



*“New Beginnings Counseling Center 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 Counseling Center  
324 E. Carrillo St., Suite C  
Santa Barbara, CA 93101

### Donate Online

#### Visit [www.sbnbcc.org](http://www.sbnbcc.org)

Your donation is tax deductible as defined by law.

## We're Social

### Facebook

New Beginnings Counseling Center

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NBCCorg

## Contact Us

**New Beginnings Counseling Center**  
324 E. Carrillo Street, Suite C  
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[www.sbnbcc.org](http://www.sbnbcc.org)

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Changing Lives  
One Person at  
a Time



## About New Beginnings

New Beginnings Counseling Center is a non-profit mental health center that provides psychological counseling and supportive services to low-income families and individuals in the Santa Barbara community.

## 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 challenges, New Beginnings provides a space for parents to reflect on their own childhood experiences, and how those experiences influence their own parenting 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 Veteran 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.”*

[www.sbnbcc.org](http://www.sbnbcc.org)

The Donald J. Willfong  
Community Counseling Clinic



NEW BEGINNINGS  
COUNSELING CENTER

# 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 15% reduction in overall distress after only eight sessions.

The clinic offers confidential individual, couples, family 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, best-practice 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 option #1.

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

**Crystal Ramirez, PhD, MFT**

Clinical Director

Tel. (805) 963.7777, ext. 125

[cramirez@sbnbcc.org](mailto:cramirez@sbnbcc.org)

[www.sbnbcc.org](http://www.sbnbcc.org)



NEW BEGINNINGS  
COUNSELING CENTER

# Life Skills Parenting Education Program



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# 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 ten years, this program has been offered at no cost through community centers and non-profit organizations that serve at risk youth and low-income 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 parents define effective parental roles, end destructive behaviors, shift their 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:

**Anne Cravens**

Program Coordinator, Life Skills Program

Tel. (805) 963-7777 ext.135

[acravens@sbnbcc.org](mailto:acravens@sbnbcc.org)

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NEW BEGINNINGS  
COUNSELING CENTER

# Supportive Services for Veteran Families



NEW BEGINNINGS  
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# Supportive Services for Veteran Families

New Beginnings Counseling Center's 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 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 who 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. 107  
(cell) 805-450-9168  
vvirgen@sbnbcc.org

[www.sbnbcc.org](http://www.sbnbcc.org)



**NEW BEGINNINGS**  
COUNSELING CENTER



# Safe Parking Program



NEW BEGINNINGS  
COUNSELING CENTER

# Safe Parking Program

New Beginnings' Safe Parking Program provides case management and 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 130 safe overnight parking spaces, the Safe Parking program connects the chronically homeless to shelters and services that will get them off the streets and into safer environments. Program staff distribute more than 450 pounds of food each month and offer a rapid re-housing component that provides case management to transition program participants into permanent housing and employment.

Through the program, New Beginnings offers job tutoring, resume preparation and facilitates outside agency connections as needed to help participants gain employment or obtain government benefits. On a case-by-case basis, New Beginnings will write grants on behalf of clients to help them obtain cash assistance to pay for medical and dental expenses, and other costly, but life-changing assistance.

Current proof of valid driver's license, vehicle registration and insurance is required.

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

**Cassie Roach**

Program Manager and Senior Case Manager

Tel. (805) 845.8492

[croach@sbnbcc.org](mailto:croach@sbnbcc.org)

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