

**ADDITIONAL RESOURCES IN FAMILY LAW:**

**24-HOUR CRISIS LINES:**

<b>Police Sheriff Medical emergency</b>		9-1-1
<b>Alcohol and drug abuse hotline</b>	Behavioral Wellness Access Line, Santa Barbara County	1-888-868-1649 (toll free)
<b>Child abuse hotline (if a child is in immediate danger, call 9-1-1)</b>	Child Welfare Services, County of Santa Barbara	1-800-367-0166 (toll free)
	Childhelp National Child Abuse Hotline	1-800-422-4453
<b>Domestic violence emergency shelter</b>	Santa Barbara area	1-805-964-5245 (24/7)
	Lompoc area	1-805-736-0965 (24/7)
	Santa Ynez Valley area	1-805-686-4390 (24/7)
	Santa Maria area	1-805-925-2160 (24/7)
<b>Mental health crisis Emergency psychiatric services</b>	Crisis and Recovery Emergency Services (C.A.R.E.S.), Behavioral Wellness Access Line, County of Santa Barbara	1-888-868-1649 (toll free)
<b>Rape Crisis Center hotline</b>	Santa Barbara area	1-805-564-3696 (24/7)
	Lompoc area	1-805-736-7293 (24/7)
	Santa Maria area	1-805-928-3554 (24/7)
<b>Suicide prevention hotline</b>	Behavioral Wellness Access Line, Santa Barbara County	1-888-868-1649 (toll free)
	California Suicide hotline	1-800-400-1572 (toll free)
	National Suicide Prevention Lifeline	1-800-273-8255 (toll free)
<b>YOUTH: Mobile crisis response</b>	Casa Pacifica’s Safe Alternatives for Treating Youth (SAFTY): 20 years and under	1-888-334-2777 (toll free) 8 a.m. – 8 p.m. 365 days/yr.

**ALCOHOL/ SUBSTANCE ABUSE / ADDICTIONS HELP:**

<b>211 Santa Barbara</b>	Referral to resources for health and human services, including drug/alcohol education, treatment, facilities and detox	2-1-1 <a href="https://211santabarbaracounty.org/substance-abuse/">https://211santabarbaracounty.org/substance-abuse/</a>  (24 hours/7 days a week)
<b>Al-Anon and Ala-Teen</b>	Help for families and friends of alcoholics	1-805-899-8302 1-888-425-2666

<b>Alcoholics Anonymous</b>	Find the right addiction treatment for you	1-805-962-3332 (South County) 1-805-925-3782 (North County)
<b>Council on Alcoholism and Drug Abuse (non-profit)</b>	Help in dealing with drug or alcohol problems	1-805-963-1433 (Santa Barbara area) 1-805-925-8860 (Santa Maria area)
<b>Fighting Back Santa Maria Valley (FBSMV)</b>	Home drug test kits for children	1-805-346-1774 (North County)
<b>Good Samaritan Shelter</b>	Withdrawal management and recovery treatment programs	1-805-347-3338 x102 (Santa Maria) 1-805-736-0357 x207 (Lompoc)
<b>Narcotics Anonymous</b>	County hotline 24/7	1-805-569-1288
<b>Project Recovery</b>	Treatment program and drug/alcohol testing	1-805-564-6057 (Santa Barbara area)
<b>Recovery Road</b>	Outpatient drug or alcohol treatment	1-805-962-7800 (Santa Barbara area)
<b>Request a Test</b>	Drug / alcohol testing	1-888-732-2348 (toll free)
<b>Santa Barbara Neighborhood Clinics</b>	Treatment for opiate use disorder	1-844-594-0343 (toll free) (South County)
<b>Santa Barbara Behavioral Wellness</b>	Prevention, intervention, screening, referral, outpatient and residential treatment	1-888-868-1649 (24 hours)
<b>Zona Seca</b>	Help regarding drugs, alcohol and domestic abuse	1-805-963-8961

#### ANGER / VIOLENCE HELP:

<b>Addiction Tree Counseling Services</b>	Court-approved batterer intervention/anger management program	1-805-623-2203 (Santa Maria area)
<b>Anger Management Specialists</b>	Court-approved batterer intervention/anger management program	1-805-242-2502 (County)
<b>Conflict Solutions Center of Santa Barbara County: YOUTH only</b>	Anger management for youth	1-805-963-6765
<b>Domestic Violence Solutions</b>	Support for persons with anger problems in their lives	1-805-964-5245
<b>Resilience Institute</b>	Court-approved batterer intervention/anger management program	1-805-699-5208
<b>Streets 2 Schools</b>	Court-approved batterer intervention/anger management program	1-916-629-3045

