

# YouthWell

## 2021 HOLIDAY RESOURCES SB COUNTY • COMMUNITY UPDATES

### RESOURCE DIRECTORIES

- YouthWell Youth & Family Mental Health & Wellness Resource Directory [youthwell.org/business-directory/](https://youthwell.org/business-directory/)
- 211 [Resource Directory 211santabarbaracounty.org/](https://211santabarbaracounty.org/)
- Mi Vida Mi Voz resources [mividamivoz.com/](https://mividamivoz.com/)

### EDUCATION

- YouthWell Wellness Workshops
  - Jan 9, 2022 - Learning to Navigate Your Mental Health [youthwell.org/workshops/](https://youthwell.org/workshops/)
  - Wellness Workshops past recordings [youthwell.org/workshops/](https://youthwell.org/workshops/)
- Youth Mental Health First Aid Trainings: Jan 13, Feb 12, Feb 22 [youthwell.org/education/](https://youthwell.org/education/)

### FOOD & CLOTHING

- SB Food Bank [foodbanksbc.org/get-help/](https://foodbanksbc.org/get-help/)  
LIST > <https://foodbanksbc.org/wp-content/uploads/2021/08/Saturday-Distributions-Flyer-ENGLISH-SPANISH-UPDATED-8.25.21.png>
- County of SB Supplemental Food Referral List [countyofsb.org/uploadedFiles/dss/Content/Services/Food\\_aid/Supplemental\\_Food\\_Referral\\_List.pdf](https://countyofsb.org/uploadedFiles/dss/Content/Services/Food_aid/Supplemental_Food_Referral_List.pdf)
- 211 Food Pantries: [211santabarbaracounty.org/reentry/food/food-pantries/](https://211santabarbaracounty.org/reentry/food/food-pantries/)
- Catholic Charities (food & clothing) resources [catholiccharities-sbc.org/](https://catholiccharities-sbc.org/)
- City Serve SB with Living Faith Church - Neighborhood distribution center for food, apparel, and household items for the Santa Barbara area. [livingfaithsb.org/cityserve](https://livingfaithsb.org/cityserve)
- Unity Shoppe food resources [unityshoppe.org/all-programs/](https://unityshoppe.org/all-programs/)
- Alan Hancock College: [hancockcollege.edu/foodshare/](https://hancockcollege.edu/foodshare/)
- Guadalupe Union School District: clothing & basic hygiene closet on Kermit McKenzie campus for all families.

### MENTAL HEALTH & CRISIS RESOURCES

#### SB County Be Well

- Crisis services, Access Line and any essential services will remain open. Reach out with any questions and Jade and Vero from BWell ADP are on this call.
- BWell Outpatient MH Clinics closed 12/27-12/31.

#### Central Coast HOTLINE • 800-783-0607 • 24 hours a day 365 days. Free of charge

- Confidential mental health guidance crisis and suicide prevention telephone line which also provides mental health resource information. [t-mha.org/central-coast-hotline.php](https://t-mha.org/central-coast-hotline.php)

#### FURS (Family Urgent Response System) HOTLINE • 1-833-939-3877

- available to support current and former foster youth (up to age 21) and their caregivers.
- Info, youth and parent flyers, and outreach materials. [dss.ca.gov/inforesources/cdss-programs/foster-care/furs](https://dss.ca.gov/inforesources/cdss-programs/foster-care/furs)

#### Casa Pacifica • SAFTY mobile crisis program (888) 334-2777

- All programs operate during the holidays which include: TBS/IHBS in home services, Wraparound, and IOP in Santa Maria (805) 366-4000 or visit [caminoacasa.org](https://caminoacasa.org)
- Camino a Casa by Casa Pacifica open house Jan 14, 2022 from 11-1 to showcase the Intensive Outpatient Program (IOP) at 2615 S. Miller, Suite 106, Santa Maria, CA. RSVP [Outreach@casapacificca.org](mailto:Outreach@casapacificca.org)

North County Rape Crisis Center: 24/7 Crisis Line (805) 736 - 7273

Standing Together to End Sexual Assault: 24 hour hotline (805) 564- 3696

# YouthWell

## Guadalupe Union School District

- Outreach Consultant Referral Form MB  
[docs.google.com/forms/d/e/1FAIpQLSd1M31NFNqoibOef7tPM5-9jOLGH8hVWM7vAwgOP6O1sZwvog/viewform](https://docs.google.com/forms/d/e/1FAIpQLSd1M31NFNqoibOef7tPM5-9jOLGH8hVWM7vAwgOP6O1sZwvog/viewform)
- Outreach Consultant Referral Form at KM  
[docs.google.com/forms/d/e/1FAIpQLScJG7ppc8HnuXmQ0Bo4baIFRblr3uiDhHbum28uLSZPnugqoA/viewform](https://docs.google.com/forms/d/e/1FAIpQLScJG7ppc8HnuXmQ0Bo4baIFRblr3uiDhHbum28uLSZPnugqoA/viewform)

