

directory

**Northern and Mid-
Santa Barbara County
Maternal Mental Health
Community Resources**

March 2021

La depresión y la ansiedad son la causa #1 entre las complicaciones durante el embarazo y el posparto.

Afecta 1 de cada 7 mujeres.

**Si usted presenta cualquiera
de los siguientes síntomas:**

- ✓ agobio
- ✓ deseos de llorar todo el tiempo
- ✓ ansiedad
- ✓ irritabilidad
- ✓ asustada de sus propios pensamientos
- ✓ fuera de si
- ✓ sentimientos de culpabilidad
- ✓ arrepentimiento
- ✓ remordimiento



Comuníquese para ayuda y referidos locales con
“The Postpartum Support International Warmline”
(la Línea Internacional de Apoyo en el Posparto)

1-800-944-4PPD



Depression and Anxiety are the **most common** complications in pregnancy and postpartum.

They affect 1 in 7 women.

**If you feel any
of the following:**

- ✓ Totally overwhelmed
- ✓ Weepy
- ✓ Anxious or nervous
- ✓ Angry
- ✓ Scared by your thoughts
- ✓ Like you're not yourself
- ✓ Guilt
- ✓ Regret
- ✓ Shame



Call the
Postpartum Support International Warmline
for help and local referrals:

1-800-944-4PPD



Warm/Hotlines

****In an emergency/servicios de emergencia las 24 horas, CALL 911****

National Suicide Prevention Hotline

800.273.8255

Available 24/7. Free and confidential. Network of 140+ crisis centers nationally.

www.suicidepreventionlifeline.org

Postpartum Support International (PSI) Warmline/

Línea telefónica de Apoyo Postparto

www.postpartum.net



Confidential messages can be left at any time; a volunteer will return the call ASAP. Messages are returned every day of the week. **Not for emergencies*

Spanish call/text 971.203.7773

Local PSI coordinators:

- San Luis Obispo County
Call/text 805.994.0873
psislocounty@gmail.com
- North Santa Barbara County
Call/text 646.704.2688
kelly@maternalmentalhealthnow.org

Postpartum Education for Parents (PEP) Warmline

www.sbpep.org

Local peer emotional support phone line available 24/7 in English and Spanish

English 805.564.3888

Spanish 805.852.1595

County Mental Health Services Crisis Response Lines

For immediate assistance, call the County Mental Health Services Crisis Response and Service Access line 24/7:

www.countyofsb.org/behavioral-wellness

888.868.1649

www.slocounty.ca.gov/Departments/Health-Agency/Behavioral-Health.aspx

800.838.1381

211 for Santa Barbara County

211

Linea de ayuda las 24 horas. Dial 2-1-1 or text your zip code to 898-211 to find Health and Human Services, including:

- Postpartum Depression
- Health Care
- Counseling
- Food Assistance
- Housing
- Parenting Resources

CenCal Nurse Advice Line

www.cencalhealth.org

Available 24/7 for CenCal members

800.524.5222



North Santa Barbara County Community Resources/ Recursos de la comunidad de Santa Maria

County Mental Health Crisis Services/Crisis de Salud Mental

www.countyofsb.org/behavioral-wellness

24 hours and walk-ins/Disponible 24 horas sin cita.	888.868.1649
117 B Street, Lompoc. Age 18+	805.737.6645
401 East Ocean Ave, Lompoc. Age 16-25.	805.737.6600
500 West Foster Road, Santa Maria. Age 16+	805.934.6380

Department of Child Support Services

www.countyofsb.org/css

201 Miller Street, #206, Santa Maria	866.901.3212
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Domestic Violence Solutions/ Violencia Doméstica

www.dvsolutions.org

24 hour hotline/Línea telefónica de 24 horas	
Lompoc	805.736.0965
Santa Maria	805.925.2160

Family Service Agency

www.fsacares.org

<i>Dorothy Jackson Family Resource Center</i>	
320 North J Street, Lompoc	805.742.2943
<i>Family Service Agency</i>	
101 South B Street, Lompoc	805.735.4376
<i>Santa Maria Valley Youth and Family Center</i>	
105 N. Lincoln Street, Santa Maria	805.928.1707

Legal Aid Foundation/Asistencia Legal

www.lafsb.org

604 East Ocean Ave, Suite B, Lompoc	805.736.6582
201 Miller Street, Suite 209, Santa Maria	805.922.9909

North County Rape Crisis & Child Protection Center/Centro Contra la Violación Sexual

www.sbcountyrapecrisis.org

24 hour hotline/Línea telefónica de 24 horas	805.736.7273
511 East Ocean Ave, Lompoc	805.736.7273
301 Miller Street, #206, Santa Maria	805.922.2994

SAFTY (Safe Alternatives to Treating Youth)

www.casapacifica.org/programs_services/mobile_crisis_response

24 hour hotline for youth in crisis, up to age 20/Línea telefónica las 24 horas para

jóvenes en crisis, a 21 años.

888.334.2777

Victim Witness/Asistencia a las Víctimas

www.countyofsb.org/da/victim_witness.html

115 Civic Center Plaza, Lompoc

805.737.7910

312 Cook Street, #D, Santa Maria

805.346.7529/855.840.3232

Child Care/Cuidado de niños

Children's Resource & Referral of Santa Barbara County

www.crrsbc.org

Can help find child care

124 Carmen Lane, Suite C, Santa Maria

805.925.7071

Communify (formerly Community Action Commission)

Head Start/Educación Infantil y Preescolar (6 weeks/semanas-5 years/años)

www.communifysb.org

201 West Chapel Street, Santa Maria

805.922.2243

Counseling/Consejería

To access counseling services using private health insurance benefits, call the mental health benefits number on the insurance card for a referral to providers who are in-network. Or go to the insurance company's website to search for providers.

CALM (Medi-Cal)

www.calm4kids.org

110 South C Street, Lompoc

805.741.7460

210 E. Enos Drive, Suite A, Santa Maria

805.614.9160

Community Counseling Center (Medi-Cal/CenCal, sliding scale)

www.cccslo.org

310 S Miller Street, Suite 121, Santa Maria

805.543.7969

County of Santa Barbara, Adult Behavioral Health

www.countyofsb.org/behavioral-wellness/adult-home.sbc

To access any county mental health services, individuals must first call the ACCESS Line

at **888.868.1649** to be referred to appropriate services.

