave., Suite H Lompoc, CA 93436 (805) 737-0073	Referrals to licensed child care homes and centers. Toy and book lending library. Respite program for children at risk of abuse, neglect or exploitation.	Respite program requires referral by a legally qualified professional or social service agency.	M-F 8 am-12 pm and 1-3 pm. No fee. Spanish.
De Colores State Preschool	Clarence Ruth Elementary School 501 N. "W" St., Rm. 1 Lompoc, CA 93436 (805) 735-5636	Comprehensive preschool program with emphasis on Montessori activities.	Income eligible.	M – F 8:30-11:30 am & 1:15-4:15 pm. 3 hours/day, 5 days/ week. No fee. Spanish.
FBG/APP Federal Block Grant/ Alternative Payment Program	SB County Education Office 3970 La Colina Rd. P.O. Box 6307 Santa Barbara, CA 93160 (805) 964-4711 ext. 409 104 S. "C" St., Suite H Lompoc CA 93436 (805) 735-2064	Subsidized childcare services for children birth to age 13.	Income eligible families. Must be working, looking for work, in training, incapacitated or referred by CPS.	Office hours M- F 8 am-5 pm. Sliding scale. Spanish.
Project PREMIE	Good Samaritan 412 E. Tunnel Santa Maria, CA 93454 (805) 925-0315	90 day Daycare Rehabilitative Program	Mothers with alcohol/drug problems. On-site childcare for children of mothers with drug/alcohol problems.	M-F 9 am-4:30 pm. Medi-Cal. Some county funding available. Spanish.

Community Clinics Health Care Providers

PROGRAM	AGENCY	SERVICE DESCRIPTION	ELIGIBILITY	HOURS/FEES
AIDS Services	SB Co. Public Health Dept. SM: (805) 346-8410 Lompoc: (805) 737-7775 ext. 5120 Or call (805) 686-5011 Ext. 5120. Also: Planned Parenthood, Pacific Pride.	Free and anonymous HIV testing. Pre & Post HIV counseling.	Age 13 and older.	Call for office hours and appointments. No fee. Spanish.
AIM Access for Infants & Mothers Prenatal Plus	AIM Ventura & Santa Barbara Counties 6633 Telephone Rd., Suite 210 Ventura, CA 93003 1-805-650-3740 1-800-433-2611 general	Low cost health insurance for middle income, pregnant women.	Must be less than 30 weeks pregnant, lived in California for at least 6 months and unable to receive Medicare or Medi-Cal benefits. Income based on AIM guidelines.	M-F 8-5. Spanish.
Child Health and Disability Prevention (CHDP)	SB Co. Public Health Dept. 2115 S. Centerpointe Parkway Santa Maria, CA 93455 (805) 934-6295 ext.: 5130 301 N. "R" St. Lompoc, CA 93436 (805) 737-6453 Solvang: (805) 737-6453	Referrals to providers for complete health exam and developmental history. List of low-cost providers for non Medi-Cal clients.	0 to 18 years if low income (200% of poverty level). 0 to 21 years if Medi-Cal.	M-F 8 am–5 pm. Clinic hours vary. Medi-Cal, No fee. Spanish.
Comprehensive Perinatal Services Program (CPSP)	SB Co. Public Health Dept. 345 Camino del Remedio Santa Barbara, CA 93110 1-800-288-8145 or (805) 681-5251	Obstetrical care, case coordination, vitamins, classes, health education, nutrition, psychosocial services.	Must be Medi-Cal eligible. Must obtain services from an approved CPSP provider. Undocumented served.	Call for Provider List Hours vary by provider. Medi-Cal. Spanish.
Denti-Cal	SB Co. Public Health Dept. 2121 Centerpointe Parkway Santa Maria, CA 93455 110 W. Laurel Ave. Lompoc, CA 93436 1-800 456-2387 eligibility 1-800-322-6384 referrals	Determines if eligible and refers to participating providers.	Medi-Cal participants or may qualify with CHDP exam for treatment authorization. (Contact CHDP.)	M-F 8 am-5 pm. Spanish.
Health Linkages	Hope Education Center 3970 La Colina Road P.O. Box 6307 Santa Barbara, CA 93160-6307 (805) 964-4710 ext. 4454	Promotes services to assure children are healthy, ready to learn, and ready for school. Advises and teaches about health issues relevant to childcare.	No special eligibility.	M-F 8am-5pm Hours may vary.
Marian Community Health Clinic-Guadalupe	Marian Community Clinic in Guadalupe 4723 W. Main St., Suite H Guadalupe, CA 93434 (805) 343-2004	Obstetrics , general medical care, well baby clinic, nutrition education, CHDP, immunization.	Income eligibility.	M-F 8:00 am-5:30 pm. Medi-Cal accepted. Spanish.
Maternal Child Health (MCH) Referral Line	SB Co. Public Health Dept. 1-800-288-8145	Refers callers to Maternal and Child Health services family planning, parenting help, WIC, etc.	No special eligibility.	24 hours. During business hours call will be connected with the service provider. Spanish.
Medi-Cal	Dept. of Social Services 2125 S. Centerpointe Pkwy. Santa Maria, CA 93455 (805) 346-7135 1100 W. Laurel Ave. Lompoc, CA 93436 (805) 737-7080	Payment for medical care. May include prenatal care for undocumented women.	Income and property limits. Program is available to families, the blind, disabled and the aged. Expanded eligibility for pregnant women.	M-F 8 am-4 pm. Walk in to apply. Spanish.
Nutrition Services	SB Co. Public Health Dept. 2125 S. Counterpoint Parkway Santa Maria, CA 93455 1-877-275-8805 toll free 301 N. "R" St. Lompoc, CA 93436 1-877-275-8805 toll free	Nutrition counseling, prenatal, postpartum, primary care, WIC and breastfeeding counseling.	No special eligibility.	M-F 8 am-5 pm. No fee. Spanish.