<b>Zona Seca</b>	Court-approved batterer intervention/anger management program	1-805-963-8961 (South County)
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**INDIVIDUAL / FAMILIES / YOUTH COUNSELING (REDUCED FEE OR SLIDING SCALE) HELP:**

<b><u>Child Abuse Listening Mediation (CALM)</u></b>	Individual counseling, support groups, parenting classes	1-805-965-2376 (Santa Barbara area) 1-805-741-7460 (Lompoc area) 1-805-614-9160 (Santa Maria area)
<b>Catholic Charities of Santa Barbara County</b>	Counseling for persons in Santa Barbara or Carpinteria only	1-805-965-7045 (Santa Barbara) 1-805-684-8621 (Carpinteria)
<b>Casa Pacifica</b>	Treatment for emotional or behavioral problems in adolescents	1-805-366-4040 (Santa Barbara area) 1-805-319-7502 (Santa Maria area)
<b>Community Counseling and Education Center</b>	Counseling, support groups, workshops and classes	1-805-962-3363
<b>Domestic Violence Solutions of Santa Barbara County</b>	Drop-in consultation, support groups, job and life skills coordination	1-805-964-5245 (Santa Barbara area) 1-805-736-0965 (Lompoc area) 1-805-925-2160 (Santa Maria area) 1-805-686-4390 (Santa Ynez Valley area)
<b>Elements Counseling Group</b>	Counseling for individuals, couples and families; youth empowerment workshops	1-805-349-2255 (North County)
<b>Family Service Agency</b>	Mental health counseling, relationship education, fatherhood education, school-based counseling	1-805-965-1001 (Santa Barbara area) 1-805-735-4376 (Lompoc area) 1-805-928-1707 x 132 (Santa Maria area)
<b>Family Therapy Institute</b>	Counseling for individuals, couples, families, children and group	1-805-882-2400 (Santa Barbara and Santa Ynez Valley areas)
<b>Hope Counseling Center</b>	Counseling from faith-based perspective	1-805-681-7384 (Santa Barbara area)
<b>Hosford Counseling &amp; Psychological Services Clinic at UCSB</b>	Individual, couple, family and group psychological treatment  Mind and Behavior Assessment Clinic	1-805-893-8064  <a href="mailto:mbac@education.ucsb.edu">mbac@education.ucsb.edu</a>
<b>Hospice of Santa Barbara</b>	Anticipatory grief care management; spiritual care and grief individual and group counseling	1-805-563-8820

<b>Jewish Family Service</b>	Counseling and support services without regard to religion, race, ethnicity or disability	1-805-957-1115
<b>La Casa de la Raza</b>		1-805-965-8581
<b>New Beginnings</b>	Individual, couples, family & group counseling; parenting and life skills education	1-805-963-7777
<b>VNA Health: Hospice</b>	Hospice, palliative and bereavement care; individual, family or group counseling	1-805-965-5555 (Santa Barbara County)
<b>Victim Witness Assistance Program, County of Santa Barbara District Attorney's Office</b>	Crisis intervention counseling related to a crime and court support	1-805-568-2408 (Santa Barbara County)

#### LEGAL SERVICES / CONFLICT RESOLUTION HELP:

<b><u>Court Administered Dispute Resolution (CADRe)</u></b>	Dispute resolution alternatives available in certain court cases	1-805-882-4661 (Santa Barbara County)
<b>Conflict Solutions Center</b>	Mediation: Parent-teen, landlord-tenant, business-related, neighbors; small claims mediation	1-805-963-6765 (Santa Barbara area) 1-805-349-8943 (Santa Maria area)
<b>Department of Child Support Services (DCSS), County of Santa Barbara</b>	Assistance in establishing parentage and establishing, modifying and collecting child support orders	1-866-901-3212 (toll free)
<b>Family Law Facilitator, Santa Barbara County Superior Court</b>	Free legal assistance for self-represented persons in family law	1-805-882-4660 (South County) 1-805-614-6442 (North County)
<b>Family Court Services, Santa Barbara County Superior Court</b>	Free custody/visitation mediation in Santa Barbara County court cases	1-805-882-4667 (South County) 1-805-614-6429 (North County)
<b>Lawyer Referral Service, Santa Barbara County Bar Association</b>	Referral to experienced lawyers	1-805-569-9400
<b>Legal Aid Foundation of Santa Barbara County</b>	Free legal assistance for low income persons in the areas of housing, domestic abuse, elder abuse, immigration	1-805-9653-6754 (Santa Barbara area) 1-805-736-6582 (Lompoc area) 1-805-922-9909 (Santa Maria area)
<b>Legal Resource Center, Legal Aid Foundation of Santa Barbara</b>	Legal assistance for self-represented persons in the completion of documents for various civil matters and infractions	1-805-563-3303 (Santa Barbara and Lompoc areas) 1-805-691-2457 (Santa Maria area)