117 B Street, Lompoc

805.737.6690

500 West Foster Road, Santa Maria

805.934.6380

Dignity Health Perinatal Mental Health Program

805.440.4058

Resources and referrals provided to care in the community, including psychiatry and psychotherapy

Family Service Agency

www.fsacares.org

Dorothy Jackson Family Resource Center

320 North J Street, Lompoc

805.742.2943

Family Service Agency

101 South B Street, Lompoc

805.735.4376

Santa Maria Valley Youth and Family Center

105 N. Lincoln Street, Santa Maria

805.928.1707

The Holman Group (CenCal only)

800.321.2843

www.holmangroup.com

<p>Drug and Alcohol Treatment/ Tratamiento para el abuso de drogas y alcohol</p>

AA (Alcoholics Anonymous)

805.925.3782

Al-Anon

Lompoc

805.737.3969

Balance Treatment Center

www.balancetreatment.com

411 East Betteravia, Suite 201, Santa Maria

805.322.4400

1551 Bishop Street, A-130, SLO

Central Coast Headway

318 Carmen Lane, Santa Maria

805.922.2106

Coast Valley Substance Abuse Treatment Center

www.coastvalleysatc.com

133 North F Street, Lompoc

805-735-7525

1414 South Miller Street, Suite 11, Santa Maria

805.739.1512

Dejar de Fumar

800.456.6386

Good Samaritan Centerwww.goodsamaritanshelter.org*Another Road Detox* (inpatient)

113 South M Street, Lompoc

805.736.0357, ext 207*Lompoc Recovery Center* (outpatient)

104 South C Street, Lompoc

805.741.7853*Recovery Way Home* (inpatient program for moms)

604 West Ocean Ave, Lompoc

805.736.0357*Turning Point Treatment* (outpatient treatment), Lompoc*Recovery Point Acute Care* (inpatient detox)

401-B West Morrison Ave, Santa Maria

805.347.3338*Recovery Point* (outpatient treatment)

245 East Inger Drive, Suite 103B, Santa Maria

805.346.8185*Project P.R.E.M.I.E*, Santa Maria (outpatient program for moms)**805.925.0315****NA (Narcotics Anonymous)****818.773.9999****St. Vincent's****805.683.6381**www.stvincents-sb.org/programs/family-strengthening/

Family Strengthening Program: transitional housing program for low income single mothers

4200 Calle Real, Santa Barbara

Tobacco Cessation**800.662.8887****Education/Educación****Allan Hancock College**www.hancockcollege.edu

Community education, ESL, Parent education

805.922.6966, x3209/3492**Boys and Girls Club**www.bgccentralcoast.org

4691 11th Street, Guadalupe

805.343.2411, x 1033

901 North Railroad, Santa Maria

805.922.7163**City of Santa Maria Public Library**www.cityofsantamaria.org/city-government/departments/library

421 South McClelland Street, Santa Maria

805.925.0994

Free ESL classes/Clases de inglés gratuitas.

805.922.6966 ext 3299/3740

College for Kids/La Universidad para los niños 805.922.6966 ext 3209
www.hancockcollege.edu/communityed/cfk.php?locale=en

Guadalupe Union School District
www.guadusd.org
4465 9th Street, Guadalupe 805.343.2114

Lompoc School District
www.lusd.org
1301 North A Street, Lompoc 805.742.3300

Santa Maria Bonita School District
www.smbdsd.org
708 Miller Street, Santa Maria 805.928.1783

Food and Clothing/Alimentos y ropa

CalFresh (food stamps)
www.countyofsb.org/dss/services/food-aid/calfresh.sbc
1100 West Laurel Ave, Lompoc 805.737.7080
2125 South Centerpointe Parkway, Santa Maria 805.346.7135

Catholic Charities
www.catholiccharities-sbc.org
Food distribution, clothing, emergency financial assistance, etc
4681 11th Street, Guadalupe—Mobile distribution site 805.922.2059
325 North 2nd Street, Lompoc 805.736.6226
4711 Highway 166, New Cuyama—Mobile distribution site 805.922.2059
607 West Main Street, Santa Maria 805.922.2059

Central Coast Rescue Mission
www.ccrescuemission.org
Meal, grocery, and clothing assistance
1207 North McClelland Street, Santa Maria 805.614.0220
Food pantry/Despensa de alimentos:
Wednesday/miércoles 11am: Rescue Mission, 1207 N. McClelland, Santa Maria
Meals/Comida
Thursdays/jueves 6pm: Foursquare Church, 709 North Curryer St, Santa Maria

Children's Resource Network (clothing, school supplies, etc.)
www.childrensresourcenetwork.org
901 South Broadway, Santa Maria
English 805.709.5404
Spanish 805.202.8151

1212 Farroll Ave, Arroyo Grande (Children's Closet)
 495 Valley Road, Arroyo Grande (Teens Closet), Thursdays 12-4pm
 525 North Thompson Ave, Nipomo (Teens Closet), Wednesdays, 12-4pm
 901 South Broadway, Santa Maria (Teens and Children's Closet)
 Marian Regional Medical Center, for patients and their families

Foodbank of Santa Barbara County

www.foodbanksbc.org

490 W. Foster Rd., Santa Maria

805.937.3422

Food bank information included at end of directory

Salvation Army

Free lunch/Lonche gratis, Mon/Lunes-Sat/Sábado 12-12:30pm

200 West Cook Street, Santa Maria

805.349.2421

<h2 style="text-align: center; color: #008080;">Government Offices/Oficinas del gobierno</h2>

Benefit Service Center

866.404.4007

www.mybenefitscalwin.org

844.289.4682

CalWorks, CalFresh, Job skills, Housing

Birth Certificate/Certificados de Nacimiento

<https://countyofsb.org/care/recorder/vital-records/births.sbc>

After 6 weeks/Después de 6 semanas

511 Lakeside Parkway, Santa Maria

805.346.8370

CalWorks (cash aid and services)

www.countyofsb.org/dss/services/cash-aid/calworks.sbc#

1100 West Laurel Ave, Lompoc

805.737.7080

1444 South Broadway, Santa Maria

805.614.1300

Department of Social Services/Servicios Sociales

www.countyofsb.org/dss

1100 West Laurel Avenue, Lompoc

805.737.7080

2125 South Centerpointe Parkway, Santa Maria

805.346.7135

Child Welfare Services/Reporte de Abuso Infantil

800.367.0166

Employment Development Department

800.480.3287

https://edd.ca.gov/Benefit_Programs_Online.htm

Unemployment, disability, etc.