Nurture Line	Marian Medical (805) 739-3388	Breastfeeding education and support. Baby & Me class for moms and babies up to 5 months, once a month.	No special eligibility.	M-F 8 am-4 pm. Minimal fees for outside consultation. Phone calls free.
Planned Parenthood	Planned Parenthood 415 E. Chapel St. Santa Maria, CA 93454 (805) 922-8317 301 N. "R" St. Lompoc, CA 93436 (877) 644-7526 545 N. Alisal Rd. Solvang, CA 93463 (805) 686-0295 4581 10 th St., Suite B Guadalupe, CA93434 (805) 343-9990	Reproductive healthcare for men and women including gynecological, family planning and pregnancy and HIV testing.	No special eligibility.	Office hours: M-F 9 am-5 pm. Clinic hours: M 9 am-5:30 pm. T/Th 9 am-7:30 pm. Sat. 9 am-2 pm. Medi-Cal w/referral insurance. Income qualified State funding. Spanish. 3 Sat. /month. Call for details. Third Sat. each month. Call for details. 2 nd & 4 th Friday each month. Call for details.
Project Follow Up	CA Children Services SB Co. Public Health Dept. 1111 Chapala Street, Suite 200 Santa Barbara, CA 93101 (805) 681-5360 Santa Maria: (805) 934-6295 Lompoc: (805) 737-7775 ext. 5360	Periodic assessment and follow-up of infant's development during the first 24 months of age. PHN home visit, case management and developmental assessments.	Infants must be referred from Neonatal Intensive Care Unit and must meet certain risk criteria.	M-F 8 am-5 pm. No financial eligibility required. Spanish.
Public Health Nursing	SB Co. Public Health Dept. 2115 S. Centerpointe Pkwy. Santa Maria, CA 93455 (805) 346-8436 1301 N. "R" St. Lompoc, CA 93436 (805) 737-6442	Case management, home visits, assessment, intervention, referral and education.	No financial eligibility requirements.	M-F 8 am-12 pm & 1-5 pm. No fee. Spanish.
Santa Barbara County Clinics	Cuyama Clinic 4711 Hwy. 166 New Cuyama, CA 93254 (661) 766-2558 Lompoc Clinic 301 N. "R" St. Lompoc, CA 93436 (805) 737-6400 Santa Maria Clinic 2115 S. Counterpoint Parkway Santa Maria, CA 93455 (805) 346-7230 Solvang 2030 Viborg Rd. Solvang, CA 93463 (805) 686-0295 (for immunizations)	PHN home visits, case management of high-risk pregnant women, infants and children. Prenatal care, immunizations, well-baby care, family planning.	Some programs have income eligibility limits.	M-F 8 am-5 pm. Medi-Cal, sliding scale. Spanish. M-F 9 am-5 pm
Santa Maria Women's Health Center	SB C. Public Health Dept 220 S. Palisade Drive, Suite 104 Santa Maria, CA 93454 (805) 739-8710	Obstetrical Care Gynecological Family Planning	Some Programs have income eligibility limits	M-F 8 am-5 pm. Medi-Cal, sliding scale. Spanish

