

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

- Children's Resource & Referral – SM 925-7071; Lompoc 737-0073
- Head Start Programs – SM 922-2243; Lompoc 740-4555
- Teen Pregnancy & Parenting Program – SM 922-2243; Lompoc 740-4555

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

- 24 hour HelpLine – Call 211
- 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
- Health Linkages 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
- CalFresh – 681-4401 (or 967-5741 ext. 115 for application assistance)
- Meals on Wheels (for seniors and disabled) – Santa Maria 928-9707; Lompoc 736-3257;
- CAC Senior Nutrition – Santa Maria 925-3010; Lompoc 737-9366
- WIC (Women and Children to age 5) – 1-877-275-8805

■ Literacy & ESL Classes / Clases de Inglés

- Central Coast Literacy Council – 925-0951 ext. 836
- Allan Hancock College ESL classes – 922-6966 ext. 3209

■ Safety / Seguridad

- Car Seat Inspections (CHP) – Santa Maria 349-8728; Buellton 688-5551
- Poison Hotline – 1-800-222-1222
- Sharps Disposal – SM 346-8421 or 925-0951 ext. 7270; Lompoc 737-6488

■ Sensitive Services / Servicios Sensitivos

- Planned Parenthood – 1-888-898-3806
- Pacific Pride – 349-9947

■ Special Needs/Necesidades Especiales

- Alpha Resource Center – 1-877-414-6227
- 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 ext. 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 737-3969
- Council on Alcoholism and Drug Abuse Teen Court – 925-8860
- Good Samaritan Services – Santa Maria 346-8185; Lompoc 736-0357

■ Support Groups & Information / Grupos de Apoyo y Información

- Alzheimer's Association – 1-800-272-3900 (24 Hour Helpline)
- American Cancer Society – 1-800-227-2345
- American Diabetes Association – 1-800-342-2383
- Arthritis Foundation – 1-800-954-2873
- American Red Cross – Santa Maria 928-0778
- Braille Institute – 1-800-272-4553
- American Lung Association – 1-800-LUNGUSA or 1-800-586-4872
- Transitions-Mental Health Association – Santa Maria 441-5098

■ Transportation / Transportación

- Lompoc Transit – 736-7666
- Santa Maria Area Transit (SMAT) – 928-5624
- SMOOTH – 922-8476
- Santa Ynez Valley Transit – 688-5452
- American Medical Response – 1-800-688-6550

■ Violence/Abuse / Violencia y Abuso

- Domestic Violence Solutions – SM 925-2160; Lompoc 736-0965
- Rape Crisis Center (24hr Hotline) – SM 928-3554; Lompoc 736-7273
- Child Welfare Services – 1-800-367-0166