Social Security/Seguridad Social
2436 Professional Parkway, Santa Maria

800.772.1213

Lactation/Lactancia

County of SB Women, Infants, and Children (WIC) Nutrition Services

www.countyofsb.org/phd/nutritional-services/wic.sbc

4681 11th Street, Guadalupe

805.346.8450

*301 North R Street, Lompoc

805.737.6470

*2125 S. Centerpointe Parkway, Suite 302, Santa Maria

805.346.8450

*203 East Fesler Street, Santa Maria

805.346.8450

**Lactation consultant available at this location/Consultora de lactancia disponible*

Lompoc Valley Medical Center Outpatient Lactation Clinic

www.lompocvmc.com/services/outpatient-lactation-service

Breastfeeding Support Group

www.lompocvmc.com/services/breastfeeding-mothers-support-group

2nd and 4th Friday of each month, 10-11am

1515 East Ocean Ave, Lompoc

805.737.3395

Marian Outpatient Lactation Clinic

[www.dignityhealth.org/central-](http://www.dignityhealth.org/central-coast/locations/marianregional/services/maternity/breastfeeding)

[coast/locations/marianregional/services/maternity/breastfeeding](http://www.dignityhealth.org/central-coast/locations/marianregional/services/maternity/breastfeeding)

1400 East Church Street, Santa Maria

805.739.3388

Newborn/Child Home Visitation/ Visitas en el hogar para niños 0-5 años

CALM

www.calm4kids.org

Great Beginnings Home Visits/Programa de Gran Principios

805.614.9160

County of SB, Maternal Child and Adolescent Health

800.288.8145

www.countyofsb.org/phd/mcah.sbc

Dignity Health Home Health Nursing

805.739.3830

New Parent Support Program (Tricare beneficiaries only) 805.606.8217/3166

WEB Welcome Every Baby/Bienvenida a todos los Bebés

805.729.1593

www.sbceo.org/domain/121

3970 La Colina Road, Suite 2, Santa Barbara

Perinatal Loss/Perdida perinatal

Local

Hospice of Santa Barbara

805.563.8820

<http://www.hospiceofsb.org/overview>

Free general grief support groups and individual counseling in English and Spanish.
Occasionally offers a perinatal/child loss support group.

Dignity Health Hospice (Bereavement Counseling)

805.739.3830

124 South College Drive, Santa Maria

HospiceSLO

805.544.2266

<http://www.hospiceslo.org/>

Offers free support groups and individual counseling

- Child Loss Support Group which meets for 8 weeks a few times per year
- General Grief Support Group
- 10 free bereavement counseling sessions
- Referrals from Santa Maria accepted

VNA Health (formerly Visiting Nurse Services), Santa Barbara

English 805.308.9602

<https://vna.health/services/bereavement-care/>

Spanish 805.690.6296

email: bereavement@vnhcsb.org

Free general grief support groups and individual counseling in English and Spanish. Una consejera bilingüe está disponible para proveer ayuda en español.

Wilshire Health and Community Services (located in SLO)

805.269.0141

<https://www.wilshirehospicecc.org/grief-education-healing/>

email: griefsupport@wilshirehcs.org

Offers free general grief support groups and individual counseling in English and Spanish

California/National

A Mom's Peace

571.781.2419 or 703.347.4805

<https://www.amomspeace.org/>

This organization supports mothers with burial, bereavement and remembrance programs and can help with burial expenses.

HAND (Helping after Neonatal Death) Support

www.handsupport.org

Based in the Bay Area, HAND provides peer support and information about pregnancy loss and infant death. All HAND services are free and available in Spanish:

- Grief support meetings; playgroups for parents with both living and deceased children; creative workshops
- One-on-one peer support from a HAND volunteer
- Information and resources for bereaved parents and professionals
- Trainings for health care providers
- Helping Hands quarterly newsletter
- Limited financial assistance is available to help with funeral expenses

****Peer support for Spanish-speaking women is available for the Central Coast. With the woman's permission, contact Julie Mitra at 415.310.8201 or jmitra2@yahoo.com.*

First Candle

24 hour grief line: 800.221.7437

<https://firstcandle.org/online-support-groups/>

Dedicated to reducing the rates of Sudden Infant Death Syndrome (SIDS), Sudden Unexpected Infant Death and preventable stillbirths through education and advocacy. They offer bereavement support in English through online support groups. Grief counseling is offered 24 hours/day.

Postpartum Support International

<https://www.postpartum.net/get-help/psi-online-support-meetings/>

Return to Zero: H.O.P.E.

www.rtzhope.org

Services and support to parents who have experienced pregnancy and infant loss; education and training for maternal health providers; online communities to support families who otherwise may be suffering in silence and isolation.

Share Pregnancy & Infant Loss Support

<http://nationalshare.org/online-support/>

Share's main office hosts two monthly free online group chats:

- Pregnancy Loss Group (for the loss of baby through miscarriage, still birth or in the first weeks of life) meets the 1st Tuesday of each month, 5-7pm PST.
- Pregnancy After Loss Group (for those pregnant after a loss or trying to become pregnant) meets the 3rd Tuesday of each month, 5-7pm PST.

To connect to the group meeting, go to <http://nationalshare.org/online-support/>



For additional resources in Spanish: <http://nationalshare.org/share-espanolesperanza/recursos-en-espanol/>

Share also maintains three closed support groups on Facebook. The national Share page is a public page and posts current information regarding events, pertinent articles, chapter updates, and videos from bereaved families. For Share's Facebook page and to join the closed groups go to:

<https://www.facebook.com/NationalShare/>

- Share Bereaved Families Peer Support
- Share Pregnancy After Loss Support
- Share Español: Esperanza for Spanish Speaking Families
- Share Pregnancy & Infant Loss Support, Inc.

Star Legacy Foundation

www.starlegacyfoundation.org

A community of health professionals, families, researchers, policy makers, and advocates dedicated to healthy pregnancy outcomes and stillbirth prevention. Provides education and support; conducts research; offers family support; and raises awareness. Additional resources:

- Free educational materials in English and Spanish
- Podcasts
- Annual national conference
- Research and data

The Compassionate Friends

<https://www.compassionatefriends.org/find-support/online-communities/private-facebook-groups/>

The Compassionate Friends (TCF) is a self-help organization offering friendship, understanding, and hope to bereaved families that have experienced the death of a child. They offer a wide variety of over 40 different private Facebook groups moderated by bereaved parents, siblings, or grandparents, and may not be accessed unless a request to join is approved.



Virtual Support Groups

BEREAVED PARENTS GROUP
1st & 3rd Monday of the Month
Eastern: 7p • Central: 6p
Mountain: 5p • Pacific: 4p
2nd & 4th Thursday of the Month
Eastern: 8p • Central: 7p
Mountain: 6p • Pacific: 5p
First Friday of the Month (en Español)
Eastern: 8p • Central: 7p
Mountain: 6p • Pacific: 5p

PREGNANCY AFTER LOSS GROUP
Weekly on Monday
Eastern: 8:30p • Central: 7:30p
Mountain: 6:30p • Pacific: 5:30p

DAD'S GRIEF DISCUSSION GROUP
2nd Monday of the Month
Eastern: 7p • Central: 6p
Mountain: 5p • Pacific: 4p

GRANDPARENTS GROUP
1st Wednesday of the Month
Eastern: 8p • Central: 7p
Mountain: 6p • Pacific: 5p

PARENTING AFTER LOSS GROUP
1st Wednesday of the Month (Twice a day)
Eastern: 1p & 9:30p • Central: 12p & 8:30p
Mountain: 11a & 7:30p • Pacific: 10a & 6:30p

PARENTING AFTER LOSS GROUP
3rd Wednesday of the Month (Twice a day)
Eastern: 1p & 9:30p • Central: 12p & 8:30p
Mountain: 11a & 7:30p • Pacific: 10a & 6:30p

COPING with SUID/SIDS & INFANT DEATH
2nd Wednesday of the Month
Eastern: 7p • Central: 6p
Mountain: 5p • Pacific: 4p

For information or to register visit
starlegacyfoundation.org/support-groups

Para obtener más información o registrarse, visite:
www.starlegacyfoundation.org/support-groups/



<https://www.compassionatefriends.org/find-support/online-communities/online-support/>

TCF also offers “virtual chapters” through live online chats to encourage connecting and sharing among parents, grandparents, and siblings (over the age of 18) grieving the death of a child.