Tobacco Cessation

PROGRAM	AGENCY	SERVICE DESCRIPTION	ELIGIBILITY	HOURS/FEES
California Smokers Helpline	Tobacco Control Section Dept. of Health English: 1-800-662-8887 Spanish: 1-800-458-6386 Vietnamese: 1-800-778-8440 Chinese: 1-800-400-0866 Korean: 1-800-556-5564 Quit chewing: 1-800-844-2439	7 free telephone-counseling sessions for cigarette and chew tobacco cessation. Call the Tobacco Prevention Program listed for more information.	Assessment for readiness to quit. All ages eligible, special teen counselors available (14 and older).	M-F 9 am-9 pm. Sat 9 am-1 pm. Provides certificate of enrollment necessary for Medi-Cal recipients to receive nicotine patch or Zyban. No fee.
Sansum-Santa Barbara Medical Foundation Clinic	525 E. Plaza Dr. Santa Maria, CA 93454 (805) 348-3910 1201 E. Ocean Ave. Lompoc, CA 93436 (805) 737-8600	Resources and referral.	No special eligibility.	Call for information.
Tobacco Prevention Program	SB Co. Public Health Dept. 300 N. San Antonio Rd. Santa Barbara CA 93110 (805) 681-5407 Helpline: 1-800-7-NO BUTTS.	Information, referral, brief counseling and educational materials about tobacco, including smoking cessation.	No special eligibility.	M-F 8:30 am–5 pm. No fees. Nicotine patch Zyban free to Medi-Cal recipients who enroll with Helpline.

Food, Clothing & Financial Assistance

PROGRAM	AGENCY	SERVICE DESCRIPTION	ELIGIBILITY	HOURS/FEES
CAL-WORKS (formerly AFDC) The Work Force Resource Center	SB Co. Dept. of Social Services 1444 S. Broadway Santa Maria, CA 93455 (805) 614-1300 1100 W. Laurel St. Lompoc, CA 93436 (805) 737-7019	Cash assistance to qualifying families and Medi-Cal coverage.	Income and property limits and one or more parents absent, disabled, deceased or unemployed.	M –F 8 am-4 pm. Walk in to apply. Spanish. No fee.
Catholic Charities	607 W. Main St. Santa Maria, CA 93454 (805) 922-2059 118 N. "G" Street, Suite E Lompoc, CA 93436 (805) 736-6226	Food pantry, USDA distributor. Clothing vouchers, listing of affordable rentals (including section 8), utility/rent payments as funds available, emergency food vouchers, baby food, and diapers.	Low-income, medically indigent, SSI-AFDC and homeless.	Santa Maria & Lompoc M-F 9 am-4 pm Sat. 9 am-12 pm. No fee. Spanish.
Community Action Commission	201 W. Chapel St. Santa Maria, CA 93454 (805) 922-2243 120 W. Chestnut St. Lompoc, CA 93436 (805) 740-4555 SB (800)-655-0617	USDA food commodity distribution, emergency food pantry, food vouchers and rental assistance when funding available.	Income limits.	M-F 8:30 am-12 pm, 1-5 pm. Spanish.
Food Pantry of Lompoc Valley	903 E. Chestnut St. Lompoc, CA 93438 (805) 736-7629	Distributes emergency food to low-income families.	Low or no-income.	Food distribution: M-F 8 am-3 pm. Spanish.
Food Stamps	Dept. of Social Services 2125 S. Centerpointe Pkwy. Santa Maria, CA 93455 (805) 346-7313 1100 S. Laurel St. Lompoc, CA 93436 (805) 737-7080	Provides coupons for the purchase of food items in grocery stores.	Income, resource and citizenship requirements. Includes eligible, undocumented people.	M–F 8 am-4 pm. Spanish.
Salvation Army	402 S. Miller St. P.O. Box 1212 Santa Maria, CA 93456 (805) 349-2421	USDA food commodities REACH participant, emergency food, clothing and diapers for 3 days. Hot lunch line 12-12:45 six days a week. Provides hot showers and church services.	On an individual basis, need-by-need. Bring rent receipt and picture ID, proof of income.	Mon-Fri 8:30 am-4:30 pm. Spanish.
Women, Infants, and Children (WIC)	SB Co. Public Health Dept. 2125 S. Centerpointe Parkway Santa Maria, CA 93455 (805) 346-8450 301 N. "R" St. Lompoc, CA 93436 (805) 737-6470 People Helping People 545 N. Alisal Rd. Solvang, CA 93463 (805) 686-0295	Supplemental food and nutrition education program for women with young children. Children of foster parents and guardians eligible.	Low-income (less than 185% of poverty level) and at nutritional risk.	Mon-Fri 7:30 am-6 pm. No fee. Spanish. 1 st and 3 rd Thursday monthly. 8 am–5 pm.

