

# Santa Maria Valley



## Information Guide

March 2010



Place this  
in your  
telephone  
book.



Sponsored By:



# Fire/Police/Crisis Bomberos/Policia/Crisis

**Police, Fire, Ambulance.....9-1-1**

**Suicide Hotline..... 2-1-1**

Adult Protective Services..... 346-8303  
 Child Abuse Reporting Hotline..... 1-800-367-0166  
 Domestic Violence Solutions..... 925-2160  
 Poison Control Center..... 1-800-876-4766  
 Police Dept., City of Santa Maria..... 928-3781 ext. 810

Rape Crisis Center ..... 928-3554  
 Sheriff's Department (Orcutt Substation)..... 934-6150  
 Mon - Sun (Emergency) ..... 692-5744  
 Victim Witness Program..... 346-7529  
 Long Term Care Ombudsman ..... 925-0499

## Medical Services/Information Servicios Medicos/Informacion

### Paying for Health Care

#### Pagando por el Cuidado de Salud

Medi-Cal Applications.....346-7135  
 Medically Indigent Adult .....346-7241  
 Health Insurance Counseling  
 Information & Assistance.....928-5663  
 Healthy Families  
 (Public Insurance)..... 1-800-880-5305

### Dental

Central Coast Dental Society.....544-1113  
 Children's Dental Disease Prevention  
 .....681-5433  
 Dental Society, SB County.....684-1220

### Pregnancy/Embarazo

Marian New Life.....739-3896  
 Planned Parenthood.....922-8317  
 CareNet Pregnancy & Resource.....928-9285  
 Public Health.....346-7230  
 Wellness Pregnancy Program (CHC)934-5402

### Hospitals, Clinics & Urgent Care

#### Hospitales & Clinicas

Community Health Centers of the Central Coast  
 938-9200  
 Marian Community Clinics  
 Guadalupe.....343-2004  
 Santa Maria ..... 739-3890  
 Marian Medical Center ..... 739-3000  
 Marian Urgent Care ..... 739-3211  
 Planned Parenthood/Family  
 Planning .....922-8317  
 Public Health Department.....346-7230  
 Santa Ynez Tribal Health Clinic .....688-7070



### Public Health Department Departamento de Salud

Child Health/Teen Checkup.....346-8414  
 Chronic Disease -  
 Self Management .....681-5311  
 Santa Maria Clinic.....346-8410  
 Disease Testing, Tuberculosis Treatment,  
 Birth Certificates and Immunizations  
 Women's Health Center.....739-8710  
 Homeless Program .....681-5363  
 Primary Care .....346-7230

### Community Health Information Informacion de Salud en la Comunidad

Alliance for Pharmaceutical Access..614-2040  
 Alzheimer's Association .....636-6432  
 American Cancer Society .....922-2354  
 American Lung Association..... 800-586-4872  
 American Heart Association.....925-0410  
 American Red Cross .....928-0778  
 Arthritis Foundation.....563-4685  
 Marian Cancer Center.....739-3780  
 Marian Community Education.....739-3578

### Home Health Care

#### El Cuidado de Salud en el Hogar

Marian Home Care/Hospice.....739-3830  
 Best Care Central Coast.....782-8600  
 Assisted Health Care .....569-2000  
 Central Coast Home Health .....543-2244  
 Gentiva Health Services.....544-4402  
 Help Unlimited .....289-9999

# Medical Sources/Information Servicios Medicos/Informacion

## Mental Health Counseling Consejeria de Salud Mental

Mental Health Emergency .....	9-1-1
Adult Inpatient Psychiatric & Detox - Cottage Hospital .....	569-8339
Anger Management Counseling	
Domestic Violence Solutions.....	925-2160
Charles Golodner Counseling Group.....	349-2255
Mental Health Services - County.....	1-888-868-1649
County Mental Health Clinic.....	934-6380
NAMI - North Santa Barbara County.....	938-0546
North County Rape Crisis.....	922-2994
Santa Maria Valley Youth and Family Center .....	928-1707
Transitions/Mental Health Association .....	928-0139

## Drug & Alcohol Assistance Asistencia de Drogas & Alcohol

Alcoholics Anonymous.....	925-3782
Central Coast Headway.....	922-2106
Cottage Outpatient Center .....	687-6681
Mothers Against Drunk Driving.....	1-800-426-6233
Project PREMIE.....	925-0315
Recovery Point - Inpatient.....	347-3338
Recovery Point - Outpatient .....	346-8185
Transitional Center for Women .....	347-3338 ext. 105
Youth and Family Center.....	928-1707