Pregnancy, Postpartum, and Parenting Support/ El embarazo, postparto, y apoyo para padres

Allison Lorne, CNM

www.allisonlorne.com

Specializing in the integration and recovery of birth experiences and reproductive health challenges with focus on interpreting medical decision making, somatic reconnection and cultivating empowerment through storytelling.

CALM

www.calm4kids.org

110 South C Street, Lompoc

805.741.7460

210 E. Enos Drive, Suite A, Santa Maria

805.614.9160

Care Net Pregnancy Resource Center

www.carenetsm.com

Free parenting classes/Clases de crianza gratis

201 S Miller Street, Suite 101, Santa Maria

805.928.9285

Central Coast Childbirth Network

www.centralcoastchildbirthnetwork.com

Supporting families from preconception through the first year of parenting. Online resource directory.

Lompoc Valley Medical Center

Childbirth Education Class, Monthly, Saturdays 9am-2pm

www.lompocvmc.com/patients/events/1456-childbirth-education-class

1515 East Ocean Ave, Lompoc

805.737.3395

Communify (formerly Community Action Commission)

www.communifysb.org

201 West Chapel Street, Santa Maria

805.922.2243

Cuyama Valley Family Resource Center

www.cvffc.org

4689 Highway 166, New Cuyama

805.766.2369

Family Service Agency

www.fsacares.org

Little House by the Park

4681 11th Street, Guadalupe

805.343.1194

Santa Maria Valley Youth and Family Center

105 South Lincoln, Santa Maria

805.928.1707

Marian Regional Medical Center

www.dignityhealth.org/central-coast/locations/marianregional/classes-and-events/maternity

Childbirth Education Classes (English and Spanish)—call for updated information.

116 South Palisade Drive, Suite 304, Santa Maria

805.349.2229

Home Health Nursing

805.739.3830

New Parent Support Program (Tricare beneficiaries only) **805.606.8217/3166**

Pregnancy and Parenting Support Center

www.lompocpsc.wixsite.com/psclompoc

1137 North H Street, Suite K, Lompoc

805.735.2353

Pregnancy Health Info Line/Línea de Información sobre Salud del Embarazo

For questions about exposure to drugs, pesticides and infections/

Para las preguntas sobre la exposicion a drogas, pesticidas e infecciones. **800.532.3749**

Santa Barbara County, Maternal Child and Adolescent Health (MCAH)

www.countyofsb.org/phd/mcah.sbc

301 North R Street, Lompoc

805.737.6470

2115 Centerpointe Parkway, Santa Maria

805.346.7230

www.Text4Baby.org

Mobile app with health tips to support pregnant and postpartum moms

WEB Welcome Every Baby/Bienvenida a todos los Bebés

www.sbceo.org/domain/121

3970 La Colina Road, Suite 2, Santa Barbara

805.922.5459

Special Needs/ Servicios de desarrollo necesidades especiales

Alpha Resource Center

www.alphasb.org

Support for families of children with developmental disabilities. Teen and adult recreation; life skills training for adults.

Lompoc

805.453.7739

Santa Maria

805.347.2775

California Children's Services

805.681.5360

www.countyofsb.org/phd/pcf/cms/ccs-home.sbc

Arranges medical care for children <21 years of age with certain serious health problems.

Child Health and Disability Program

805.681.5130

www.countyofsb.org/phd/chdp/home.sbc

Provides free well child check-ups for low income children and youth.

Tri-Counties Regional Center/Tres Condados

www.tri-counties.org

1234 Fairway Drive, Suite A, Santa Maria

805.922.4640

Support Groups/Apoyo grupos

English Groups

Postpartum Wellness hosts a group on Zoom every other Thursday at 4pm PST.

Register at <https://postpartumwell.com/free-online-group/>

Every other Thursday at 4pm PST. You do not need to be experiencing anxiety or panic due to the COVID-19 pandemic to join the postpartum support group! Many mothers need a safe space to express their thoughts about daycare/school closures, changing family dynamics, the uncertainty of our country, or anything else that's on their minds. The virtual postpartum support group will be facilitated by a licensed counselor from Postpartum Wellness and will focus on ways to manage this difficult time.

HOW CAN TALKING WITH OTHER MOMS HELP?

- You will feel less lonely, isolated, or judged
- You will gain a sense of empowerment and control
- You will improve your coping skills
- You will have a safe space to talk about your feelings
- You will reduce stress, depression, and anxiety

Group Peer Support offers a weekly support group for pregnant and postpartum women on Mondays at 10am via Zoom. Register at

<https://grouppeersupport.org/gps-groups/>

Women's Health Innovations (WHI) of Arizona offers a free pregnancy and postpartum group on Tuesdays from 5-6pm PST. While pregnant, we are often taught to think of and care for the expecting baby, but too often we forget to care for ourselves. Join our therapy group designed to assist mothers and mothers-to-be needing mental and emotional support through their pregnancy and postpartum journey. Each group session is facilitated by a licensed therapist, experienced in perinatal mood disorders and changes that come with the perinatal and postpartum periods.

Registration required: contact Gia Snooks: 480.728.3396 or

Gia.Snooks@DignityHealth.org

Emotional Support During Pregnancy and Postpartum

Are you looking for a supportive group to understand the emotional highs and lows of motherhood? Moms FIRST! is a biweekly group designed for pregnant and postpartum women who probably have the same struggles and questions as you do. This casual, welcoming group is here for you whether you are looking for resources, seeking emotional support, struggling with anxiety and/or depression, or simply needing encouragement.

Research shows mental health issues are the most common complication of pregnancy, so know that you are not alone. Group facilitators include licensed mental health professionals, postpartum nurses, lactation nurses and childbirth educators.

Moms FIRST!

A free, virtual support group for pregnant and postpartum women meets the second and fourth Tuesdays each month, 10:00AM to 11:15AM, via telehealth.

For more information call 805.574.4244. To join the virtual group, please send an email to jennifer.breska@DignityHealth.org to obtain the Zoom link for the meeting.