Family Services, Counseling & Education

PROGRAM	AGENCY	SERVICE DESCRIPTION	ELIGIBILITY	HOURS/FEEES
BABYCAL	California Dept. of Health Services 714 "P" St., Rm. 1650 Sacramento, CA 95814 1-800-BABY-999	Statewide educational campaign with focus on prenatal care education. Resources and outreach materials for low-income, pregnant women.	Information available in multiple languages. Need for prenatal care.	Bilingual toll-free number 1-800-BABY-999.
Breastfeeding Coalition	Santa Barbara County 2125 S. Centerpointe Parkway, #302 Santa Maria, CA 93454 (805) 878-6217	Information, education, and meetings to promote breastfeeding.	Desire to promote breastfeeding.	M-F 8:00-5:00 No Fee
California Birth Defects Monitoring Program	Statewide number 1-888-898-2229	Program devoted to finding causes of birth defects. Published materials describing program activities and findings are available. No clinical services.	Funded through the California Department of Health Services Dept. jointly operated with the March of Dimes Birth Defects Foundation.	Mon-Fri 8am-5pm No fees.
California Teratogen Information Service and Clinical Research Program	UC San Diego 200 W. Arbor Dr. San Diego, CA 92103 (800) 532-3749 or (619) 543-2131	Information about alcohol, medications, illicit drugs and other agents, which may be harmful to unborn child.	Includes program for registering women who have had exposures to certain agents and collecting data that will make counseling more accurate and helpful to future pregnant women.	Mon-Fri 9am-4pm
Catholic Charities	607 W. Main St. Santa Maria, CA 93454 (805) 922-2059 118 N. "G" Street, Suite E Lompoc, CA 93436 (805) 736-6226	Listings of affordable rentals including Section 8, emergency shelter referrals. Help with rent and utilities, food pantries, baby supplies, clothing, household vouchers, medical bills, budgeting, counseling.	Usually at or below poverty level or special circumstances.	M-F 9 am-4:00 pm. Sat. 9 am-12 pm Call for appointment. No fee. Spanish.
Catholic Charities Psychological Services	215 E. Fesler St. Santa Maria CA 93454 (805) 348-1627 118 N. "G" Street, Suite E Lompoc CA 93436 (805) 736-6226	Professional counseling in English and Spanish for individuals and families.	No special eligibility.	Counseling by appointment. Spanish. Sliding scale.
Central Coast Pregnancy Center	500 S. Broadway, Suite 110A Santa Maria, CA 93456 (805) 928-9285	Free pregnancy tests and counseling about options including adoption, referrals, parenting classes, post-abortion counseling/group, maternity and baby clothing and furniture.	No special eligibility.	M, W, Thursday, F 10 am-2 pm. Tues 5 pm-7 pm. Sat by appointment. No fee. Spanish.
Child Welfare Services (CWS) Formerly CPS	SB Co. Dept. of Social Services 2125 S. Centerpointe Parkway Santa Maria, CA 93455 (805) 346-7121 1100 W. Laurel Ave. Lompoc, CA 93436 (805) 737-7078 Reporting Hot-line: 1-800-367-0166	Protective services for children in danger of being exploited abuse or neglected.	Child needs to be resident of county. To age 18.	24 hours. No fee. Spanish.
Domestic Violence Solutions	P.O. Box 314 Santa Maria, CA 93456 (805) 928-8701 (805) 925-2160 (24 hours) P.O. Box 1366 Lompoc, CA 93438 (805) 735-1834 (805) 736-0965 (24 hour)	Provides confidential emergency shelter for battered women and their children. 45-day program with support groups, advocacy, parenting classes and substance abuse education.	Pregnant women, their children, and women who are in violent battering situations and sexual assault survivors. Accepted in priority order.	24 hrs. \$1/day women .25 cents/day per child. No one denied for lack of funds. Chores required. Spanish.
Family First	4501 Cathedral Oaks Rd. Santa Barbara, CA 93110 (877) 414-6227 toll free	Parent-to-parent support and resources for families of children with disabilities. Referral and technical assistance.	Families who have a child with a special need or disability.	M-F 8 am-5 pm. No fee.
Family and Individual Counseling Program	Family Service Agency 123 W. Gutierrez St. Santa Barbara, CA 93101 (805) 965-1001	Helps families, couples and individuals cope with problems and crises.	No special eligibility.	M & F 8:30 am-5 pm. T W Th 8:30 am- 8:00pm Sliding scale. Insurance. Spanish.

