

Lompoc Community Resources

Our communities are often rich in services we don't know exist, so we have to be proactive about asking for what we need and keep asking many different ways until we find someone who understands our need and can help us or refer us for help. If you ask for help and you don't get what you need, TRY AGAIN! No one is an all knowing "THEY", not even the computer. The internet is also a sea of amazing resources to aid you as you seek information to empower yourself. As you gather information to change your situation, be sure to share the resources you find with others who may also need this information. Withholding information is one of the greatest tragedies; it is free to share and has the power to change lives! We only become what we know exists! This is only a partial listing of resources out there. Also call 211 on your phone or visit <http://www.211santabarbaracounty.org/> for more resources and check out this city resource guide.

http://www1.cityoflompoc.com/departments/comdev/pdf/com_rsrce_guide.pdf

HEALTH

MEDICAL

- http://cosb.countyofsb.org/social_services/
- <https://www.coveredca.com/>
- <https://www.c4yourself.com/>
- <http://freeclinicdirectory.org>

DENTAL

- <http://freeclinicdirectory.org>

DRUG AND ALCOHOL TREATMENT/ COUNSELING

- <http://goodsamaritanshelter.org/treatment-2>
- 24-Hour Access Line (888) 868-1649
- Santa Barbara County Drug and Alcohol Program 805-681-5440
- <http://www.aa.org/>
- <https://www.na.org/>

TREATMENT EXPENSES

- <http://www.catholiccharities-sbc.org/programs/>

DISABILITIES

- See what services you might be eligible for through Department of Rehabilitation.
<http://www.dor.ca.gov/SantaBarbara/>
- Some high schools and colleges have a program called Workability. These programs are operated through Department of Rehabilitation and people who have been injured or hurt and can no longer perform their previous profession can often get money, resources, and accommodations to "retrain".
 - <http://se.sbceo.org/programs-services/workability/>
- Most colleges have a student service office for students

with disabilities. Those offices can help students with the entire college process, testing, accommodations, financial aid, etc. Below are some examples at local colleges.

- <http://www.hancockcollege.edu/lap/>
- <https://dsp.sa.ucsb.edu/>
- If you are not familiar with accommodations, ADA laws, or where to begin if you have disabilities, a good place to start are the organizations below. They also offer free trainings for Department of Rehab Clients.
 - <http://gwvsb.org/deptrehab/>
 - <https://www.pathpoint.org/services/employment>

HOUSING

HOMELESS RESOURCES/ EMERGENCY SHELTER

- shelterlistings.org
- homelessinamerica.com
- <http://goodsamaritanshelter.org/shelter-housing>

HOUSING PROGRAMS

- <https://hacsb.org>

WORK EXCHANGE HOUSING PROGRAMS

- <https://www.workaway.info/>
- <https://www.helpx.net/>
- <https://wwofinternational.org/>
- <https://www.volunteer.gov/>

BILL PAYING ASSISTANCE/ UTILITY DISCOUNT PROGRAMS

- <http://www.needhelppayingbills.com>
- <http://www.catholiccharities-sbc.org/programs/>
- <http://www.cacsb.org/low-income-assistance/energy-payment-services>

FREE/ LOW COST TECHNOLOGY

CELL PHONES

- <https://www.lifewireless.com/>
- <https://www.accesswireless.com/lifeline>
- <https://www.safelinkwireless.com>

LAND LINES

- <http://www.cpuc.ca.gov/lifeline/>

COMPUTERS

- <http://partners.sbceo.org/programs/computers-for-families/>

INTERNET

- <https://www.cox.com/aboutus/connect2compete/low-cost-internet.htm>

FREE CLOTHING AND HOUSEHOLD SUPPLIES

- <http://www.childrensresourcenetwork.org/the-teens-closet.htm>

FOOD

MID COUNTY – BUELLTON, LOMPOC, LOS ALAMOS, SOLVANG

GROCERY DISTRIBUTION				
Los Alamos	Address	Phone #	Distribution Day	Time
People Helping People - Creekside Village	260 Gonzales Dr.	686.0295	Every other Thurs	10:00am – 11:00am
Solvang	Address	Phone #	Distribution Day	Time
People Helping People	Santa Ynez Mission	686.0295	Every other Thurs	11:00am – 12:00pm

FOOD PANTRIES				
Buellton	Address	Phone #	Distribution Day	Time
Buellton Senior Center (behind post office)	164 W Hwy 246	688.4571	Mon – Fri	9:00am – 3:00pm
Lompoc	Address	Phone #	Distribution Day	Time
New Hope Christian Church	213 N. J St	819.0441	Wed	11:00am – 3:00pm
Catholic Charities	329 N. 2 nd St	737.4140	Mon – Fri	10:00am – 12:00pm 12:30pm – 3:30pm
Coast Valley	125 N. C St (parking lot)	735.7525	1 st and 3 rd Thurs	10:00am – 12:00pm
Lompoc Foursquare Church	125 N. C St	736.2772	Mon / Dinner to go & lunch for next day	5:00pm – 6:00pm

