



# NEW BEGINNINGS

***Forge  
Your Path  
to New Beginnings***

**NEW BEGINNINGS  
COUNSELING CENTER**

**sbnbcc.org**

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# Help Us Fight Mental Illness and Combat Homelessness in Your Community

The Santa Barbara-based nonprofit, **New Beginnings**, is expanding throughout the county and offering its services to community members in Santa Maria, Lompoc, and other regions in Northern Santa Barbara County. We offer online counseling services, shelter for people living in their cars, and rehousing services for the vehicular homeless and for homeless veterans.



*"I have been homeless for 40 years. The day I found out I could move into a new home, I discovered I had cancer. I lost all hope and wanted to die. The staff at New Beginnings wouldn't allow it. I can't put into words what they mean to me. They are the most intelligent, passionate, and reliable people I've ever met. I now have my own home blocks away from my treatment center and know I have a whole team of people supporting me." —David*

## Community Counseling Center

For more than 50 years, our Community Counseling Center has served tens of thousands of individuals and families and has provided training to hundreds of our area's clinicians.

With 36 volunteer masters and doctoral-level counselors and 14 volunteer clinical supervisors, our counseling center provides high-quality, sliding-scale counseling, psychological assessment, and other mental health services to more than 600 people each year.



### SERVICES OFFERED

- We offer counseling services online through a videoconferencing platform. We offer individual, couples, family, youth, and group counseling.
- We have a sliding fee scale and will adjust our counseling fees based on people's income so that our counseling is affordable to all.
- We currently offer a COVID-19 Isolation Support Group, Anger Management Group, and Veterans Support Group. Check often for other group offerings!
- To schedule a counseling appointment or enroll in a group, please contact our Intake Coordinator at (805) 963-7777 x206 or [counseling@sbnbcc.org](mailto:counseling@sbnbcc.org)

## Life Skills Parenting and Education Program

Serving as an extension of our counseling center, our Life Skills Parenting and Education Program provides a series of, psychoeducational classes for low-income and at-risk families and individuals and helps them to break destructive cycles of behavior.

For nearly 20 years, the program has been offered at no cost at a growing number of area safety net organizations.

Currently, all of our groups are being offered via telehealth. Please contact our Life Skills Program Coordinator at [acravens@sbnbcc.org](mailto:acravens@sbnbcc.org) or at (805) 963-7777 x135 if you are interested in hosting or joining a group.



### CURRENT GROUPS

- Mindful Parenting Series
- COVID-19 Isolation Support Group
- Mindfulness Group
- Women's Empowerment Group
- Parenting Skills Group
- Dialectical Behavior Therapy-Informed Skills Group for Veterans

## Safe Parking Shelter and Rapid Rehousing Program

Our Safe Parking Program® provides shelter to more than 150 individuals and families each night in 26 monitored lots provided by local churches, businesses, and city and county offices in the greater Santa Barbara South County region.

Due to the growing number of people living in their vehicles in other parts of the county, New Beginnings is expanding the program into Lompoc, Santa Maria, and Orcutt this next year. We recently opened a new office in Vandenberg Village to support this expansion.



### HOW SAFE PARKING WORKS

The Safe Parking Program provides a safe place for people temporarily living in their vehicles to park each night. Our organization partners with the city, county, businesses, and faith-based organizations to repurpose their parking lots at night for the vehicular homeless. We employ case managers that help clients transition into traditional housing, secure public benefits, apply for jobs, and much more. Over the last 15 years, we have helped to house over 1,000 community members since the program started.

### CONTACT US IF YOU NEED HELP

If you are living in your vehicle and wish to request our services, please contact staff at our North County Office at (805) 430-8636.

## Supportive Services for Veteran Families (SSVF)

Since 2013, New Beginnings has also operated the leading program that rehouses or prevents eviction for homeless veterans and their families throughout Santa Barbara County.



Funded through the U.S. Department of Veteran Affairs, our **SSVF Program** provides case management, temporary financial assistance, and landlord engagement to end homelessness for veterans. We have provided our services to more than 1,000 veterans and their families. Once veterans are moved into housing, we provide ongoing wraparound services and support.

### SERVICES OFFERED

- Housing stability counseling
- Temporary financial assistance for rental debts, security and utility deposits
- VA benefit application assistance
- Housing search assistance



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## Here's How You Can Help!

### Landlords and Property Managers

If you are a landlord or property manager interested in partnering with us to provide long-term housing to our clients, please reach out to us by calling our Development Manager at **(805) 963-7777 x112**.



*Do we have a caption for this photo? "Food distribution"*

### Property Lot Owners

We are looking for community members who own parking lots and who would be willing to become partners in our Safe Parking Program. The lots are monitored, and New Beginnings indemnifies all lot owners against any liability. All of our clients are residents of Santa Barbara County, have a driver's license, vehicle insurance, and registration. For more information, please contact our North County Safe Parking office at **(805) 430-8636** or our South County Safe Parking office at **(805) 845-8492**.



*Board members distributing food*

### Philanthropic Community

Financial donations are greatly appreciated and allow us to continue operations and assistance to our clients. If you are a part of a local foundation, faith-based organization, social club, or other organization and can arrange for us to deliver a presentation to your group, we would be thrilled! Please contact our Development Manager at **(805) 963-7777 x112** for more details.

### Nonprofit Partners

Please help us spread the word that our counseling center can offer online counseling services to community members immediately at a rate they can afford. If you are interested in finding out how to partner with our agency, please call our Clinical Director at **(805) 963-7777 x125**.



### Want to Help Veterans?

We understand that many community members are passionate about helping veterans. If you are a community member or business owner interested in donating new or gently used appliances, furniture, or other household items, please contact our Development Manager at **(805) 963-7777 x112**.

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