

## Income Tax Preparation Assistance

- **The Volunteer Income Tax Assistance Program (VITA)** provides free tax assistance to people with a low to moderate income (generally < \$49,000/year) who are not able to prepare their own tax returns. To locate the nearest VITA site near you, visit <http://www.irs.gov/individuals/article/0,,id=219171,00.html> for a partial list or call (800) 906-9887.

## Legal Assistance

- The **California Victim Compensation Program (VCP)** can assist crime victims and their loved ones with expenses that result from certain violent crimes, including those related to medical, dental, mental health, relocation, funeral, home or vehicle modification, and job retraining needs, as well as income and support loss. Eligibility requires cooperation with law enforcement and VCP program staff. For more information, contact the Santa Barbara District Attorney's office at (805) 568-2400 or visit <http://www.countyofsb.org/da/VictimWitness/VWCompensation.asp>.
- The **Legal Aid Foundation** provides free legal assistance in critical civil matters to Santa Barbara county residents living at or below the poverty level, those facing language or disability barriers, and victims of domestic violence, among others. For more information, visit <http://www.lafsb.org/> or call (805) 963-6754.
- The **Legal Resource Center of Santa Barbara** helps residents of Santa Barbara County to complete civil-related legal/court documents and present their case to the court. This service is open to the public on a first-come, first-served basis for a \$10 fee. Everyone is assisted regardless of income and it is possible to apply for a fee waiver. For more information, visit <http://www.sbcourts.org/sr/> or call (805) 568-3303.

## Medical Services

- **Planned Parenthood** provides a range of free and low-cost educational and medical services focused on reproductive health, family planning, and contraceptive services, including Pap tests, breast exams, pregnancy testing and counseling, and testing and treatment for sexually transmitted infections and HIV. Planned Parenthood is located at 518 Garden Street in Santa Barbara. For more information, visit <http://www.plannedparenthood.org/> or call (888) 898-3806.
- **Prenatal Plus 2—Goleta** provides services for Santa Barbara County pregnant women (mostly in the middle income bracket) who are not eligible for MediCal and who have limited or no private insurance. Each eligible woman receives prenatal and other needed health care services during pregnancy. Newborn babies can receive health care up to the age of 2. Assistance with the application is provided. Prenatal Plus 2 is located at 110 Castilian Drive in Goleta. For more information, call (805) 685-4131 or (877) 814-1861 (toll free).
- **Santa Barbara Neighborhood Clinics** offer low-cost, easily accessible medical care in most specialties including family

practice, internal medicine, pediatrics, family planning and contraceptive services, gynecology, and immunizations. Screening services include blood pressure checks and free HIV testing during clinic hours. HIV and early intervention health care services also offered. Visit <http://www.sbclinics.com/index.html> to find a location near you.

## Shelter

- **Salvation Army Hospitality House** is a full-service transitional living center for single men and women that allows for extended stays of up to one year (two for eligible veterans). Services are also available to non-residents and include sack lunches, shower and restroom facilities, hygiene kits, clothing vouchers, transportation assistance, an inclement weather shelter, and a public health nurse who is on site on Monday and Wednesday mornings. Salvation Army Hospitality House is located at 423 Chapala Street in Santa Barbara. For more information, contact (805) 962-6281.
- **Santa Barbara Rescue Mission** provides daily hot meals and overnight accommodations for men, women, and children. The center is located at 535 East Yanonali Street in Santa Barbara.
- **St. Brigid Fellowship** at St. Athanasius Orthodox Church in Isla Vista provides a drop-in center during the day and serves dinner every Monday at 5:15 p.m. They also provide referrals to services, as well as a mailing address and phone message service, document assistance, rain gear, blankets, warm clothes, hygiene kits, and transportation. St. Brigid Fellowship is located at 970 Embarcadero Del Mar #E in Isla Vista. For more information, call (805) 968-8028.

## Transportation

- **Easy Lift** is a charitable organization that provides curbside-to-curbside "Dial-A-Ride" type transportation to senior citizens and people with disabilities in South Santa Barbara County who cannot use regular bus service. Visit <http://www.easylift.org/index.html> or call (805) 681-1181 for information and to make reservations.

