

Santa Barbara County - South Condado de Santa Barbara - Sur

■ Child Care & Parenting / Cuidado de Niños y Clases para Padres

Children's Resource and Referral Program - 962-8988
Head Start Programs - 964-8857
Postpartum Education for Parents (PEP) – 564-3888
Teenage Parenting Project (TAPP) – 964-8857

■ Crisis, Counseling & Resources / Asesoramiento de Crisis y Recursos

24 hour HelpLine - Call 211 (cell phones call 800-400-1572)
Catholic Charities - 965-7045 x 201
Crisis & Recovery Emergency Services (CARES) – 1-888-868-1649
Safe Alternatives for Treating Youth (SAFTY) 1-888-334-2777

■ Dental Health / Salud Dental

Denti-Cal (Medi-Cal dentists & benefits) 1-800-322-6384
Children's Dental Disease Prevention Program (SBPHD) - 681-5433
Early Childhood Oral Health Program - 964-4710 ext. 4453

■ Food & Nutrition / Comida y Nutrición

WIC (Women & Children < age 5) - 681-5275
Food Stamps – 681-4423
Brown Bag Program (age 60+) - 967-5741 x102
Catholic Charities - SB 965-7045; Carpinteria 684-8621
Meals on Wheels - 683-1565

■ Literacy & ESL Classes / Clases de Inglés

SB Public Library - 564-5619
Adult Education - 964-6853

■ Safety / Seguridad

Car Seat Inspection (CHP) – 967-1234
Poison Hotline 1-800-222-1222

■ Sensitive Services / Servicios Sensitivos

Planned Parenthood - 963-5801
Gay & Lesbian Resource Center - 963-3636

■ Special Needs/Necesidades Especiales

Alpha Resource Center: Family First- 1-877-414-6227
California Children's Services – 681-5360
Tri-County Regional Center – 962-7881
Independent Living Resource Center – 963-0595

■ Stop Smoking Programs / Programas para Dejar de Fumar

California Smokers' Helpline - 1-800-NO-BUTTS; 1-800-456-6386 (Spanish)
Tobacco Prevention Programs (Santa Barbara County) - 681-5407

■ Substance Abuse / Abuso de Drogas y Alcohol

Alcoholics Anonymous - 962-3332; Spanish meetings 966-2132
Council on Alcoholism & Drug Abuse - 963-1433
Daniel Bryant Youth and Family Center - 730-7575
Project Recovery (Pregnant or women w/children)– 564-6057
Zona Seca - 963-8961

■ Support, Information & Programs/ Apoyo, Información & Programas

Alzheimer's Association - 1-800-272-3900 24 Hr. Helpline
American Cancer Society - 963-1576
American Red Cross – 687-1331
Arthritis Foundation - 892-5556
Braille Institute (Blind/Vision Impaired) - 682-6222
Breast Cancer Resource Center - 569-9693
Diabetes Resource Center - 687-5586
Dyslexia Awareness & Resource Center - 963-7339
Lung Association of California - 963-1426
Mental Health Association - 898-0129
Multiple Sclerosis Society - 682- 8783

■ Transportation / Transportación

MTD Bus Route - 683-3702
Easy Lift (door to door) – 681-1181

■ Violence / Abuse / Violencia y Abuso

CALM (Child Abuse) - 965-2376
Domestic Violence Solutions (24 hour)- 964-5245
Rape Crisis Center (24hr Hotline) - 564-3696