New Beginnings Counseling Center (NBCC) is a non-profit community agency that provides mental health counseling and supportive housing services to low-income families and individuals. Our mission is to provide quality, affordable counseling, shelter, case management, and education that strengthens our Santa Barbara community and gives our clients the means to lead healthy and productive lives.

324 East Carrillo Street, Suite C, Santa Barbara, CA 93101
805.963.7777 x112  gforrester@sbnbcc.org  www.sbnbcc.org

Nick, a 28 year old army veteran, was unemployed and recently expelled from the apartment he shared with the mother of his child. Homeless with no safe place to live, Nick was referred to New Beginnings’ Supportive Services for Veteran Families (SSVF) program. Right away his SSVF case manager reserved him a bed at a local shelter. He qualified for Department of Social Service (DSS) assistance—only a couple hundred dollars a month in unemployment and less than $100 in food stamps. With his case manager’s help, he applied for subsidized housing and searched for employment suited to his skills and experience, and promptly found a full-time job in security that more than doubled his income. After a few months on the job, he was able to secure a reduced child support payment making it easier to save for his security deposit on a subsidized housing unit. He moved into his own studio with his daughter and joined the veteran network to support his growth.

In the past year, several New Beginnings staff at our celebrating 50 years of service with Harrison Ford, September 2018

In the past year...

1,733 clients were served across New Beginnings four programs.

18,292 case management and counseling hours were provided to our clients.

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In the past year...

Becca is a disabled senior living on a fixed income of less than $1,000 per month and often affected by depression, anxiety, and PTSD. Originally joining a friend in the Safe Parking Program® who resided in an RV, staff connected her with physical and mental healthcare and subsidized housing waitlists. Sadly, when Becca’s friend suddenly passed away last May, staff ensured her access to grief counseling and social services. Despite support, Becca’s mental health rapidly deteriorated, she lost touch with the program and we feared the worst.

Remarkably, in a few months she returned to the Safe Parking Program® where she reunited with her support system and quickly regained her health. After years of instability, she was able to access subsidized housing and maintained her connection to mental health services. Through County Housing Authority, the Safe Parking Program® was able to facilitate a fresh start—her own home.

Today, Becca is settling in to her new home and a warm bed at night. The anger and despair she had subsided and her spirit is now more positive and even joyful.

While his case manager held, he applied for subsidized housing and searched for employment suited to his skills and experience, and promptly found a full-time job in security that more than doubled his income. After a few months on the job, he was able to secure a reduced child support payment making it easier to save for his security deposit on a subsidized housing unit. He moved into his own studio with his daughter and joined the veteran network to support his growth.

His daughter is able to now stay with him as he has a permanent safe place to live.
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In the past year...
NEW BEGINNINGS COUNSELING CENTER provides counseling, shelter and assistance to veterans and vulnerable members of our community.

Your support helps change lives, one person at a time, through:

• Low cost counseling
• Access to healthcare and benefits
• Housing assistance
• Safe parking for the homeless

Today, please consider a tax-deductible donation. Simply fill out the attached envelope or donate online at www.snbcc.org/help-nbcc

Thank you for your generous, life-changing support.
144 clients were housed or prevented from eviction across all of our programs.

529 clients were served in our Safe Parking Program® for persons living in their vehicles.

21% of our Safe Parking clients were over the age of 65.

61% of our veterans clients reside in North County.

39% of our veterans clients reside in South County.

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

$272,263 was provided in temporary financial assistance to house people in the Safe Parking and SSVF programs this past year—91% increase over last year.

When Diego came to New Beginnings, he was engulfed in deep depression. After a serious work injury, he lost his career in construction and was unable to enjoy his beloved long bike rides up Gibraltar Road. He started drinking to cope with his hopelessness. While his wife was pleased to support their family financially, Diego continually argued with her. Some days he didn’t get out of bed, wondering if his family would be better off without him.

Realizing his destructive dark thoughts could end his life, Diego reached out for help. He is processing grief about his career loss and considering fresh ideas for reentering the workforce. Now, Diego finds joy in cooking to feed his family and in creativity. He walks every day outdoors, focusing on gratitude.

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Today, Becca is settling in to her new home and a warm bed at night. The anger and despair have subsided and her spirit is now more positive and even joyful.

In the past year...

1,733 clients were served across New Beginnings’ four programs.
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In the past year, several New Beginnings staff at our Celebrazing 50 Years of Service with Harrison Ford, September 2018

1,733 clients were served across New Beginnings four programs.

18,292 case management and counseling hours were provided to our clients in the past year promoting independence, well-being and self-sufficiency.

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jessie.carlile@newbegins.org 805.963.7777
www.sbnbcc.org

In the past year...
144 clients were housed or prevented from eviction across all of our programs.

259 clients were served in our Safe Parking Program® for persons living in their vehicles.

$272,263 was provided in temporary financial assistance to house people in the Safe Parking Program® and SSVF programs this past year – a 91% increase over last year.

529 clients were served in our Safe Parking Program® for veterans living in their vehicles.

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

21% of our Safe Parking clients were over the age of 65.

61% of our veteran clients reside in North County.

39% of our veteran clients reside in South County.

30 Volunteer Counselor Interns

12 Volunteer Licensed Supervisors

61% of our veteran clients reside in North County.

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When Diego came to New Beginnings he was engulfed in deep depression. After a serious work injury, he lost his career in construction and was unable to enjoy his beloved long bike rides up Gibraltar Road. He started drinking to cope with his hopelessness. His wife was pleased to support their family, but it was hard to support her. Some days he didn’t get out of bed, wondering if the family would be better off without him. Realizing his destructive dark thoughts could end his life, he reached out for help and was matched with a counselor for nearly a year. He is processing grief and learning to cope with it. Now, Diego finds joy in cooking to feed his family and exercise. He walks every day outdoors, focusing on gratitude.

61% of our veteran clients reside in North County.
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Diego's Story - Counseling Services

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