Lactation	Expressively Yours 4452 Village Knoll Dr. Santa Maria, CA 93455 (805) 937-9717	Specializing in breast feeding problems. Rents and sells pumps and feeding aids.	No special eligibility.	Call for appointment. Medi-cal for pumps.
La Leche League	La Leche League 429 Wilson St. Santa Maria, CA 93455 (805) 349-6296 338 S. "G" St. Lompoc, CA 93438 (805) 737-8415	Mother-to-mother support, monthly breastfeeding support groups, pump sales, library.	No special eligibility.	Call for times locations. No fee. 24-hour community service line.
March of Dimes	3699 Wilshire Blvd., Suite 520 Los Angeles, CA 90010 L.A. (213) 637-5050	Mission is to improve the health of babies by preventing birth defects and infant mortality. Offers public health information and education for pregnant parents and pre-pregnancy parents.	No special eligibility.	M-F 9 am-5 pm. No fee. Spanish.
Marion New Life	117 W. Bunny St. Santa Maria, CA 93454 (805) 349-2273	Compassionate and confidential assistance to anyone dealing with crisis pregnancy. Pregnancy testing, counseling, education, referrals, maternity and baby items.	Anyone dealing with crisis pregnancy including friends and family.	MTWF 2-5 pm. No fee. Spanish.
Maternal Child Health (MCH) Referral Line	Santa Barbara County Public Health Dept. 1-800-288-8145	Refers callers to Maternal and Child Health services family planning, parenting help, WIC, etc.	No special eligibility.	24 hours. During business hours call will be connected with the service provider. Spanish.
MISC	Multi-Integrated System of Care 500 W. Foster Rd. Santa Maria, CA 93455 (805) 934-6385 117 N. "B" St. Lompoc, CA 93436 (805) 737-6600	Services children with mental health diagnosis via coordinated delivery system of schools, health care, mental health and juvenile justice system.	Children with a mental health diagnosis.	SM M-F 8 am-5 pm. Lompoc M-Th 8 am-6 pm. Fri am-5 pm. No fee. Spanish.
Parents Helping Parents	1160 Marsh St., Suite 105 San Luis Obispo, CA 93401 (805) 549-8148	Resource and support program for families with children with special needs. Lending library available.	Children with disabilities, drug and alcohol exposed infants, children and their families.	8 am-5 pm hotline. No fee. Spanish.
Perinatal Advisory Council (PAC / LAC)	Regional Perinatal Program of California 5445 Balboa Blvd., Suite 123 Encino, CA 91316 (818) 382-3956	Focus on maternal/child health and education for health care providers. Lending library.	No special eligibility.	M-F 8 am-5 pm. No fee. Spanish.
Postpartum Education for Parents (PEP)	P.O. Box 6154 Santa Barbara, CA 93160 (805) 564-3888	Warm-line provides emotional support and education for newborn care and postpartum depression. Parent peer group, postpartum distress support groups.	Pregnant and postpartum parents.	Classes only in Santa Barbara. Phone counseling available from the SB number. 24 hr. Warm-line free. Baby basics, \$10 single, \$15 couples. Limited Spanish.
Pregnancy Support Center	601 E. Ocean Ave., Suite 6 Lompoc, CA 93436 (805) 735-2353	Confidential pregnancy testing, professional and community referrals, support education and maternity and baby clothing. Information on pregnancy and options with support for those in distress as a result of an unplanned or problem pregnancy.	No special eligibility.	T W F 11 am - 4 pm Th 11 am - 6 pm No fee.
Rape Crisis and Child Abuse Hotline	112 E. Walnut Ave. Lompoc, CA 93436 (805) 736-8535 (office) 24 hour hotline: (805) 736-7273 301 S. Miller St., Suite 103 Santa Maria CA 93456 (805) 922-2994 (office) 24 hour hotline: (805) 928-3554	24 hr. hotline for child abuse prevention, intervention and support services. Rape Crisis hotline provides counseling and referral. Center provides classes and community education.	No special eligibility.	M-F 9 am-5 pm. No fee. Spanish.
Sidelines	2094 Sequoia Crest Vista, CA 92083 (949) 497-2265	Nonprofit organization assisting women with high-risk pregnancies. Support and education one-to-one volunteer.	High-risk per MD, nurse, insurance/healthcare company, family and friends.	No fee. Hours as needed. Spanish.
Sojourn, Inc.	Early Intervention Program 625 S. McClelland Santa Maria, CA 93454 (805) 614-9535 ext. 15	Home based resources and support for families of eligible infants and toddlers.	0-3 at risk for developmental delay.	Mon-Fri 8:30 am-5 pm. Hours may vary. No fee. Spanish.