PREPARED HOT MEALS				
Lompoc	Address	Phone #	Distribution Day	Time
Nazarene	500 E North Ave	736.6415	Sun	4:00pm – 5:00pm
Foursquare	125 N C St	736.2772	Mon	4:00pm – 5:00pm
St. Timothy	403 N J St	736.6220	Tues	5:00pm – 5:45pm
Bethany Lutheran	135 S E St	736.8615	Wed	12:00pm – 1:00pm
First Baptist	220 W Cypress	736.7110	Thurs	5:00pm – 5:45pm
La Purisima	213 W Olive	735.3068	Fri	5:00pm – 5:45pm
New Life Christian	816 N C St	736.9826	3 rd Sat	5:00pm – 6:00pm

MOBILE FOOD PANTRIES				
Lompoc	Address	Phone #	Distribution Day	Time
Santa Rita Village	926 W. Apricot Ave	736.8877	4 th Wed	10:30am
First United Methodist Church	925 N. F St.	736.1271	3 rd Mon	3:00pm

MOBILE FARMERS MARKET				
Buellton	Address	Phone #	Distribution Day	Time
Church at the Crossroads	236 La Lata Dr	688.3075	2 nd Wed	12:00pm
Lompoc	Address	Phone #	Distribution Day	Time
New Hope Christian Church	213 N. J St	736.4115	4 th Tues	12:00pm

<http://lompocfoodpantry.org/>

VETERANS

- <http://www.hancockcollege.edu/veterans/index.php>
- County Veteran's Office
 - <https://www.countyofsb.org/ttcpapg/vets/index.aspx>
- Job Assistance and Links just for Veterans
 - <http://www.showyourstripes.org/>
 - Military.com
 - <http://www.acp?usa.or>
- Goodwill
 - <http://gwvsb.org/vetservices/>
- 211 Resource Guide for Veterans
Curated by Jamie Beck @ www.careervisionbyjamie.com

- <http://www.211santabarbaracounty.org/wp-content/uploads/2017/10/WEBVeterans-Family-Resource-Guide-1.pdf>

TEENS

- Youth Resource Guide
 - <http://www.211santabarbaracounty.org/wp-content/uploads/2017/08/211-South-Coast-Youth-Resource-Guide-Aug04.pdf>
- If you are a teen, check out all these resources and see if you qualify. They offer Job Shadowing, internships, Job training, interview clothes, transportation, and much more!
 - <https://www.pathpoint.org/services/youth-networked-services/>
 - <http://www.cacsb.org/low-income-assistance/teens-young-adults/>
 - <http://www.cacsb.org/low-income-assistance/youth-employment>
 - https://pshhc.org/programs/resident-services/educational_programs.html
- Youth Shelter
 - <https://www.ciyxca.org/youthandfamilyservices/noahs/>
- Foster Care Support
 - <https://fcni.org/education-support>

TRAINING PROVIDERS

- Apprentices Programs pay you while you learn. They have cosmetology, construction, plumbing, welding, social media, and so much more. Check out all their programs so you can start working and getting paid right away and learn as you go! Many apprentices join the union after and have a long and stable career. Compare and contrast this option with your local community college programs and technical schools and decide what is best for you.
 - <https://www.dir.ca.gov/databases/das/aigstart.asp>
- Goodwill is a WIA approved training provider offering some employment training services.
 - <http://gwvsb.org/workforce/>

CERTIFICATIONS

Food Handling

- <https://countyofsb.org/phd/ehs/food-safety-certification.sbc>

CPR/ FIRST AID/ BABYSITTING/ WATER SAFETY

- <https://www.lusd.org/domain/990>
- <https://www.cprtrainingsb.com/>
- <http://recreation.sa.ucsb.edu/classes-events/gaucho-rec/certification-classes>

ESL/ LITERACY PROGRAMS

- <https://www.lusd.org/domain/991>
- http://www.hancockcollege.edu/community_education/noncredit-esl.php
- <https://www.centralcoastliteracycouncil.org/>
- https://pshhc.org/programs/resident-services/educational_programs.html

GED

- If you need your GED, check several programs as costs vary widely but you should be able to find help preparing for it and taking it for free or very low cost.
 - <https://www.lusd.org/domain/1064>
 - http://www.hancockcollege.edu/community_education/ged.php

