

About the Counseling Center:

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 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.

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Kaitlyn Barriere

Intake Coordinator
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www.sbnbcc.org

Donald J. Willfong
Community Counseling
Center

We'll Get You the Care You Deserve!

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- Counseling is available in English and Spanish
- Therapy can be on a short-term or long-term basis
- Group therapy is offered as standalone or in combination with individual counseling
- Counselors can see you in-person at our center downtown or virtually through our telehealth (video) platform
- Our diverse team represents all ages and backgrounds, so we'll assign you a counselor based on your preferences

Counseling appointments are available Monday through Friday from 9:00 AM to 8:00 PM and on Saturday and Sunday depending

on
counselor availability.



Affordable Sliding-Fee Scale We offer you an affordable rate based on your income and other financial circumstances. We have never turned anybody away from our services due to an inability to pay.

How to Enroll?

Contact our Intake Coordinator by phone to complete your intake appointment. We will then match you with a counselor.

(805) 963-7777 x206

counseling@sbnbcc.org

Our Impact

Our Counseling Center has been in the community for more than 50 years and serves as one of the primary low-cost mental health centers in our community.

We provide mental health services to approximately 600 people annually.

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

Life Skills Program

Our Life Skills Parenting and Education Program serves as an extension of our clinic and teaches hands-on skills, mindfulness strategies, and overall life skills to those who need practical tools to establish and maintain stability.

We offer groups to community members and to individuals receiving services from our community partners. We offer a variety of groups including groups for young parents, women, veterans, and individuals seeking assistance with managing anger, anxiety and depression.

Please contact our Life Skills Program Intake Coordinator if you are interested in joining a group. To request a group for your community organization, please contact our Life Skills Program Coordinator, Kristine Gore, at (805) 963-7777 x145 or at kgore@sbnbcc.org.