## Fighting Back Santa Maria

- Offering a Strengthening Families Program (SFP) parenting class in Spanish via zoom. Wednesdays, January 26th 6:30-8:15 pm. Wendy Robles at [wendy@fbsmv.com](mailto:wendy@fbsmv.com) to sign up.

## Sanctuary Centers of Santa Barbara

- Open during holiday season (only closed 12/24 and 12/31). Free therapeutic and psychiatric services if referred through Children's Medical Clinic or Cottage Pediatric Specialists.
- Reach out to Program Director, Riley Ellis, [rellis@sanctuarycenters.org](mailto:rellis@sanctuarycenters.org), (805)569-2785x236

## WELLNESS & CHILD CARE

### Channel Islands YMCA:

- For both weeks of vacation, Santa Barbara County YMCA will be offering school age childcare camps (SB, Montecito, Santa Ynez,) [channel.recliquecore.com/programs/1291/#division\\_1371](https://channel.recliquecore.com/programs/1291/#division_1371)
- **YMCA Scholarships:** [ciymca.org/open-doors-scholarship-application](https://ciymca.org/open-doors-scholarship-application)

### YMCA

- **Santa Maria Winter Camps:** [smvymca.org/Camps](https://smvymca.org/Camps) AGES: 5-9. TIME: 8am-5pm. Extended care (7a-6p is available for an additional \$30 per week) LOCATION: Santa Maria YMCA. Week 1 Dec 20-23 Week 2 Dec 27-31 (Fri Dec 31 HALF DAY, camp closes at 12pm) Week 3 Jan 3-7
- **YMCA in Guadalupe** - Winter camp for 5th-8th graders on Kermit McKenzie campus Dec. 20-23, 27-30 and Jan 3-7 7:30-5:30. Registration deadline Dec. 13th. Send registration to [asoares@gusdbobcats.com](mailto:asoares@gusdbobcats.com) or take to front office  
Registration form [drive.google.com/file/d/1Dh\\_X3GiOIN0o54y7mrAkznbpGkY4pR-8/view](https://drive.google.com/file/d/1Dh_X3GiOIN0o54y7mrAkznbpGkY4pR-8/view)  
Reg form Spanish [drive.google.com/file/d/1kRnntdrGMc5c9uzfsqZHniEhmlei6Hdt/view](https://drive.google.com/file/d/1kRnntdrGMc5c9uzfsqZHniEhmlei6Hdt/view)

### Boys & Girls Club

- **Boys & Girls Club in Guadalupe** - Winter camp for TK-8th graders on Mary Buren campus Dec. 20-23, 27-30 and Jan 3-7 7:30-5:30 Registration deadline Dec. 13. Send registration to [asoares@gusdbobcats.com](mailto:asoares@gusdbobcats.com) or take to front office.  
Registration form [drive.google.com/file/d/1JhSZ5geq6lfMHQdp90Vg9wjeW-jx8mpK/view](https://drive.google.com/file/d/1JhSZ5geq6lfMHQdp90Vg9wjeW-jx8mpK/view)  
Registration form Spanish [drive.google.com/file/d/1J1\\_TNEwydoHMwUuHbi-bYoWB0w8inESP/view](https://drive.google.com/file/d/1J1_TNEwydoHMwUuHbi-bYoWB0w8inESP/view)
- **Boys and Girls Club, Santa Barbara:** During holiday break clubs in Santa Barbara County are open from 7:45am-6pm. Students attending these day camps must register as a member with United Boys and Girls Clubs of SB County. Once registered with a particular unit they can inquire if there are spaces available for these camps. Locations throughout the County: **Lompoc, Buellton, Solvang, Goleta, Westside, Downtown and Carpinteria.** More information at [unitedbg.org/](https://unitedbg.org/)

### Carpinteria Children's Project • Closed Dec 17-Jan 2.

- We have a community Posada at the Carpinteria Arts Center on December 19 from 5-7.
- We will be kicking off our Latino Literacy Project with Aliso parents in January.
- We will also be holding our monthly Family Strengthening Field trips starting in January.