Hello
humankindness™



WEEKLY ONLINE SUPPORT GROUPS

Come as you are and join other moms, dads, and parents in one of our many online support groups. The environment is very casual and babies and children are welcome. You are not alone, and we are here for you.

MON: • Perinatal (Pregnancy & Postpartum)
• Loss Support for Parents

TUE: • Perinatal (Pregnancy & Postpartum)
• Apoyo Perinatal
• Black Mamas Matter Group

WED: • Pregnant Moms
• Military Moms (Pregnant or Postpartum)
• Perinatal (Pregnancy & Postpartum)
• Queer Parents

THU: • Perinatal (Pregnancy & Postpartum)
• NICU Parents

FRI: • Perinatal (Pregnancy & Postpartum)
• Loss Support for Moms (Pregnancy or Infant loss)



Check our website for group times:
<https://www.postpartum.net/get-help/psi-online-support-meetings/>



Register:

www.postpartum.net/get-help/psi-online-support-meetings

Postpartum Support International | www.postpartum.net | 800.944.4773

Registration for any group is capped at 20 participants. Individuals may sign up for up to six groups at a time and may want to consider signing up 1-2 weeks in advance and/or joining the waitlist.



MILITARY MOMS ONLINE SUPPORT GROUP

★ ★ ★

Military families are more likely to experience depression and anxiety during pregnancy and postpartum. Join us for a **FREE** weekly chat with moms who understand. All active duty, veteran and dependent moms welcome.
www.postpartum.net/get-help/psi-online-support-meetings

JOIN US EVERY WEDNESDAY:

1:30 PM Hawaii (HST)	4:30 PM Mountain (MST)
2:30 PM Alaska (AKST)	5:30 PM Central (CST)
3:30 PM Pacific (PST)	6:30 PM Eastern (EST)

PSI provides direct peer support to families, trains professionals, and provides a bridge to connect them.





NICU PARENTS ONLINE SUPPORT GROUP

EVERY THURSDAY:

- 3:30 p.m. PST
- 4:30 p.m. MST
- 5:30 p.m. CST
- 6:30 p.m. EST

www.postpartum.net | 800.944.4773



QUEER PARENTS SUPPORT GROUP

PSI's Queer Parents Support Group is FREE and open to all members of the queer community who are expecting, adopting, and/or parenting babies or children up to two years of age.

This group is intended for gestational, non-gestational and adoptive parents.

**JOIN US ONLINE EVERY
WEDNESDAY @ 2:30 P.M. (EST)**

Postpartum Support International | www.postpartum.net | 800.944.4773





FREE · ONLINE · WEEKLY

BLACK MAMAS MATTER SUPPORT GROUP

TUESDAYS AT 8:30 P.M. (EST)
SUNDAYS AT 6:00 P.M. (EST)

NEW

Postpartum Support International | www.postpartum.net | 800.944.4773



DAD

MONTHLY, ONLINE SUPPORT GROUP

*first friday of every month 7am PST/10am EST

a free online space for dads to connect with other dads and gain practical tips for managing stress, adjusting to parenting, Daddy Blues, or trying to figure out how best to support your partner.



POSTPARTUM SUPPORT INTERNATIONAL | POSTPARTUM.NET | 800.944.4773

SUPPORTING FATHERS' MENTAL HEALTH

Did you know?

- **One in 10** fathers get Paternal Postpartum Depression (PPPD);
- Up to **16 percent** of fathers suffer from an anxiety disorder during the perinatal period.



Helping dads be at their best—physically and mentally—during early childhood has a big impact on children's health.

Studies show that FATHER INVOLVEMENT LEADS TO CHILDREN WHO:

are more
ready for
school



have a
better
vocabulary

have
better
social
skills



are better
able to
regulate
their
emotions

FATHER INVOLVEMENT HELPS MOMS TOO

- It increases both parents' confidence
- It helps both parents be more responsive to their baby
- It decreases mothers and fathers' potential for mental health issues



How Can Health Professionals Help Fathers?

1. Screen for paternal depression during well-child visits
2. Connect dads with resources and interventions

REFERENCES

<https://www.ncbi.nlm.nih.gov/pubmed/26590515>
<https://jamanetwork.com/journals/jama/article-abstract/185905>
<https://pediatrics.aappublications.org/content/138/1/e20161128>

NICHQ
National Institute of
Children's Health Qual

all parents are welcome

PARENTS SUPPORT GROUP

Fridays @ 5:30 p.m. (EST)

Postpartum Support International | www.postpartum.net | 800.944.4773





HAND to HOLD
Fragile Babies. Family Support.

Having a baby in the NICU is life-changing.
But you don't have to do it alone.

virtual support groups



Free virtual support groups allow you to access support at all stages of your NICU journey, from the comfort and safety of your own home.

handtohold.org/supportgroups

Virtual Support Groups
supported by

HUGGIES

Toll Free: 855-H2H-NICU | 855-424-6428 | handtohold.org | © 2020 Hand to Hold

MONDAY

7 –8am PST

BEYOND THE NICU

11-12pm PST

TUESDAY

7 –8 am PST

WEDNESDAY

BEYOND THE NICU

11-12pm PST

THURSDAY

**Virtual Support for
Bereaved Parents**

3-4pm PST

FRIDAY

**SUPPORT FOR
BLACK FAMILIES**

10-11am PST

Spanish Groups

Cambio de Vida con un Bebé



Grupo de Apoyo en Español para padres de niños de 0 a 2 años.

Este programa ofrece apoyo y recursos a los padres que esperan o tienen un nuevo bebé. En este Grupo de Apoyo los padres aprenderán a:

- Reconocer los cambios que suceden en la familia con la llegada de un nuevo bebé.
- Aprender como orientar esos cambios de manera positiva.
- Aprender sobre servicios que ofrecen apoyo y servicios en su comunidad si Usted los necesita.

Último viernes del mes 6:00 to 7:30PM.

Enero 29, 2021	Julio 30, 2021
Febrero 26, 2021	Agosto 27, 2021
Marzo 26, 2021	Septiembre 24, 2021
Abril 30, 2021	Octubre 29, 2021
Mayo 28, 2021	Noviembre 19, 2021
Junio 25, 2021	Diciembre 17, 2021

Virtual en ZOOM, para obtener información llame al 805.739.3398.





CADA MARTES • 2:00 P.M. ESTE

NUEVAS MAMAS

Únase a nosotras esta semana al grupo de apoyo para nuevas mamás.

REGISTRATE GRATIS EN: [HTTPS://WWW.POSTPARTUM.NET/EN-ESPAÑOL](https://www.postpartum.net/en-espanol)

Postpartum Support International | www.postpartum.net | 800.944.4773 x 2



LÍNEA DE AYUDA DE PSI:

800-944-4773 x 1

OPCIÓN DE TEXTO EN ESPAÑOL:

971-420-0294

www.postpartum.net



HAND to HOLD
Fragile Babies. Family Support.