COLLEGE/ FINANCIAL AID/ FEE WAIVERS

- College Applications, Test Prep, Financial Aid Assistance
 - <http://www.calsoapsb.org/>
- College does not have to be expensive. You have to find the right program and the right person, and the right application and you should be able to achieve your goals. Everyone should apply for the FASA through this website if they plan to access training via an educational institution. <https://fafsa.ed.gov/> There are many scam sites out there, be sure you only access the one ending in gov.
- Scholarships
 - www.sbscholarship.org
- Be sure to apply for all of the scholarships on campus and sign up for programs like EOPS, EOP, SAIL, etc. which offer additional support and aid for low-income first-generation students. Here are some local examples of these programs. Check your colleges for like programs.
 - <http://www.sbccc.edu/eopscare/>
 - <http://www.hancockcollege.edu/eops/>
 - <http://ondas.ucsb.edu/>
- Check with various programs on campus that also cater to adult re-entry students, women, students with disabilities, foster care youth, students with children, etc. as there are additional financial programs and support systems for these populations.
- At some colleges if you are over 60, you can obtain a fee waiver to attend school. You can also get fee waivers if your parents died in the line of service, if you are a victim of a terrorist attack or human trafficking, etc. Check with financial aid for a fee waiver list to see if you qualify.
 - <https://www2.calstate.edu/attend/paying-for-college/csu-costs/tuition-and-fees/fee-waivers/Documents/Fee-waivers-Guide.pdf>
- Many employers offer tuition reimbursement including places like colleges and universities themselves. At colleges and universities, you can often even transfer your tuition reimbursement to family members. Some employers will only offer tuition reimbursement if you agree to sign a contract that you will stay with them for a certain length of time; otherwise you repay the loan.

FREE ONLINE LEARNING

- <https://www.coursera.org/>
- <https://www.edx.org>
- <https://www.canvas.net/>
- www.openculture.com
- <http://www.khanacademy.org>
- <http://www.gcflearnfree.org/>
- <https://www.udacity.com>
- <https://www.instructables.com/>

FINANCES

- STUDENT LOAN CONSOLIDATION

- <http://www.loanconsolidation.ed.gov/>

UNEMPLOYMENT RESOURCES/ EMPLOYMENT ASSISTANCE CENTERS

- http://cosb.countyofsb.org/social_services/default_rt.aspx?id=46350
- <https://www.caljobs.ca.gov/vosnet/Default.aspx>
- EDD. 1133 North “H” Street, Suite F
- Workforce Resource Center 614-1550 1410 South Broadway

CHILD CARE

- <https://www.sbfcc.org/>

CRIMINAL RECORDS

- Tattoo removal
 - <https://www.capslo.org/departments/Health-and-Prevention/page/liberty-tattoo-removal.html>
- REENTRY PROGRAMS
 - <http://gwvsb.org/2ndchance/>
- Expungement
 - <https://www.countyofsb.org/defender/expungments.sbc>
- Felon Friendly Employers
 - <http://www.jailtojob.com/companies-hire-felons.html>
 - <https://helpforfelons.org/jobs-for-felons-california/>

LEGAL AID

- <http://www.lafsb.org/>
- <http://www.sbcourts.org/sh/lrc/index.shtm>

SENIOR RESOURCES

- <http://www.centralcoastseniors.org/senior-connection/resources/publications/>
- <http://www.cacsb.org/low-income-assistance/senior-nutrition>

SPEAKING PRACTICE

- www.toastmasters.org

FLEXIBLE/ WORK FROM HOME / TELECOMMUTE SITES (always do your research)

- <http://www.flexjobs.com>

SELF EMPLOYMENT RESOURCES

- <https://www.wevonline.org/>
- <https://www.lompoc.com/business-start-up-checklist.pdf>
- <https://santabarbara.score.org/>
- <http://www.sbcountysbdc.org/>
- http://www.hancockcollege.edu/academic_departments/business/entrepreneurship/documents/48562-Entrepreneurship-proof%202.pdf

ADDITIONAL INCOME IDEAS

- www.Teacherspayteachers.com
- <https://www.fiverr.com/>
- <https://www.thumbtack.com/>
- <https://www.instacart.com>
- If you enjoy learning about other cultures, check with your local universities and high schools to see if you can host an exchange student, monthly stipends can be up to \$1500 per student.
- Most all cities offer classes through parks and recreation. You don't have to be a professional or credentialed, just skilled in what you are teaching to the population you are serving. You can look at the parks and recreation site below for ideas of classes that are taught and approach various cities with your ideas and proposals. Remember to get proposals in months in advance as they print the catalogues early for preregistration.

INTEREST SPECIFIC ONLINE JOB SEARCH SITES

- idealist.org NON PROFITS
- edjoin.org CALIFORNIA PUBLIC EDUCATION
- hercjobs.org CALIFORNIA COLLEGES AND UNIVERSITIES
- cccregistry.org CALIFORNIA COMMUNITY COLLEGES
- dice.com TECHNOLOGY BASED COMPANIES
- hcareers.com HOSPITALITY
- workinsports.com SPORTS

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