## Vision Care Services

- **Surgical Eye Expeditions International** provides eye care to Santa Barbara County residents who do not have medical insurance. The organization's Santa Barbara Vision Care program provides vision screening by appointment only. If eye surgery is needed, this is provided through an application process through S.E.E. International. For more information, visit <http://www.seeintl.org/local/default.asp> or call (805) 963-3303.



# Community Resource Guide

*for community  
members who are not  
UCSB students*

## Community Food Banks

**Food for Angels Isla Vista** is open for food distribution on Mondays from 4:30-6:30 p.m. and is located at 781 Embarcadero Del Mar (between Del Greco Road and Picasso Road) in Isla Vista.

**Catholic Charities I.V.** food distribution is open on Thursdays from 3:30-5:30 p.m. at 6550 Picasso Road (between Embarcadero del Norte and Embarcadero del Mar) in Isla Vista.

See the Additional Resources section below for additional food-related and other resources.

## Additional Resources

The following resources provide free or low-cost assistance to individuals and families in need. We recommend that you contact individual organizations to verify services and eligibility and determine if their offerings are right for you. For assistance locating additional resources, call the **2-1-1 Santa Barbara County Helpline** by dialing 211 or visit <http://www.211sbcounty.org/home.htm> to search their online directory.

### Debt Resolution and Credit Counseling Information

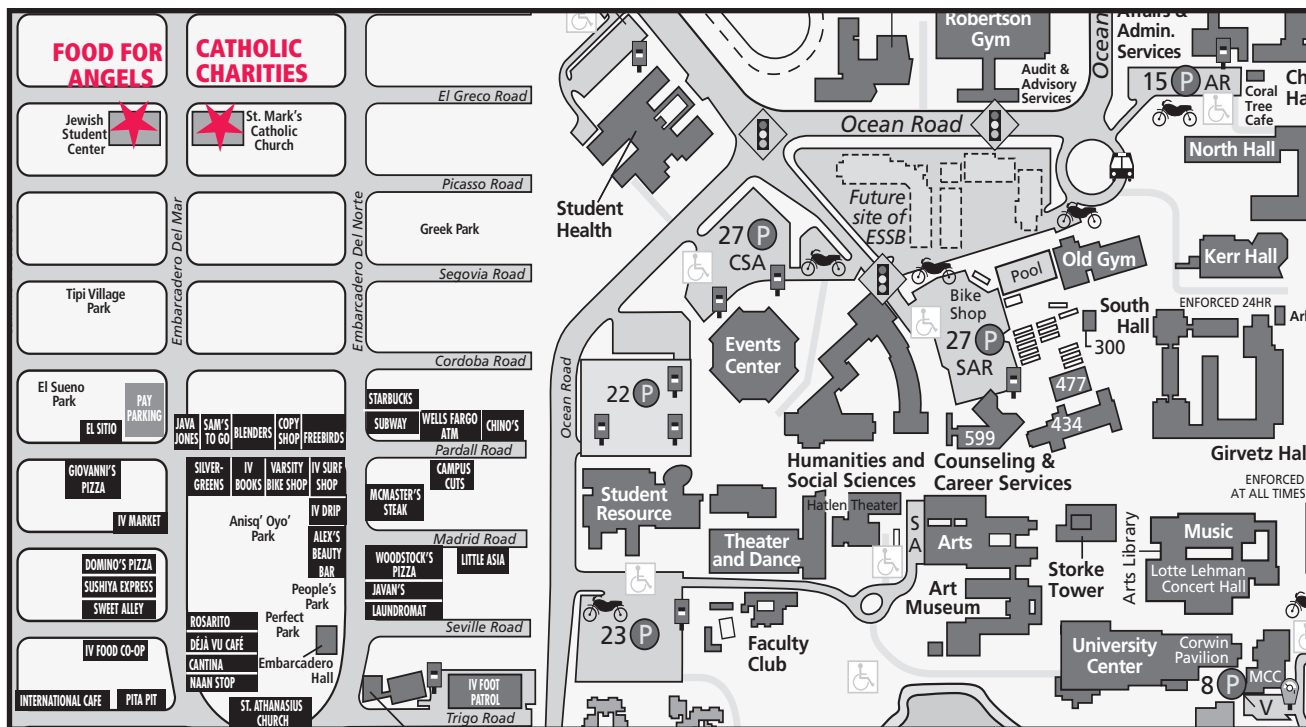
- Dealing with Debt – <http://www.ftc.gov/bcp/edu/pubs/consumer/credit/cre19.shtm>
- Credit Repair - <http://www.ftc.gov/bcp/edu/pubs/consumer/credit/cre13.shtm>
- Choosing a Credit Counselor - <http://www.ftc.gov/bcp/edu/pubs/consumer/credit/cre26.shtm>
- Government-Approved Credit Counseling Agencies – [http://www.justice.gov/ust/eo/bapcpa/ccde/cc\\_approved.htm](http://www.justice.gov/ust/eo/bapcpa/ccde/cc_approved.htm)

