Children and Families

Our communities have resources available to support children and families. The following list provides help for those seeking free or low-cost programs. If you are in need, please contact one of the organizations, below, near you. Although these organizations are available to the public, you must qualify for some.

Attention CenCal Health Members:
If you have questions about your health benefits, please contact our Member Services Department at (877) 814-1861 Monday through Friday, 8am to 5pm (for the hard of hearing TTY 1-833-556-2560 or the CA Relay at 711). The call is toll-free. Please have your member identification card ready when you call.

South Santa Barbara County

Big Brothers/ Big Sisters (prevention-based mentoring program in for at-risk children ages 6-15 that are carefully matched with caring adult mentors) – All Santa Barbara County, (805) 925-1100, fsacares.org/big-brothers-big-sisters

Carpinteria Children’s Project (provides direct services in early childhood education and family support) – City of Carpinteria, (805) 566-1600, carpchildren.org

Car Seat Inspections (CHP offices) - Goleta/Santa Barbara (805) 967-1234

Child Abuse Listening and Meditation (CALM) (provides child abuse treatment and prevention programs) – Multiple locations throughout Santa Barbara County, City of Santa Barbara Administration Office (805) 965-2376,

Children’s Resources & Referral (provides resources and referrals for all childcare questions and needs) – All of Santa Barbara County, (805) 925-6701, www.sbfcc.org

Child Welfare Services (investigates allegations of child abuse or neglect) – All of Santa Barbara County, 24-Hour Number (800) 367-0166, if a child is in immediate danger, call 911, cosb.countyofsfb.org/social_services

Community Action Commission (provides various low income assistance programs for children, families, and Seniors) – Multiple locations throughout Santa Barbara County, Administration office, (805) 964-8857, cacsb.org

Family Services Agency (provides programs for children, families and seniors to ensure community members have access to food, shelter and other basic needs, as well as youth mentoring, case management, substance abuse treatment, advocacy, and a


wide-array of mental health programs) – Multiple locations throughout Santa Barbara County, \texttt{fsacares.org}

-Santa Barbara administration office, (805) 965-1001,
-Carpinteria, (805) 965-1001
-Ombudsman Program, (805) 922-1236

Postpartum Education for Parents (PEP) (provides various support services for new parents) – All Santa Barbara County, Warmline: English (805) 564-3888, Spanish (805) 852-1595, \texttt{www.sbpep.org}

Safe Alternatives for Treating Youth (SAFTY) (this is a mobile crisis response service available from 8 a.m. to 8 p.m. daily to any youth the age of 20 and under, providing specialized crisis intervention, in-home support and linkage to County Alcohol, Drug and Mental Health Services or other appropriate services) – All of Santa Barbara County, 1-888-334-2777, \texttt{casapacificca.org/programs}

Welcome Every Baby (personalized home visitation program for newborns and their families in Santa Barbara County, families that are already receiving follow-up visitations by another home health agency will not qualify) – All of Santa Barbara County, (805) 729-1593, \texttt{sbceoportal.org/web/}

**North Santa Barbara County**

A Little House by the Park (provides basic need services and case management for children and families) – Guadalupe, (805) 343-1194, no website available

Big Brothers/ Big Sisters (prevention-based mentoring program in for at-risk children ages 6-15 that are carefully matched with caring adult mentors) – All Santa Barbara County, (805) 925-1100, \texttt{fsacares.org/big-brothers-big-sisters}

Car Seat Inspections (CHP offices) - Santa Maria (805) 349-8728, Buellton (805) 688-5551

Child Abuse Listening and Meditation (CALM) (provides child abuse treatment and prevention programs) – Multiple locations throughout Santa Barbara County, City of Santa Barbara Administration office (805) 965-2376, Santa Maria (805) 614-9160, Lompoc (805) 741-7460, \texttt{calm4kids.org}

Children’s Resources & Referral (provides resources and referrals for all childcare questions and needs) – All of Santa Barbara County, (805) 925-6701, \texttt{www.sbfcc.org}

Child Welfare Services (investigates allegations of child abuse or neglect) – All of Santa Barbara County, 24-Hour Number (800) 367-0166, if a child is in immediate danger, call 911, \texttt{cosb.countyofsb.org/social_services}
Community Action Commission (provides various low income assistance programs for children, families, and Seniors) – Multiple locations throughout Santa Barbara County, City of Santa Barbara Administration office, (805) 964-8857, cacsb.org

Family Services Agency (provides programs for children, families, and seniors to ensure community members have access to food, shelter and other basic needs, as well as youth mentoring, case management, substance abuse treatment, advocacy, and a wide-array of mental health programs) – Multiple locations throughout Santa Barbara County, fsacares.org

- Guadalupe, (805) 928-1707
- Lompoc Dorothy Jackson Family Resource Center, (805) 742-2943
- Lompoc, (805) 735-4376
- Santa Maria Youth and Family Center, (805) 928-1707

Postpartum Education for Parents (PEP) (provides various support services for new parents) – All Santa Barbara County, Warmline: English (805) 564-3888, Spanish (805) 852-1595, www.sbpep.org

Safe Alternatives for Treating Youth (SAFTY) (this is a mobile crisis response service available from 8 a.m. to 8 p.m. daily to any youth the age of 20 and under, providing specialized crisis intervention, in-home support and linkage to County Alcohol, Drug and Mental Health Services or other appropriate services) – All of Santa Barbara County, 1-888-334-2777, casapacifica.org/programs

Teenage Pregnancy and Parenting (TAPP) (provides case management to expectant and parenting teens) – City of Santa Maria only, (805) 922-2243, cacsb.org/low-income-assistance/health

Welcome Every Baby (personalized home visitation program for newborns and their families in Santa Barbara County, families that are already receiving follow-up visitations by another home health agency will not qualify) – All of Santa Barbara County, (805) 729-1593, sbceoportal.org/web/

San Luis Obispo County

Big Brothers/Big Sisters (provides adult mentorship for children facing adversity) – Services offered throughout San Luis Obispo County but based on availability of mentors, (805) 781-3226, slobigs.org

Car Seat Inspections (CHP offices) – Templeton (805) 434-1822, San Luis Obispo (805) 594-8700

Child Abuse Referral, Emergency Response (24 Hour Helpline) – All of San Luis Obispo County, (805) 781-KIDS (781-5437), or 781-1700, or (800) 834-KIDS, www.slocounty.ca.gov/Departments/Social-Services
Child Care Resource Connection (connects families with child care centers, licensed family child care homes, and after school programs in San Luis Obispo County) - South County (805) 474-2062 or (888) 727-2272, San Luis Obispo (805) 781-1618 or (805) 541-2272, North County (805) 226-3249 or (805) 461-6021 or (888) 727-2272, www.capslo.org/menus/find-child-care


Parent Connection of SLO County (provides parent education classes and resources for families) – Multiple locations throughout San Luis Obispo County, (805) 543-3700 sloparents.org

Pregnancy & Parenting Support of San Luis Obispo County (provides emotional support, educational and assessment services) – All of San Luis Obispo County, 805-541-3367, ppsslo.org/maternalwellness