

## 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

### ■ 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  
Independent Living Resource Center – 963-0595  
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