Tri-Counties Regional Center Early Start 0-3	Tri-Counties Regional Center 1288 W. McCoy Lane Santa Maria, CA 93455 (805) 922-4640	Assessment and case management for developmental delay.	Infants to age 3 (Early Start) at risk for developmental disability and if developmental disability present before age 18.	M-F 8:30 am-5 pm. No fee. Spanish.
SM Youth & Family Center	105 N. Lincoln St. Santa Maria, CA 93458 (805) 928-1707	Individual and family counseling for children and their families. Issues include substance abuse, child abuse and school problems.	Children and their families who are Santa Barbara County residents.	M-F 8 am-5 pm. Sliding scale. Spanish.
Welcome Every Baby (WEB) Newborn Home Visiting Initiative	Sojourn Services, Inc. 625 S. McClelland Santa Maria, CA 93454 (805) 614-9535 ext.13	Postpartum home visits by RN and child development specialist for newborns & families. Support, education, state baby kit, developmental screening, referrals and gifts provided.	Families of newborns if mother is 25 years of age or under and living in zip codes 93254, 93434, 93454 or 93458. Program is expanding, call for additional zip codes.	Mon.-Sat. Hours vary No fee Spanish

Housing

PROGRAM	AGENCY	SERVICE DESCRIPTION	ELIGIBILITY	HOURS/FEES
Catholic Charities	607 W. Main St. Santa Maria, CA 93454 (805) 922-2059 118 N. "G" Street, Suite E Lompoc, CA 93436 (805) 736-6226	Listings of affordable rentals including Section 8, emergency shelter referrals. Help with rent and utilities, food pantries, baby supplies, clothing, household vouchers, medical bills, budgeting, counseling.	Usually at or below poverty level or special circumstances.	Santa Maria & Lompoc M-F 9 am-4 pm Sat. 9 am-12 pm. No fee. Spanish.
Domestic Violence Solutions	P.O. Box 314 Santa Maria, CA 93456 (805) 928-8701 (805) 925-2160 (24 hours) P.O. Box 1366 Lompoc, CA 93438 (805) 735-1834 (805) 736-0965 (24 hour)	Provides confidential emergency shelter for battered women and their children. 45-day program with support groups, advocacy, parenting classes and substance abuse education.	Pregnant women, their children, and women who are in violent battering situations and sexual assault survivors. Accepted in priority order.	24 hrs. \$1/day women .25 cents/day per child. No one denied for lack of funds. Chores required. Spanish.
Good Samaritan Shelter	Good Samaritan Shelter 406 S. Pine St. Santa Maria, CA 93454 (805) 928-6242	Emergency shelter and food for families and individuals.	Proof of legal citizenship. Must have photo ID.	Office hours: M-F 9 am-5 pm. Shelter screening at 5 pm. No fee. Spanish.
Housing Authority	200 W. Williams St. Santa Maria, CA 93458 (805) 925-4393 917 W. Ocean Ave. Lompoc, CA 93436 (805) 735-8351	Housing assistance program. Counseling assistance for rent and mortgage delinquency. Consumer education and financial management assistance.	Based on income and family composition.	M-Th 7:30 am-11:30 am 12:15 pm-4:30 pm. F 7:30 am-11:30 am 12:15 pm-3:15 pm. No fee. Spanish limited.