**Tener un bebé en la NICU cambia la vida.
Pero no tienes que hacerlo solo.**

grupos de apoyo virtuales



Los grupos de apoyo virtuales gratuitos le permiten acceder el apoyo en la trayectoria NICU de su familia desde la comodidad y seguridad de su propia casa.

handtohold.org/supportgroups

Los grupos de apoyos
virtuales son patrocinados por

HUGGIES

Toll Free: 855-H2H-NICU | 855-424-6428 | handtohold.org | © 2020 Hand to Hold

Apoyo para las Familias en la NICU

martes, 11am-12pm PST

Registrarse aquí: <https://handtohold.org/nicu-family-support/nicu-family-support-groups/>

A free web-based app to help expecting or new mothers and their support systems become informed about perinatal depression and anxiety and get prepared to successfully manage these conditions if needed.

Download at:

<https://mycare.mmhnow.org/>



Teen Resources/ Recursos para la juventud

Children's Resource Network (clothing, school supplies, etc.)

www.childrensresourcenetwork.org

English 805.709.5404

Spanish 805.202.8151

901 South Broadway, Santa Maria

1212 Farroll Ave, Arroyo Grande (Children's Closet)

495 Valley Road, Arroyo Grande (Teens Closet), Thursdays 12-4pm

525 North Thompson Ave, Nipomo (Teens Closet), Wednesdays, 12-4pm

901 South Broadway, Santa Maria (Teens and Children's Closet)

Marian Regional Medical Center, for patients and their families

Communify (formerly Community Action Commission): Adolescent Family Life Program (AFLP)

www.communifysb.org/family-youth-services/health-prevention

120 West Chestnut Ave, Lompoc

805.740.4555

201 West Chapel Street, Santa Maria

805.922.2243

CalSAFE Centers (Provides support to teen parents)

Maple High School

805.742.3150

4010 Juniper Ave, Lompoc

Santa Maria High School

805.937.6356 x1830

829 South Lincoln Street, Santa Maria

SAFTY (24 hour hotline for youth in crisis)

888.334.2777

Transportation/Transportación

For CenCal members, transportation to all appointments for medical, mental health, drug and alcohol services is available:

877.814.1861

Regional Transit Authority (to/from SLO County)

805.781.4472

www.slorta.org

Santa Maria Area Transit Bus/Autobús

805.928.5624

www.cityofsantamaria.org/transit

Smooth

805.922.8476

www.smoothinc.org/county-healthcare-center-shuttle.php

Transportation from North County to Santa Barbara for medical appointments offered every Monday, Tuesday, and Thursday. Reservations need to be made in advance.

Breeze Bus**800.417.2137**www.breezebus.com

Travel from Santa Maria to Vandenberg AFB, Lompoc, Los Alamos, Solvang, and Buellton

Colt Bus**805.736.7666**www.cityoflompoc.com/transit/colt.htm

Public transit bus service within Lompoc, Mission Hills, Vandenberg Village

Ride-on Transportation**805.541.8747**www.ride-on.org

Offers transport in SLO County for medical transfers, seniors, people with disabilities, children, and other people served by social service agencies.

Primary Health Care/Cuidado primario sobre la salud

Women's Health/ Cuidado sobre la salud para la mujer

CHC

1418 East Main Street, Suite 210, Santa Maria	805.928.3678
210 South Palisade Drive, Suite 102, Santa Maria	805.928.7951
2801 Santa Maria Way, Santa Maria	805.934.5400

Center for Women's Health (Dignity Health)

805.922.0481

210 South Palisades Drive, Suite 101A, Santa Maria

Cypress Women's Health Center (Dignity Health)

805.922.8006

1300 East Cypress Street, Building B, Santa Maria

Planned Parenthood

415 East Chapel Street, Santa Maria	888.898.3806
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Santa Barbara County Public Health

Women's Health /Servicios de Embarazo y Postparto

2115 South Centerpointe Parkway, Santa Maria	805.346.7230
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Santa Maria Women's Health (Dignity Health)

805.354.7101

220 South Palisades Drive, Suite 203, Santa Maria

Primary Care (Adults)/Cuidado primario (adultos)

Santa Barbara County Public Health

Santa Maria Health Care Center/Clinicas de la Comunidad

2115 South Centerpointe Parkway, Santa Maria	805.346.7230
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Lompoc Health Care Center

301 North R Street, Lompoc	805.737.6400
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CHC

4723 Main Street, Suite H, Guadalupe	805.343.5577
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430 South Blosser Road, Santa Maria	805.361.8900
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2801 Santa Maria Way, Santa Maria	805.934.5400
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Dignity Health Family Medicine Center 1400 East Church Street, Santa Maria (Next to hospital entrance)	805.739.3561
Marian Community Clinic 117 Bunny Avenue, Santa Maria	805.739.3890
Women & Infants' Mobile Health Clinic Santa Maria/Guadalupe locations	805.756.5089

Pediatricians/Pediatras

Robert Barry, MD and John MacLean, MD 1420 Miller Street, Suite A, Santa Maria	805.922.3573
Cindy Blifeld, MD Lompoc Valley Pediatric Care Center 1111 East Ocean Ave, Suite 6, Lompoc	805.736.4970
CHC 4723 Main Street, Suite H, Guadalupe 425 W Central Ave, Suite 201, Lompoc 2801 Santa Maria Way, Suite A & B, Santa Maria 1835 North Broadway, Santa Maria 430 South Blosser Road, Santa Maria	805.343.5577 805.737.1169 805.934.5405 805.345.3701 805.361.8900
Dignity Health Family Medicine Center 1400 East Church Street, Santa Maria (next to Marian)	805.739.3561
Jeffrey Kaplan, MD Inc. 301 Miller Street, Suite 204, Santa Maria	805.354.5200
Liong Lau, MD 1505 Sheppard Drive, Suite 202, Santa Maria	805.739.1023
Lompoc Health 1225 North H Street, Lompoc 136 North 3 rd Street, Lompoc	805.737.8700 805.736.1253
Marian Community Clinic 117 Bunny Avenue, Santa Maria	805.739.3890

Pediatric Medical Group

1430 East Main Street, Suite 201, Santa Maria

805.922.3548**Barbara Ramirez, NP**

1420 Miller Street, Suite B, Santa Maria

805.614.7200**Santa Barbara County Public Health***Lompoc Health Center*

301 North R Street, Lompoc

805.737.6450*Santa Maria Health Care Center/Clinicas de la Comunidad*

2115 South Centerpointe Parkway, Santa Maria

805.346.7230**Himat Tank, MD**

1505 Sheppard Drive, Suite 102, Santa Maria

805.928.9300**Dentists Accepting Medi-Cal/
Dentistas aceptanado Medi-Cal****CHC**