### Dental Services

- The **Eastside Dental Clinic** provides basic dental care, including dental exams, x-rays, cleanings, root canals, fillings, and non-surgical extractions. Expanded services such as root canals, bridges, partials, dentures, surgical extractions, and cosmetic dentistry are also available (fees for expanded services are discussed during dental planning appointments). The clinic is located at 923 North Milpas Street in Santa Barbara. For more information, call (805) 884-1998.

### Food

- **CalFresh** is a federal government nutrition program designed to supplement the food budget of eligible low-income individuals and families. The program issues monthly electronic benefits that can be used to buy most foods at markets and grocery



stores using a card that works just like a bank or a debit card. Individuals may be eligible for this if they or someone in their household has a social security number and their household income is below a certain level (\$1,174 for 1 person, \$1,579 for 2 people, \$1,984 for 3 people, \$2,389 for 4 people, and so on). If you would like learn whether you're eligible and receive help with the application process, you can contact the family advocate for CalFresh at Santa Barbara Foodbank, Amy Lopez, by calling (805) 967-5741, extension 115 or emailing [alopez@foodbanksb.org](mailto:alopez@foodbanksb.org). Detailed information about CalFresh can be found at <http://www.dss.cahwnet.gov/foodstamps/>.

- **Catholic Charities** offers grocery distribution Mondays through Fridays from 9am-12pm at 609 East Haley Street in Santa Barbara. For more information, call (805) 965-7045.
- **Community Kitchen** offers prepared meals daily from 11am-12:30pm at 816 South Cacique in Santa Barbara. For more information, call (805) 564-0093
- **Santa Barbara Rescue Mission** provides daily hot meals and overnight accommodations for men, women, and children. The center is located at 535 East Yanonali Street in Santa Barbara.
- **Salvation Army Hospitality House** offers sack lunches as well as transitional living space, shower and restroom facilities, hygiene kits, clothing vouchers, transportation assistance, an inclement weather shelter, and a public health nurse who is on site on Monday and Wednesday mornings. Salvation Army Hospitality House is located at 423 Chapala Street in Santa Barbara. For more information, contact (805) 962-6281.

- **Salvation Army** offers a food pantry/grocery distribution service every 4th Thursday of the month from 3-5pm at 4849 Hollister Avenue in Goleta. For more information, call (805) 683-3724.
- For a more comprehensive listing of food pantry and hot meal distribution sites, visit the **Santa Barbara Foodbank** website at <http://www.foodbanksbc.org/howtogetfood.html>.

### Housing

- **Community Housing Corporation** is a non-profit that assists low-income individuals, families, seniors, and dual-diagnosed and developmentally disabled people to obtain affordable housing. For more information, call (805) 963-9644.
- **Transition House-Santa Barbara** provides a residential and social service program for motivated and capable homeless families, which can lead to permanent housing and the economic ability to sustain it. Services include case management, education and job development, financial management, after-school programs and childcare for children from infancy to age 2. Length of stay is contingent upon ability and willingness to pursue the agreed-upon transitional plan. Transition House also operates the Homelessness Prevention Program consisting of a variety of free evening classes on topics such as ESL, parenting, and job searching that are open to low-income members of the community (free childcare is provided). Services for low-income families facing imminent eviction are also available. Transition House is located at 434 East Ortega Street in Santa Barbara and can be reached at (805) 730-3848.