Mark's House	Lompoc Housing Authority Corporation 203 N. "N" St. Lompoc, CA 93436 (805) 735-9980	Transitional shelter for up to 3-4 months. Case management, weekly nurse visits, group and individual counseling, substance abuse referral and assistance finding permanent housing.	Homeless with some source of income. Working or looking for work if able. Required to save money and provide own food. Priority to pregnant women and children.	Office M-F 8 am-4 pm. No fee. Spanish.
PATHS	St Vincent's 4200 Calle Real Santa Barbara, CA 93110 (805) 683-6381 x100	Affordable transitional housing and services for single teen mothers. Offers support, counseling and education to facilitate self-sufficiency, parenting. Case management.	Single mothers. Up to 2 years stay. Children accepted.	Office hours M-F 8 am-4:30 pm. Fees: \$325/mo w/ 1 child \$355/mo w/ 2 children. Spanish.
Transitional Care Center for Women and Children	Good Samaritan Shelter 412 E. Tunnel Rd. Santa Maria, CA 93454 (805) 922-1200	Sober living environment for women in recovery and their children. Residents must participate in Project PREMIE alcohol/drug day treatment program.	Women 18 years and over with 90 days clean and sober. Children under 5 may live at center.	Office hours: M -F 9 am-5 pm. Sliding scale. Spanish.
Via Magella	202 W. Valerio St. Santa Barbara, CA 93101 (805) 563-0003	Residential home for single, pregnant and postpartum women age 18 and over and emancipated minors.	Women 18 years and older with crisis pregnancy. Must be clean and sober.	M-F 9 am-5 pm. \$210/month. No one refused for lack of funds.

Legal Services

PROGRAM	AGENCY	SERVICE DESCRIPTION	ELIGIBILITY	HOURS/FEES
Family Support Division—Paternity Opportunity Program	District Attorney 201 S. Miller, Suite 206 Santa Maria, CA 93454 (805) 346-7448 401 E. Ocean Ave. Lompoc, CA 93436 (805) 737-7980	Establish paternity and obtain support from non-custodial parents for the benefit of their minor children.	Must be County resident Offers Paternity Opportunity Program (POP). No & So County call: (805) 568-2367 or 2319	Mon-Fri 7am-5 pm. No fee. Spanish.
Lawyer Referral Service	Santa Barbara County Bar Association 123 W. Padre St., Suite E Santa Barbara, CA 93105 (805) 569-9400	30-minute consultation with an attorney for family and criminal law cases. Referrals.	Referrals to qualified attorneys.	M-Th 8 am-5 pm F 8 am-12 pm Spanish.
Legal Aid Foundation	301 S. Miller, Suite 116 Santa Maria CA 93454 (805) 922-9909 110 S. "C" St., Suite C Lompoc, CA 93436 (805) 736-6582	Provides free legal services to low-income people. Assistance with restraining orders, divorce and mediation.	Based on income. No income requirements for domestic violence restraining order.	M Th 9:30 am-4 pm. Free to low income. Spanish.
Public Defender Santa Barbara County	312-P E. Cook St. Santa Maria, CA 93454 (805) 346-7500 115 Civic Center Plaza Lompoc, CA 93436 (805) 737-7770	Legal services to those who have been charged with a crime. Defends juvenile offenders and represents the mentally and developmentally disabled.	Based on income.	M -F 8 am- 12 pm & 1 pm-5 pm. \$25 registration fee, if able. Spanish.