

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

- Children's Resource and Referral Program – 962-8988
- Head Start Programs – 964-2347
- Postpartum Education for Parents (PEP) – 564-3888
- Teen Pregnancy & Parenting Program – 964-8857
- Parenting classes (SBCC Adult Ed) – 964-6853 or 687-0812

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

- 24 hour HelpLine – Call 211
- Catholic Charities – 965-7045
- 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
- Health Linkages Oral Health Program – 964-4710 ext. 4453

■ Food & Nutrition / Comida y Nutrición

- WIC (Women & Children < age 5) – 1-877-275-8805
- CalFresh – 681-4401 (or 967-5741 ext. 115 for application assistance)
- Brown Bag Program (age 60+) – 967-5741 ext. 102
- Catholic Charities – SB 965-7045; Carpinteria 684-8621
- Meals on Wheels (for seniors and disabled) – 683-1565
- CAC – Senior Nutrition – SB 965-3331; Goleta 683-1124; Carpinteria 684-6090

■ Literacy & ESL Classes / Clases de Inglés

- SB Public Library – 564-5619
- SBCC Adult Education – 964-6853 or 687-0812

■ Safety / Seguridad

- Car Seat Inspection (CHP) – 967-1234
- Poison Hotline – 1-800-222-1222
- Sharps Disposal – SB 568-2099; Carpinteria - 560-1050

■ Sensitive Services / Servicios Sensitivos

- Planned Parenthood – 1-888-898-3806
- Pacific Pride – 963-3636

■ Special Needs/Necesidades Especiales

- Alpha Resource Center – 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
- Council on Alcoholism & Drug Abuse – 963-1433
- Daniel Bryant Youth and Family Center – 730-7575
- 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 – 563-4685
- Braille Institute (Blind/Vision Impaired) – 682-6222
- Breast Cancer Resource Center – 569-9693
- American Lung Association – 1-800-LUNGUSA or 1-800-586-4872
- Mental Health Association – 884-8440
- Multiple Sclerosis Society – 682- 8783

■ Transportation / Transportación

- MTD Public Bus – 963-3366
- Easy Lift (door to door for seniors/disabled) – 681-1181
- American Medical Response – 1-800-688-6550

■ Violence / Abuse / Violencia y Abuso

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