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Warren is a retired painting contractor and entrepreneur who became homeless after the home he had been renting for 23 years was sold to a new owner. Having lost much of his savings to unexpected medical expenses and other personal circumstances, Warren had trouble finding a new home he could afford with his income and began living in his van. During the pandemic, Warren eventually moved into a hotel and began working with one of our Safe Parking case managers. During this time, Warren shared how important it is for people in his situation to have a purpose. Warren found his purpose by taking Zoe (his 80-pound service dog) to the park each day and by visiting his quadriplegic friend in a nursing home. After several months New Beginnings helped secure a unit for Warren, advocated for his tenancy, and provided temporary financial assistance to help pay for the security deposit and other expenses. Our case manager orchestrated the entire move for Warren, even helping to set up an antique bed and all of the electronics. Warren is in awe of the service he received from our agency and feels fortunate to have found his forever home, which includes an outdoor patio for Zoe. He looks forward to receiving ongoing support from his case manager and continuing to find purpose in his life.

In the past year...
July 1, 2020 - June 30, 2021

25,561 case management and counseling hours were provided by our clients across the agency, promoting independence, well-being and self-sufficiency.

205 clients were served
1,640 clients were served
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In the past year...

July 1, 2020 - June 30, 2021

- 1,640 clients were served
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372 

clients were housed or prevented from eviction across our housing programs.

$1,102,968 was provided in temporary financial assistance to house people in the Safe Parking and Veterans programs this past year, an 89% increase over last year.

190 

clients were housed or prevented from eviction across our housing programs.

464 

clients were served in our Safe Parking Program.

65 

community members were served through our Life Skills Parenting & Education Program.

6 volunteer counselors

6 volunteer clinical supervisors

65 low-income families and individuals received mental health services from our Isolation Support Group.

75 medically vulnerable clients were moved into motels and transitioned into permanent housing.

464 clients were served in our Life Skills counseling program, a 34% increase over last year.

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Jennifer’s Story – Life Skills & Counseling

Prior to becoming a New Beginnings’ Life Skills client, Jennifer* was struggling with feelings of social isolation. She had medical vulnerabilities that prevented her from leaving her home. She was starting to develop symptoms of depression and anxiety. She was referred to New Beginnings by a local hospital. She was initially placed into a Life Transitions Group. She later joined the New Beginnings support group because it allowed her to share her challenges with others. The group has provided her with a sense of community through discussions and support. She has reported that the group has been “a life changer” because it showed her that others are going through similar challenges.

Jennifer joined our Isolation Support Group, which has since morphed into a Life Transitions Group. She has reported that the group has been “a life changer” because it showed her that others are going through similar challenges. She feels like she can talk about anything without being judged and has a stronger sense of connection to the community. She feels like her voice counts and has found the momentum to apply what she has learned to improve her life. Jennifer’s mental health has improved dramatically, and she looks forward to continuing to make positive changes in her life.

*Name has been changed to protect client confidentiality.

65 community members were served through our Life Skills Parenting & Education Program.

26 Volunteer Counselors

27 low-income families and individuals received mental health services from our Isolation Support Group.

6 Volunteer Clinical Supervisors

NEW BEGINNINGS helps build a stronger, more resilient community by ensuring that anyone can access quality, affordable mental health care and by providing supportive housing and transition opportunities to individuals, families, and veterans experiencing homelessness.

We continue to expand our impact each year as the need for our services grows. Please consider supporting our work by making a tax-deductible donation today. With your support, we will continue to grow and provide more opportunities for our neighbors to thrive!

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Jennifer’s Story – Life Skills & Counseling

Prior to becoming a New Beginnings’ Life Skills client, Jennifer* was a life changer for the group because she lived without any real boundaries. She had been an American veteran and had a history of mental health issues. She joined our Isolation Support Group and has since morphed into a Life Transitions Group. She reported that the group was “a life changer” because it showed her that she was not alone in the community. She was starting to develop symptoms of depression and was starting to become anxious and uncomfortable in her environment. She found the group to be very helpful in managing her symptoms and in applying new strategies to her own life. Jennifer* has been changed to protect client confidentiality.

Our Programs

Donald J. Willfong Community Counseling Center
Life Skills Parenting and Education Program
Safe Parking Shelter and Rapid Rehousing Program
Supportive Services for Veteran Families Program

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Jeff’s Story – Veteran Services

When Jeff, a Marine veteran, was in his late twenties, he had it all – a family, a nice home, fancy cars, and a solid career as an accountant and country radio DJ. Unknown at the time, Jeff started struggling with symptoms associated with schizoaffective disorder. He began experiencing intense mood swings and feelings of paranoia. Jeff started self-medicating by drinking, eventually losing everything. Jeff hit rock bottom and became homeless in 2015 in Santa Barbara. It was during this time that he finally received his diagnosis and began medical treatment. As Jeff’s mental health improved, he formed a plan to better himself. In early 2020, Jeff finally succeeded and moved into an apartment at Johnson Court, the all-veteran housing development managed by the City Housing Authority. The case management services Jeff received was so beneficial, he began volunteering at the agency to help others. Jeff is an excellent example of what can happen when someone is given the opportunity to better themselves. He wishes to become a cybersecurity specialist for a social service agency and eventually move out of the Johnson Court property so another veteran in need can take his place. He says he wouldn’t be where he is today without the generosity of the Santa Barbara community.

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New Beginnings – 420 East Carrillo Street, Santa Barbara, CA 93101
805.963.7777 x121
www.sbnbcc.org
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26 Volunteer Counselors

6 Volunteer Clinical Supervisors

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