



“New Beginnings is an essential partner in providing critically needed social services to our clients. They have made, and continue to make, meaningful improvements in the lives of our residents.”

*— Rob Fredericks, Executive Director & CEO
Housing Authority of the City of Santa Barbara*

How You Can Help

Donate by mail

Please make your check payable to:

New Beginnings
530 E. Montecito Street, Suite 101
Santa Barbara, CA 93103

Donate Online

Visit www.sbnbcc.org

Your donation is tax deductible as defined by law.

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Contact Us

New Beginnings

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Suite 101
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New Beginnings North County

Veterans & Safe Parking
Programs
3769 Constellation Rd., Suite B,
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rev050423

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**Changing Lives
One Person
at a Time**

About New Beginnings

New Beginnings is a non-profit community safety net organization that provides mental health counseling, housing assistance, and supportive services to low-income families and individuals throughout Santa Barbara County.

Our Mission

To provide quality, affordable counseling, shelter, case management, and education that strengthens our community and provides our clients with the ability to lead healthy and productive lives.

Our Vision

We strive to be recognized as a leading organization that meets the shifting needs of our community through our superior clinical training program and focused supportive services, delivering exceptional outcomes cost effectively.

“New Beginnings was truly the new beginning to a better life for our family.”

— Michael, former client and new home owner

PROGRAMS AND SERVICES

Counseling Center

At New Beginnings, we are able to meet with you on a personal, confidential basis and offer a sliding-fee scale. We maintain a commitment to serve, regardless of an individual's ability to pay for services.

Life Skills Parenting & Education Program

Covering a wide range of parenting issues and life skills training to enhance the ongoing development of clients toward the ultimate goal of independence, productivity, and self-determination. New Beginnings provides a space for clients to reflect on their own childhood and life experiences, and how those experiences influence their own relational patterns.

Safe Parking Program

In cooperation with numerous local churches, governmental and non-profit agencies, and businesses, New Beginnings provides safe overnight parking for individuals and families who are living in their vehicles and helps them to locate and transition into affordable housing throughout the county.

Supportive Services Program for Veterans and Their Families

To help end veteran homelessness within Santa Barbara County, New Beginnings strives to provide housing stability through short-term case management and financial assistance.



Everyone Deserves
a New Beginning

*“We now have a second chance.
We would highly recommend New
Beginnings to anyone in need of help.
They will not let you down.”*

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Life Skills Parenting Education Program



NEW BEGINNINGS

Life Skills Parenting & Education Program

New Beginnings' Life Skills Parenting & Education Program teaches critical hands-on parenting skills, mindfulness strategies, and overall life skills to more than 100 low-income families each year who need practical tools to establish and maintain stability in their home environments. For more than twenty years, this program has been offered at no cost through community centers and non-profit organizations that serve at risk youth, veterans and low-income individuals and families.

The Life Skills Parenting & Education Program consists of a series of culturally-based therapeutic and psycho-educational classes, offered in six, eight, or twelve week formats in both English and Spanish. The classes teach hands-on skills that help families and individuals define effective parental roles, end destructive behaviors, shift thinking, and develop new perspectives to improve their lives.

To request a group for your community organization, or for more information about the Life Skills Parenting & Education Program, please contact:

Kristine Gore

Program Coordinator, Life Skills Program

Tel. (805) 963-7777, ext.145

kgore@sbnbcc.org

www.sbnbcc.org



NEW BEGINNINGS

The Donald J. Willfong
Community Counseling Clinic



NEW BEGINNINGS

The Donald J. Willfong Community Counseling Clinic

At New Beginnings, we offer confidential psychological counseling and assessment services to more than 600 at-risk individuals and families in the greater Santa Barbara area each year. Experienced counselors are here to help clients explore life transitions, relationship issues, and a variety of concerns, including anxiety, depression, grief and loss, trauma, abuse, compulsive behaviors, substance use, job loss and stress, aging, isolation, and anger management. Many clients experience a significant reduction in overall distress after only eight sessions.

The clinic offers confidential individual, couples, family, youth, and group counseling services in both English and Spanish with masters and doctoral-level interns gaining hours for clinical licensure. We have trained hundreds of our community's seasoned clinicians and continue to provide a research-informed, evidence-based approach to preparing tomorrow's psychotherapists and psychologists in the field of mental health.

We are able to meet with you on a personal, confidential basis and offer a sliding fee scale. We maintain a commitment to serve, reflecting the individual's ability to pay for services.

To schedule a counseling appointment, please call the clinic at 805.963.7777 and dial 2.

For information about internships, supervision, or the counseling clinic in general, please contact:

Shana Burns, LMFT

Clinical Director

Tel. (805) 963.7777, ext. 155

sburns@sbnbcc.org

www.sbnbcc.org



NEW BEGINNINGS

Supportive Services for Veteran Families



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Supportive Services for Veteran Families

New Beginnings' Supportive Services for Veteran Families Program operates from a housing first model to help end veteran homelessness within Santa Barbara County. The program's goal is to help veterans attain housing stability through short-term case management and financial assistance. We serve those in danger of losing their housing and those who are homeless and need assistance in obtaining permanent, traditional housing.

Services Include:

- Short-term case management
- Housing counseling and placement assistance
- Temporary financial assistance for rental debts, security and utility deposits, and short term rental assistance

Basic Eligibility Requirements:

- A member of a veteran family, which can be a single veteran or a family in which the head of household or the spouse of the head of household is a veteran
- Gross household income must be at or below 50% of the area median income for household size
- A person who served in the active military, naval, or air service and was discharged or released there from under conditions other than dishonorable

For more information about the Supportive Services for Veteran Families Program, please contact:

Victor Virgen
Program Manager
Tel. (805) 963.7777, ext. 115
(cell) 805-450-9168
vvirgen@sbnbcc.org

www.sbnbcc.org



NEW BEGINNINGS

Safe Parking Program



NEW BEGINNINGS

Safe Parking Program®

New Beginnings' Safe Parking Program provides rapid rehousing case management and street outreach to the homeless and safe overnight parking to individuals and families living in their vehicles.

New Beginnings has operated the Safe Parking Program since 2004 in cooperation with numerous local churches, governmental and non-profit agencies, and businesses. We provide confidential, daily-monitored parking places for those who are living in their vehicles because they do not have sufficient income to provide for their basic need of affordable housing.

In addition to operating over 150 safe overnight parking spaces in north and south county Santa Barbara, the Safe Parking Program connects people without housing to services that will get them off the streets and into safer environments. Program staff offer case management, financial assistance, and housing navigation services to transition program participants and other unsheltered individuals into permanent housing and employment.

Once clients are housed, New Beginnings offers ongoing housing retention services to ensure their clients are successful in their new homes.

Current proof of valid driver's license, vehicle registration, and insurance are required for shelter participation. Rapid Rehousing Program participants must meet income eligibility limits.

For more information about the Safe Parking Program, please contact:

Cassie Roach

Safe Parking Programs Manager

Tel. (805) 963.7777, ext. 108

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