

Santa Barbara County - North Condado de Santa Barbara - Norte

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

Children's Resource and Referral Program - SM 925-1989; Lompoc 737-0073
Head Start Programs - SM 922-2243; Lompoc 740-4555
Teenage Parenting Program (TAPP) - SM 922-2243; Lompoc 740-4555

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

24 hour HelpLine - Call 211 (cell phones call 800-400-1572)
Catholic Charities - Santa Maria 922-2059; Lompoc 736-6226
Crisis & Recovery Emergency Services (CARES) - 1-888-868-1649
Safe Alternatives for Treating Youth (SAFTY) 1-888-334-2777
Santa Ynez People Helping People - 686-0295

■ Dental Health / Salud Dental

Denti-Cal (Medi-Cal dentists & benefits) 1-800-322-6384
Children's Dental Disease Prevention Program (SBPHD) 346-7333
Early Childhood Oral Health Program - 964-4710 ext. 4453

■ Food & Nutrition / Comida y Nutrición

Catholic Charities Food Pantry - Lompoc 737-4140
Catholic Charities - Santa Maria 922-2059; Guadalupe 343-1194
Food Bank/Brown Bag - 937-3422
Food Stamps - Santa Maria 346-7135; Lompoc 737-7005
Meals on Wheels - Santa Maria 928-9707; Lompoc 736-3257;
SY Valley 688-2692
WIC (Women and Children to age 5) - Santa Maria 346-8450;
Lompoc 737-6470 or 1-888-942-9675

■ Literacy & ESL Classes / Clases de Inglés

Central Coast Literacy Council - 922-9200
Allan Hancock College ESL classes - 922-6966 X3209

■ Safety / Seguridad

Car Seat Inspections (CHP) - Santa Maria 349-8728; Buellton 688-5551
Poison Hotline 1-800-222-1222

■ Sensitive Services / Servicios Sensitivos

Planned Parenthood - 922-8317
Gay & Lesbian Resource Center - 349-9947
AIDS Hotline - 928-5280

■ Special Needs/Necesidades Especiales

Alpha Resource Center: Family First- 347-2775
California Children's Services - 681-5360
Tri-County Regional Center - 922-4640 or 1-800-266-9071
Independent Living Resource Center - 925-0015

■ Stop Smoking Programs / Programas para Dejar de Fumar

Tobacco Prevention Programs - SM 346-7275; Lompoc 737-7775, x 7275
California Smokers' Helpline - 1-800-NO-BUTTS; 1-800-456-6386 (Spanish)

■ Substance Abuse / Abuso de Drogas y Alcohol

Alcoholics Anonymous - SM 925-3782; Lompoc 737-1101; Solvang 688-4304
Central Coast Headway - SM 922-2106; Lompoc 737-0015
Council on Alcoholism and Drug Abuse - 928-0993
Good Samaritan Services (Pregnant/Parenting Women) - 925-0315

■ Support Groups & Information / Grupos de Apoyo y Información

Alzheimer's Assoc. - 1-800-272-3900 (24 Hour Helpline)
American Cancer Society - SM 922-2354; 1-800-227-2345 (24 Hour Helpline)
American Diabetes Assoc. - 1-800-342-2383
Arthritis Foundation - 563-4685
American Red Cross - Santa Maria 928-0778
Braille Institute - 682-6222
Dyslexia Awareness Resource Center - 963-7339
Lung Association of California - 1-800-LUNGUSA

■ Transportation / Transportación

Lompoc Transit -736-7666
Santa Maria Area Transit (SMAT) - 928-5624
SMOOTH - 922-8476
Santa Ynez Valley Transit - 688-5452

■ Violence/Abuse / Violencia y Abuso

CALM (Child Abuse) - 965-2376
Domestic Violence Solutions - SM 925-2160; Lompoc 736-0965
Rape Crisis Center (24hr Hotline) - SM 928-3554; Lompoc 736-7273