During the earlier days of the pandemic, New Beginnings focused on addressing food insecurity and set up a bi-weekly food distribution site for four months. We also moved approximately 50 medically-vulnerable clients into motels and continued to operate all of our programs. For our counseling center, we transitioned all of our clients to our telemental health platform, met all fee reduction requests associated with job loss, and offered our services at no charge to first responders.

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Del was in awe as the apartment was larger than one he had ever lived in. He had never been in a place that members volunteered on multiple occasions to ensure he would thrive in his new home. One of our staff members visited him on multiple occasions to ensure he was thriving in his new apartment. He was in awe of how much the apartment was larger than one he had ever lived in. After moving in, one of our staff members visited him on multiple occasions to ensure he was thriving in his new home. Del spent hours talking to our staff member about his experience serving in the military and about his life. We are grateful that we could help Del at such a vulnerable moment in his life and ensured he is safe and has shelter. We wish him the best and are appreciative we could serve a WW2 and Korean War veteran.
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Del was in awe as the apartment was larger than one he had ever lived in. He then went on to tell our staff members about his experience living in the apartment. “I am so grateful that we could help him get back to a comfortable standard in his life and have enough space to move around. We are so happy and grateful that we could help David live in a bigger home and Del’s story.”

In the past year...

July 1, 2019 - June 30, 2020

1,566

Board members helping staff distribute food to our senior clients.

23,007

In the past year... clients were served across our four programs.

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Thank you for your generosity and partnership!

Jasmine’s Story – Life Skills & Counseling

Jasmine is eight months pregnant and lives in a group home for pregnant women. She enrolled in our Life Skills Counseling program, which focuses on helping pregnant women develop the skills and confidence they need to successfully transition to motherhood.

Jasmine has a history of multigenerational trauma and has been incredibly anxious about the damage she could potentially inflict on her child. Before joining the parenting group, Jasmine was fearful that she would not be a good mother. However, since joining the group, she has learned coping strategies that have helped her reduce her anxiety and address the trauma she has experienced in her life. Jasmine believes that she has a lot to offer other expectant mothers and has volunteered to help others who are experiencing similar challenges.

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600 clients were served in our Safe Parking Program.

The Safe Parking Program at New Beginnings is a unique and innovative program that provides temporary overnight shelter for homeless individuals through agreements with local businesses.

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14 Volunteer Clinical Supervisors

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Del was in awe as the apartment was larger than one he had ever lived in before. He was in tears and would not stop thanking us for helping him. Del is an amazing veteran who served his country with honor. Our staff members have their own stories about the amazing people who live in Santa Barbara. We wish we could help each of them achieve a sustainable and secure future. Del was one of the sweetest men you’ll ever meet and spent hours talking to our staff member about his experience serving in the military and about his life. We are grateful that we could help Del at such a vulnerable moment in his life and wish him the best. We are appreciative we could help serve a WW2 and Korean War veteran.

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Jasmine’s Story – Life Skills & Counseling

Jasmine is eight months pregnant and lives in a group home for pregnant women. She enrolled in our Life Skills Parenting and Education Program, which New Beginnings offers at no charge to women living in the group home. Jasmine has a history of multigenerational trauma and has been incredibly anxious about the damage she could potentially inflict on her child. Before joining the parenting group, Jasmine was fearful that she would not be a good mother. However, since joining the group, she has made incredible progress and has learned coping strategies that have helped her reduce her anxiety and address the trauma she has experienced in her life. Jasmine knows that she has a long road ahead of her, but she is committed to taking steps towards a healthy attachment and the best life for her and her baby.
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36 Volunteer Counselors
14 Volunteer Clinical Supervisors

Jasmine’s Story – Life Skills & Counseling

Jasmine is eight-months pregnant and has been in a group home for pregnant women. She enrolled in our Life Skills Parenting and Education Program, which New Beginnings offers at no charge to pregnant women and their families. A trained counselor provides support and encouragement as Jasmine works to establish healthy attachment with her baby. Before enrolling in the parenting group, Jasmine was fearful that she would not be a good mother. However, since joining the group, Jasmine has made incredible progress and has learned coping strategies that have helped her reduce her anxiety and address the trauma she has experienced in her life. Jasmine knows that she has a long road ahead of her, but she feels more confident and better able to parent her child and is more prepared to address the challenges of being a mother.

*Name has been changed to protect client confidentiality.

1,813 meals were distributed to 201 of our clients from March to July.

600 clients were served in our Safe Parking Program

277 Veterans and their families were served through our Supportive Services for Veteran Families (SSVF) Program.

$581,325 was provided in temporary financial assistance to house people in the Safe Parking or SSVF programs this past year - a 51% increase over last year.

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Jasmine’s Story – Life Skills & Counseling

Jasmine, 8 months pregnant, and her husband in a group home for pregnant women, enrolled in our Life Skills Counseling Program to stabilize her life. In the beginning, it was a struggle to adjust to living in the group home, and she felt isolated from friends and family. However, through the programs offered at the group home, she was able to learn life skills and improve her self-esteem and confidence. Her posture improved, her attitude changed, and her ability to communicate with others improved. Jasmine learned coping strategies that helped her maintain a positive outlook and helped her feel empowered to take charge of her life. Jasmine learned that she has a lot to be thankful for, and she is now working hard to improve her life and stop the multigenerational cycle of trauma.

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