

Santa Barbara/ Goleta 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.

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

- 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.sbccc.edu/dsps/>
 - <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
- Homelessness Resource Appointments
 - Isla Vista Community Service District, 970 Embarcadero Del Mar, Isla Vista on Wednesday and Friday from 12:30-2:30pm
 - PATH Santa Barbara, 816 Cacique Street, Santa Barbara on Monday, Tuesday, Wednesday and Thursday from 8:30-10:30am
 - The Salvation Army, Hospitality House, 423 Chapala St, Santa Barbara on Wednesday from 1:00-2:00pm

HOUSING PROGRAMS

- <https://hacsb.org>

WORK EXCHANGE HOUSING PROGRAMS

- <https://www.workaway.info/>
- <https://www.helpx.net/>
- <https://www.woofinternational.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

- www.unityshoppe.org

FOOD

SOUTH COUNTY – SANTA BARBARA, GOLETA, ISLA VISTA, CARPINTERIA

GROCERY DISTRIBUTION				
Santa Barbara	Address	Phone #	Distribution Day	Time
Catholic Charities	609 E. Haley	965.7045	Mon – Fri	9:00am – 4:30pm
Unity Shoppe	110 W. Sola	965.4122	Mon – Fri	12:00pm – 5:00pm
New Life Church	50 W. Alamar	687.1116	3 rd Wed	3:00pm – 6:00pm
Grace Food Pantry	3869 State St.	687.2628	1 st , 2 nd , 4 th Sat	9:00am – 10:30am
Iglesia Bautista	736 W. Islay	896.8602	Every other Thurs	4:00pm – 6:00pm
Salvation Army	4849 Hollister Ave.	964.8738 x11	Call Marguerite or Major Phil	By Appointment
Salvation Army	4849 Hollister Ave.	964.8738	Last Thursday	5:00pm – 6:00pm
Goleta	Address	Phone #	Distribution Day	Time
Good Shepherd Pantry	380 N. Fairview	967.6101	1 st Sat	9:00am
Carpinteria	Address	Phone #	Distribution Day	Time
Catholic Charities	914 Walnut Ave.	684.8621	Mon – Fri	9:00am – 12:00pm
Isla Vista	Address	Phone #	Distribution Day	Time
Food for Angels Isla Vista	781 Embarcadero Del Mar	968.1280	Mondays	3:45pm – 4:30pm
Catholic Charities IV	6550 Picasso Rd.	968.1078	Thursdays	3:00pm – 4:30pm
PREPARED HOT MEALS				
Santa Barbara	Address	Phone #	Distribution Day	Time
Salvation Army	423 Chapala St.	962.6281	Mon – Sat (Breakfast) Sun – Dinner	7:30am 6:00pm
Santa Barbara Rescue Mission	535 E. Yananoli St.	966.1316	Daily	5:40am & 6:30pm
St. Brigid's Fellowship	976 Embarcadero Del Mar	685.5400	Mon	4:30pm – 5:00pm
MOBILE FOOD PANTRIES				
Santa Barbara	Address	Phone #	Distribution Day	Time
Lower Westside	520 Wentworth Ave	967.5741	1 st Tues	1:00pm
Franklin Community Center	1136 E. Montecito St.	967.5741	3 rd Tues	2:00pm
United Boys & Girls Club	5638 Hollister Ave. (behind Goleta Comm Cntr)	967.5741	4 th Thurs	3:00pm – 4:30pm
Carpinteria	Address	Phone #	Distribution Day	Time
St. Joseph's Church	1532 Linden Ave.	967.5741	1 st Wed	1:30pm – 3:30pm
MOBILE FARMERS MARKET				
Santa Barbara	Address	Phone #	Distribution Day	Time
Westside Community Center	423 W. Victoria	967.5741	Mon	1:00pm
Franklin Neighborhood Center	1136 E. Montecito	967.5741	Thurs	1:00pm
Lower Westside Ave	520 Wentworth Ave	967.5741	3 rd Tues	1:00pm
Carpinteria	Address	Phone #	Distribution Day	Time
St. Joseph's Church	1532 Linden Ave.	684.2181	3 rd Wed	1:30pm
Main Family Resource Center	5201 8 th St.	967.5741	4 th Wed	3:30pm

OTHER RESOURCES

- Brown Bag Program – For very low income seniors 60 and over. Contact: Eloise Chavez – 805.967.5741 x102
- CalFresh Information: 805.967.5741 x115
- 211 – Emergency Food Hotline Number, dial toll free for immediate assistance

VETERANS

- County Veteran's Office
 - <https://www.countyofsb.org/ttcpapg/vets/index.aspx>
 - Job Assistance Programs through
- 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
 - <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/>
- Youth Shelter
 - <https://www.ciymca.org/youthandfamilyservices/noahs/>
- Foster Care Support
 - <https://fcni.org/education-support>
- Paid work experience with City
 - <https://civicaweb.santabarbaraca.gov/gov/depts/parksrec/recreation/teens/jap.asp>

TRAINING PROVIDERS

- Apprentice 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>
- <http://www.sbccc.edu/extendedlearning/short-term-voc/servsafe.php>

CPR/ FIRST AID/ BABYSITTING/ WATER SAFETY

- <https://www.cprtrainingsb.com/>
- <http://recreation.sa.ucsb.edu/classes-events/gaucha-rec/certification-classes>

ESL/ LITERACY PROGRAMS

- <http://www.sbccc.edu/esl/>
- https://www.santabarbaraca.gov/gov/depts/lib/events/adult_literacy.asp

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.
 - <http://www.sbccc.edu/extendedlearning/ahs-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://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/>
- BANKRUPTCY WORKSHOPS
 - <http://riversidelegalaid.org/our?services/bankruptcy?workshops>

UNEMPLOYMENT RESOURCES/ EMPLOYMENT ASSISTANCE CENTERS

- Santa Barbara: 130 E. Ortega St, phone (805) 568-1296, M-F 8am-5pm
- <https://www.caljobs.ca.gov/vosnet/Default.aspx>

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

SENIOR RESOURCES

- <http://www.centralcoastseniors.org/senior-connection/resources/publications/>

INTEREST SPECIFIC ONLINE JOB SEARCH SITES

- idealists.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

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://santabarbara.score.org/>
- <http://www.sbcountysbdc.org/>

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.

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