



# Low Cost Counseling Services in Santa Barbara

## New Beginnings Counseling Center

At New Beginnings, we offer confidential psychological counseling and assessment services to more than 600 at-risk individuals and families in the greater Santa Barbara area each year. Experienced counselors are here to help clients explore life transitions, relationship issues and a variety of concerns including anxiety, depression, grief and loss, trauma, abuse, compulsive behaviors, substance use, job loss and stress, aging, isolation and anger management. Many clients experience a 15% reduction in overall distress after only eight sessions.

The clinic offers confidential individual, couples, family and group counseling services in both English and Spanish with masters and doctoral-level interns gaining hours for clinical licensure.

### **Fees & Payments:**

We are able to meet with you on a personal, confidential basis and offer a sliding-fee scale. We maintain a commitment to serve, reflecting the individual's ability to pay for services.

- (805) 963-7777

324 East Carrillo Street, Suite C Santa Barbara, CA 93101
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[sbnbcc.org](http://sbnbcc.org)

# Jewish Family Services

Professional counselors offer sensitive and confidential services regarding personal growth (self-esteem, anxiety, depression, trauma, relationship difficulties), child development (behavior, social and learning problems), professional and life cycle (career, employment, financial concerns) matters. From an initial call to sorting through difficult, painful issues, our staff at Jewish Family Service is available to respond to your questions and needs.

## Eldercare consultation

JFS can help you, family, or friends assess a home situation. We can work with you to see that an environment supports the physical and emotional needs of an elder.

## Fees and Payment

Jewish Family Service has a sliding fee policy for counseling services, and also accepts Medicare, some health insurance plans, and serves all ages, individuals, families, and couples. Please visit or contact our office for insurance and program eligibility inquiries.

805-957-1115

524 Chapala St Santa Barbara, CA 93101
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[jewishsantabarbara.org](http://jewishsantabarbara.org)

## **Community Counseling and Education Center (CCEC)**

For over 33 years, CCEC's mission has been to provide low-cost counseling to the Santa Barbara community by matching incoming clients to highly skilled trainee and associate therapists in our Clinical Training Program. The work that we do at CCEC attracts the area's top graduate students and graduate associates, who are guided and advised by some of the most sought-after licensed clinical staff on the Central Coast.

#### Services Offered:

Counseling at CCEC - Everyone needs help and support at some point in their lives. Whether it's managing a life transition, grieving a loss, facing challenges in a relationship, or simply because you need someone to talk to, CCEC is here to help. With the generosity of the Santa Barbara community behind us, CCEC is able to provide confidential and affordable counseling services to individuals, couples, children, teens and families. Our bilingual counseling staff consists of graduate student trainees and associates working under the guidance and supervision of some of the area's most knowledgeable and experienced clinical staff.

#### Fees and Payment:

Counseling at CCEC - The cost per 50-minute counseling session is \$95. All sessions are subsidized in part by local donors who stand with you in your journey toward growth and healing. With the generosity of community, clients end up paying between \$25 and \$75 per session, depending on income.

- [\(805\) 962-3363](tel:8059623363)

923 Olive Street Suite #1 Santa Barbara, CA 93101
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[ccecsb.org](http://ccecsb.org)

# Pacific Pride Foundation

## Services Offered:

### COUNSELING

Affordable counseling is available at our Santa Barbara office for LGBTQ+ individuals, individuals living with HIV/AIDS, and their partners, family, and friends.

Counseling at Pacific Pride features a team of six to eight counseling interns (a majority of whom identify as LGBTQ+) who are trained in issues relevant to LGBTQ+ mental health--with full, robust training in best practices for Transgender (Non-Binary included) clients.

Our Santa Barbara counselors are overseen by the well-respected Bren Fraser, LMFT, and offer high-quality, culturally competent individual, couples, and family therapy for a sliding scale fee based on income and number of dependents.

### Therapy Groups

-The LGBTQ+ Adult Group is for diverse LGBTQ+ adults (18+) processing coming out, relationship building, coping strategies, and more.

-The Transgender Group (including non-binary individuals) gives clients space to process self-care, cope with gender dysphoria and transition questions, and celebrate the joys of living one's true gender.

-The Parents of LGBTQ+ Children Group is for parents processing any grief, joys, or questions about the gender journey of their child (of any age).

## **Fees & Payments:**

All of our programs are free or low cost and offered in English and Spanish through our offices in Santa Barbara and Santa Maria.

We also offer a sliding scale fee based on income and number of dependents.

- (805) 963-3636

608 Anacapa St Santa Barbara, CA 93101
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[pacificpridefoundation.org](http://pacificpridefoundation.org)

## Family Service Agency

This is a Free to Low Cost service agency.

Family Service Agency (FSA) provides hope, strength and stability to Santa Barbara County children, families and seniors.

### Services Offered:

**Youth & Family Behavioral Health** - FSA provides a wide array of mental health counseling services for children, youth, adults and families. These services result in positive, long-term improvements for overall quality of life, decreasing the likelihood of high-risk behaviors, and for students, improving academic success. Youth and Family Behavioral Health counseling professionals specialize in childhood issues including anxiety, depression, and behavior problems. FSA staff utilize play therapy methods when working with younger children.

Our Drug & Alcohol Treatment program in Santa Maria supports adolescents and their families through counseling, treatment, training and interventions. For families facing difficult issues like substance abuse or neglect, our Intensive In-Home Therapy team is specially trained in non-traditional counseling practices. Our goal is to prevent out of home placement such as juvenile hall and foster care.

**School Counseling Services** - Compassion Centers and Counseling are available for students at Santa Barbara High, Santa Barbara Jr. High, Cleveland and Cold Springs schools. If your student needs support, please encourage them to go to speak to their teacher or counselor. FSA's School-Based Counseling program delivers therapy, case management, home visits and critical incident response services. Available at K-12 school campuses in Carpinteria, Santa Barbara and Lompoc, our program provides a convenient, familiar and safe environment for children, adolescents and their families. The Intensive In-School Counseling program assists students with severe mental health needs. Licensed Marriage and Family Therapists work collaboratively with school staff to provide parent education and individual, family and group counseling.

**Senior Services** - Family Service Agency offers older adults, age 60 plus, the tools they need to live meaningful, independent and healthy lives. Our Senior Mental Health services provide individual, family and couples counseling with an emphasis on direct, solution-oriented treatment strategies and well-defined therapeutic goals. FSA's Caregiver Mental Health & Support services help caregivers recognize, embrace and manage their role as a caregiver through individual, family and/or group counseling.

**Youth Drug & Alcohol Treatment** - Since 2002, the Santa Maria Alcohol and Drug Treatment Program has served adolescents and young adults struggling with substance abuse. We serve the whole family, engaging parents and guardians, as the youth journeys through the recovery process. Depending on medical necessity, teenagers may participate in either a three- or a six-month program. All youth new to the program will attend four individual sessions the first month, and as many as four group sessions per week. Treatment providers are certified Alcohol and Other Drug (AOD) Counselors, or registered interns working toward certification. Our staff forms strong relationships with the youth, allowing us to provide treatment that addresses family dynamics and needs. As evidenced by weekly drug tests, youth involved in our program stop using alcohol and drugs, learn healthier coping skills, and gain improved self-confidence.

**Fees and Payment:**

At FSA, all services are provided free or on a sliding fee/donation scale and no one is denied assistance because of an inability to pay.

This is a non profit agency.

- 805-965-1001

West Gutierrez Street Santa Barbara, CA 93101
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[fsacares.org](http://fsacares.org)

## **Crisis Lines**

If you or someone you know is suicidal, please call 911 or (800) 273-8255.