Children/niños

1414 South Miller Street #8 , Santa Maria

805.345.3702

Adults/adultos

210 North Broadway, Santa Maria

805.347.1171

1304 Miller Street, Santa Maria

805.925.6229**CHC Dental Administrative Office**

150 Tejas Place, Nipomo

805.929.3254**Dentistry for Children**

1430 East Main Street, Suite 203, Santa Maria

805.922.3530**Friendly Smiles**

2528 South Broadway, Suite C, Santa Maria

805.928.6776**Guadalupe Dentistry**

4723 West Main Street, Suite C, Guadalupe

805.343.9500**Steve Hutcherson, DDS**

Dental surgery

1414 Miller Street, Suite J, Santa Maria

805.922.9626

Jesse Kim, DDS/Plum Tree Dental Practice 1774 South Broadway, Santa Maria	805.928.5400
Ion Naumescu, DDS 1414 Miller Street, Suite N, Santa Maria	805.928.3780
Bing Qiao, DDS 1414 Miller Street, Suite S, Santa Maria	805.925.6229
Shepard CHC Surgical Center General sedation cases only 1418 East Main Street, Suite 110, Santa Maria	805.614.9500
Sunrise Dental 1414 Miller Street, Suite G, Santa Maria	805.739.2716
Yat Tang, DDS/Zen Dental 2050 South Broadway, Suite E, Santa Maria	805.349.8890
Western Dental Services 2202 South Broadway, Santa Maria	805.346.2130



EMERGENCY FOOD DISTRIBUTIONS

Foodbank of Santa Barbara County will distribute free groceries and fresh produce at the following locations. No documentation/registration required. Everyone is welcome. Measures have been taken to ensure the safety and cleanliness of each site. For a complete list of sites where you can receive groceries, fresh produce, or prepared meals, please visit FoodbankSBC.org.

UPDATED JANUARY 12

 **DRIVE-THRU OPTION**
 **PRODUCE ONLY**

FOR SENIOR HOME DELIVERY, PLEASE CALL 805-357-5761

SANTA MARIA

Orcutt Presbyterian Church
993 Patterson Rd.
Every Friday, 2pm-4pm

Catholic Charities
607 W. Main St.
Every Tuesday and Friday, 12pm-2pm

Elks Lodge
1309 N. Bradley Rd.
Every Thursday, 9am

Coast Valley Worship Center
2548 S. Broadway
Every Tuesday, 10am-11am

Angel Food/Pacific Christian
1217 D. Blosser Rd.
Every Saturday, 9am-12pm

Salvation Army
200 W. Cook Ave.
Every Monday, Wednesday and Friday, 9am-4pm

St. John Neumann Church
966 W. Orchard St.
2nd Wednesday, 9am-10am

Oasis Orcutt Senior Center
420 Soares Ave.
3rd Thursday, 9:30am-11am

Evans Park
200 W. Williams St.
3rd Friday, 2pm

Rancho Hermosa
235 E. Inger Dr.
1st Friday, 3pm

Allan Hancock College
800 S. College Dr.
Tuesday and Thursday, 11am

NIPOMO

Nipomo Food Basket
197 W. Tefft St.
Every Monday, Tuesday and Thursday, 10am-1pm

LOMPOC

FSA Dorothy Jackson Resource Center
646 N.H. St.
Every Friday, 10am-12pm

Lompoc High School
515 W. College Ave.
Last Saturday of the month, 8:30am

Catholic Charities
352 N. 2nd St.
Monday-Friday, 10am-11:45am
12:30pm-2pm

Santa Rita Village
926 W. Apricot Ave
4th Wednesday, 10:30am

LOS ALAMOS

Los Alamos Senior Center
690 Bell St.
Every Saturday, 10am-11:30am
2nd Wednesday, 3pm

People Helping People
260 Gonzales Dr.
Every other Thursday (10/22), 10am-11am

GUADALUPE

Guadalupe Senior Center
4545 10th St.
Every Thursday, 11:30am-2pm

Beatitude House
267 Campodonico Ave.
Every Tuesday, 11:30am-12:45pm

Family Service Center
4681 11th St.
Last Thursday of the month, 12pm

Ranch Acres
1050 Escalante Dr.
4th Tuesday, 3pm

BUELLTON

Buellton Senior Center
164 W. Hwy 246 (Behind post office)
Monday-Friday, 9am-3pm

SANTA BARBARA

Salvation Army
4849 Hollister Ave.
Every Tuesday, 9am-12pm & 1pm-4pm
Every Wednesday
1pm-4pm & 5:30pm-7pm
Regular distribution CLOSED until Jan. 12

Westside Community Center
423 W. Victoria St.
Every Monday 1pm-3pm
CLOSED Dec. 21 - Jan 1

Children's Park (Lower Westside)
520 Wentworth Ave.
1st Tuesday, 1pm
2nd Tuesday, 1pm

Franklin Community Center
1136 E. Montecito St.
3rd Tuesday, 1:30pm
Every Thursday, 1pm
CLOSED Dec. 21 - Jan 1

Presidio Springs
721 Laguna St.
3rd Wednesday, 4pm-6pm

Catholic Charities
609 E. Haley St.
Monday-Friday, 9am-4:30pm

New Life Church
50 E. Alamar Ave.
3rd Tuesday, 1pm-2:30pm

Grace Food Pantry
3869 State St.
1st, 2nd & 4th Saturday, 9am-10am
(1st, 2nd and 3rd Saturdays in December)

Santa Barbara City College
721 Cliff Drive
Every Tuesday and Wednesday, 2:30-4pm

Positano Apartments
11 Camino De Vida
3rd Monday, 3pm

GOLETA/ISLA VISTA

Isla Vista Youth Projects
5638 Hollister Ave., Suite 200
1st and 3rd Thursday 11:30-5:30
By Appointment ONLY
Contact Ana Maya, 805-869-3303

Good Shepherd Pantry
380 N. Fairview Ave.
1st Saturday, 9am

Goleta Valley Church
595 N. Fairview Ave.
3rd Saturday, 8am-10am

Sandpiper Apartments
375 Ellwood Beach Dr.
1st Thursday, 9am

UCSB
2837 UCEN (UCSB Students Only)
Every Wednesday and Friday
10am-3pm

CARPINTERIA

Carpinteria Children's Project
5201 8th St.
Distributions once a month
3rd Wednesdays, 3pm-5:30pm
August 2021 will be 4th Wednesday

SOLVANG/SANTA YNEZ

Bethania Lutheran Church
603 Atterdag Rd.
Every Tuesday, 5:15pm-6:45pm

Golden Inn Village Family
890 Refugio Rd.
4th Monday, 2:30pm-4pm

People Helping People
1760 Mission Drive
Every Thursday, 12pm-4pm

NEW CUYAMA

Cuyama Family Resource Center
4689 Highway 166
3rd Wednesday, 12pm

SAN LUIS OBISPO

St. Patrick's Church
501 Fair Oaks Ave.
Tuesday-Thursday, 4pm-5pm



DISTRIBUCIONES DE ALIMENTOS DE EMERGENCIA

El Banco de Comida del Condado de Santa Barbara distribuirá comestibles saludables y productos frescos gratuitos a la comunidad en los siguientes sitios. No se requiere documentos ni cita previa para asistir los sitios. Todos son bienvenidos. Se han tomado medidas para garantizar la seguridad y limpieza de cada sitio. Por favor visite FoodbankSBC.org para ver la lista completa de los lugares donde puede recibir alimentos, productos frescos o comidas preparadas.