<b>Long Term Care Ombudsman Services of Santa Barbara County</b>	Investigates and mediates complaints in nursing homes	1-805-967-0499
<b>Probate Facilitator, Santa Barbara County Superior Court</b>	Free legal assistance for self-represented persons in seeking conservatorship or guardianship of the person: NORTH COUNTY ONLY	1-805-614-6622 (North County only)
<b>Rental Housing Mediation Program, City of Santa Barbara</b>	Mediation of rental housing disputes in the following areas: City of Santa Barbara, City of Goleta, and City of Carpinteria	1-805-564-5420
<b>Santa Barbara County District Attorney Consumer Mediation Program</b>	Voluntary mediation of telemarketing, consumer/business, auto repair, home improvement and financial service complaints	1-805-568-2300 (Santa Barbara area) 1-805-346-7540 (Santa Maria area)
<b>UCSB / Community Housing Office</b>	Mediation service for rental complaints by UCSB faculty, staff and students	1-805-893-4371

**PARENTING CLASSES and INFORMATION:**

<b>Allan Hancock College</b>	Non-credit community education for parents	1-805-922-6966 (North County)
<b>Care Net of Santa Maria</b>	Free parenting classes	(805) 928-9285 <a href="https://www.carenetsm.com/free-services">https://www.carenetsm.com/free-services</a>
<b>Co-Parenting Essentials (COPE)</b>	Court-approved co-parenting classes	1-805-714-6200 (Santa Barbara County) <a href="http://www.coparentingessentials.com">www.coparentingessentials.com</a>
<b>Families Change</b>	Age appropriate information for kids, teens and parents regarding family break up	<a href="https://www.familieschange.ca.gov/">https://www.familieschange.ca.gov/</a>
<b>Family Service Agency</b>	Fatherhood education: Helps strengthen relationships with children and the other parent	1-805-965-1001
<b>Fighting Back Santa Maria Valley (FBSMV)</b>	Nurturing skills for families program	1-805-346-1774 (Santa Maria area)
<b>Parenting After Separation</b>	Free online course that helps parents to make informed decisions, putting their children's needs first	<a href="https://pas.familieschange.ca.gov/">https://pas.familieschange.ca.gov/</a>
<b>PEACE class, Santa Barbara County Superior Court</b>	Free 2-hour online class that is required in family law court cases with minor children	1-805-882-4626

<b>School of Extended Learning,</b> Santa Barbara City College	Parenting classes for parents of pre-kindergarten children	1-805-898-8137 (South County)
<b>Council on Alcoholism and Drug Abuse (CADA)</b>	Parenting classes and helpline to guide adolescents; support groups	1-805-456-1234 (helpline) 1-805-564-6057 Nurturing Parents classes 1-805-730-7575 General info.

**EMERGENCY HELP:**

<b>Catholic Charities of Santa Barbara County</b>	Emergency assistance for food, finances for rent and utilities, diapers, transportation, case management	1-805-965-7045 (Santa Barbara) 1-805-684-8621 (Carpinteria) 1-805-736-6226 (Lompoc) 1-805-922-2059 (Santa Maria)
<b>City of Santa Barbara</b>	"Basic Needs: Where Can I Get...?"	<a href="https://www.santabarbaraca.gov/civicx/filebank/blobdload.aspx?BlobID=33957">https://www.santabarbaraca.gov/civicx/filebank/blobdload.aspx?BlobID=33957</a>
<b>County of Santa Barbara, Community Services</b>	Housing resources	<a href="https://countyofsb.org/housing/resources.sbc">https://countyofsb.org/housing/resources.sbc</a>
<b>Good Samaritan Shelter</b>	Shelter for individuals and families without a home	1-805-736-0357 x207 (Santa Maria) 1-805-735-4390 (Lompoc)
<b>People Helping People</b>	Provides for the basic needs for people living in the Santa Ynez Valley, Los Alamos and related areas	1-805-686-0295 (Santa Ynez Valley and Los Alamos areas)
<b>Santa Barbara Salvation Army</b>	Residential programs for individuals without a home/ withdrawal management and treatment programs	1-805-962-6281 (Santa Barbara) 1-805-452-8073 (Santa Ynez Valley) 1-805-588-6571 (Lompoc) 1-805-349-2421 (Santa Maria)
<b>Transition House</b>	3 stages of supportive housing; family-centered supportive services	1-805-966-9668