ACTUALIZADO 12 ENERO



**RECOJER COMIDA
POR VENTANILLA**
**SOLO FRUTAS
Y VERDURAS**

**PARA ENTREGA A DOMICILIO
PARA PERSONAS MAYORES**
**LLAME
805-357-5761**

SANTA MARIA

Orcutt Presbyterian Church
993 Patterson Rd.
Cada viernes, 2pm-4pm

Catholic Charities
607 W. Main St.
Cada martes y viernes, 12pm-2pm

Elks Lodge
1309 N. Bradley Rd.
Cada jueves, 9am Cerrado hasta 5 de noviembre. Vea a continuación Allan Hancock College, los jueves a las 11am.

Coast Valley Worship Center
2548 S. Broadway
Cada martes, 10am-11am

Angel Food/Pacific Christian
1217D S. Blosser Rd.
Cada sábado, 9am-12pm

Salvation Army
200 W. Cook Ave.
Cada lunes, miércoles y viernes 9am-4pm

St. John Neumann Church
966 W. Orchard St.
2do miércoles, 9am-10am

Oasis Orcutt Senior Center
420 Soares Ave.
3er jueves, 9:30am-11am

Evans Park
200 W. Williams St.
3er viernes, 2pm

Rancho Hermosa
235 E. Inger Dr.
1er viernes, 3pm

Allan Hancock College
800 S. College Dr.
martes y jueves, 11am

NIPOMO

Nipomo Food Basket
197 W. Tefft St.
Cada lunes, martes y jueves 10am-1pm

LOMPOC

FSA Dorothy Jackson Resource Center
646 N.H St.
Cada viernes, 10am-12pm

Lompoc High School
515 W. College Ave.
El último sábado de cada mes, 8:30am

Catholic Charities
352 N. 2nd St.
De lunes a viernes, 10am-11:45am 12:30pm-2pm

Santa Rita Village
926 W. Apricot Ave
4to miércoles, 10:30am

LOS ALAMOS

Los Alamos Senior Center
690 Bell St.
Cada sábado, 10am-11:30am 2do miércoles, 3pm

People Helping People
260 Gonzales Dr.
Cada dos jueves, 10am-11am (22 de octubre)

GUADALUPE

Guadalupe Senior Center
4545 10th St.
Cada jueves, 11:30am-2pm

Beatitude House
267 Campodonico Ave.
Cada martes, 11:30am-12:45pm

Family Service Center
4681 11th St.
El último jueves de cada mes, 12pm

Ranch Acres
1050 Escalante Dr.
4to martes, 3pm

BUELLTON

Buellton Senior Center
164 W. Hwy 246
(Detras de la oficina de correos)
De lunes a viernes, 9am-3pm

SANTA BARBARA

Salvation Army
4849 Hollister Ave.
Cada martes, 9am-12pm & 1pm-4pm Cada miércoles

Westside Community Center
423 W. Victoria St.
Cada lunes 1pm-3pm CERRADO 21 de diciembre - 1 de enero

Children's Park (Lower Westside)
520 Wentworth Ave.
1er martes, 1pm 2do martes, 1pm

Franklin Community Center
1136 E. Montecito St.
3er martes, 1:30pm Cada jueves, 1pm CERRADO 21 de diciembre - 1 de enero

Presidio Springs
721 Laguna St.
2do miércoles, 4pm-6pm

Catholic Charities
609 E. Haley St.
De lunes a viernes, 9am-4:30pm

New Life Church
50 E. Alamar Ave.
3er martes, 1pm-2:30pm

Grace Food Pantry
3869 State St.
1er, 2do y 4to sábado, 9am-10am (1er, 2do y 3er en diciembre)

Santa Barbara City College
721 Cliff Drive
Cada martes y miércoles, 2:30p-4pm

Positano Apartments
11 Camino De Vida
3er lunes, 3pm

GOLETA/ISLA VISTA

Isla Vista Youth Projects
5638 Hollister Ave., Suite 200
1er y 3er jueves 11:30-5:30pm SOLO por cita, contáctese Ana Maya, 805-869-3303

Good Shepherd Pantry
380 N. Fairview Ave.
1er sábado, 9am

Goleta Valley Church
595 N. Fairview Ave.
3er sábado, 8am-10am

Sandpiper Apartments
375 Ellwood Beach Dr.
1er jueves, 9am

UCSB
2837 UCEN (Solo estudiantes de UCSB)
Cada miércoles y viernes, 10am-3pm

CARPINTERIA

Carpinteria Children's Project
5201 8th St.
3er Miércoles, 3pm-5:30pm agosto 2021 estarán 4to Miércoles

SOLVANG/SANTA YNEZ

Bethania Lutheran Church
603 Atterdag Rd.
Cada martes, 5:15pm-6:45pm

Golden Inn Village Family
890 Refugio Rd.
4to lunes, 2:30pm-4pm

People Helping People
1760 Mission Drive
Cada jueves, 12pm-4pm

NEW CUYAMA

Cuyama Family Resource Center
4689 Highway 166
3er miércoles, 12pm

SAN LUIS OBISPO

St. Patrick's Church
501 Fair Oaks Ave.
De martes a jueves. 4pm-5pm



PERINATAL MOOD AND ANXIETY DISORDERS (PMADS)

Perinatal: Anytime during pregnancy through the first year postpartum



SYMPTOMS



Feelings of guilt, shame or hopelessness



Feelings of anger, rage, or irritability, or scary and unwanted thoughts



Lack of interest in the baby or difficulty bonding with baby



Loss of interest, joy or pleasure in things you used to enjoy



Disturbances of sleep and appetite



Crying and sadness, constant worry or racing thoughts



Physical symptoms like dizziness, hot flashes, and nausea



Possible thoughts of harming the baby or yourself



TREATMENT OPTIONS

Counseling

Medication

Support from others

Exercise

Adequate sleep

Healthy diet

Bright light therapy

Yoga

Relaxation techniques

RISK FACTORS



History of depression, anxiety, OCD



Pregnancy or delivery complications, infertility, miscarriage or infant loss



Abrupt discontinuation of breastfeeding



Thyroid imbalance, diabetes, endocrine disorders



Premenstrual Syndrome (PMS)



History of Abuse



Lack of support from family and friends



Financial stress or poverty



Unwanted or unplanned pregnancy