# Community Information Informacion de Comunidad

## Food & Nutrition Comida & Nutricion

Central Coast Rescue Mission .....	614-0220
Foodbank/Brown Bag.....	937-3422
Catholic Charities .....	922-2059
Food Stamps.....	346-7135
Guadalupe Family Center .....	343-1194
Good Samaritan Shelter .....	347-3338
SM Valley 'FISH' Meals on Wheels....	928-9707
Senior Lunches .....	925-3010
The Salvation Army Hot Lunch	
Program .....	349-2421
Women, Infants and Children Program	
(WIC).....	346-8450
Cancer Nutrition Counseling.....	739-3780

## Information & Referral Informacion & Referencias

CRIS Helpline .....	928-5818
Dept. of Motor Vehicles .....	1-800-777-0133
Independent Living Resource Cntr. ..	925-0015
Pacific Pride Foundation.....	349-9947
Senior Connection .....	928-2552
Promotoras Comunitarios.....	473-8210

## Libraries

Santa Maria .....	925-0994
Guadalupe.....	343-1405
Orcutt.....	937-6483
Cuyuma .....	1-661-766-2490

## Education & School Educacion & Escuela

Allan Hancock College.....	922-6966
Community Education .....	ext. 3209
English as a Second Language &	
Noncredit Education .....	ext. 3299
Guadalupe School District .....	343-2114
C.A.C. Head Start Centers .....	922-2243
Healthy Start - Guadalupe .....	343-1194
Healthy Start Santa Maria.....	928-4150
Literacy Council (Adult) ...	925-0951 ext. 836
Migrant Education, SM Bonita .....	361-8190
Migrant Education, SB County.....	922-0788
Minor Parent Program ...	925-2567 ext. 3677
Orcutt Union School District.....	938-8900
Santa Barbara County Education.....	349-0443
Special Education .....	922-0334
Santa Maria High School District ....	922-4573
Santa Maria-Bonita Elem. District....	928-1783

## Legal & Immigration Legal & Inmigracion

Better Business Bureau.....	963-8657
California Rural Legal Assistance .....	922-4563
Catholic Charities.....	922-2059
Conflict Resolution Center	
Community Mediation.....	349-8943
D.A. Consumer Mediation.....	346-7516
Legal Aid Foundation .....	922-9909
Legal Resource Center .....	349-1289
Probation Department.....	739-8500

## General Assistance Asistencia General

American Red Cross .....	928-0778
Catholic Charities.....	922-2059
City of Santa Maria.....	925-0951
Graffiti Removal.....	ext. 667
Recreation & Parks.....	ext. 260
Report Tree Roots.....	ext. 260
Sidewalk Repair.....	ext. 229
Environmental Services &	
Used Oil Recycling.....	ext. 7270
Community Mediation Program .....	349-8943
Salvation Army Emergency Assistance.....	
349-2421	
Social Security Administration .....	934-2793
Department of Social Services.....	346-7135
SB County -Department of Social Services -	
General Relief.....	346-7135
Child Welfare Services .....	346-7124
Veterans Services.....	346-7160
North County Rape Crisis.....	922-2994





# Community Information Informacion de Comunidad

## Housing/Viviendas

Assessor Homeowner Exemptions .....	346-8310
Assisted Living and Senior Independent Listings.....	928-2552
Central Coast Rescue Mission .....	614-0220
Good Samaritan Shelter .....	347-3338
Housing Authority .....	925-4393
Reverse Mortgage Counseling.....	800-540-2227

## Death Related Services/Servicios Relacionados con el Fallecimiento

Death Certificates .....	346-8370
Tissue Donation.....	1-800-494-7828
Social Security Benefits .....	1-800-772-1213
Veterans Administration .....	1-800-827-1000

## Financial & Income Assistance Asistencia Financiera/Ingresos

Catholic Charities.....	922-2059
Credit Counseling .....	1-800-540-2227
SB County - Department of Social Services General Relief/Medi-Cal/Food Stamps .....	346-7135
Franchise Tax Board.....	1-800-852-5711
Veterans Benefits .....	346-7160
Foreclosure Assistance .....	659-6868

## Civic & Community/Civico & Comunidad

U.S. Representative (Lois Capps) .....	730-1710
California Assembly (Sam Blakeslee) .....	922-3695
California Senator (Abel Maldonado) .....	549-3784
County 5th District Supervisor - Joseph Centeno .....	346-8400
County 4th District Supervisor - Joni Gray .....	346-8407
City of Guadalupe.....	343-1340
City of Santa Maria (Recording) .....	925-0951
City Council Agenda Hotline .....	925-0951 ext. 307
Recycling Hotline.....	925-0951 ext. 806
United Way of the Central Coast .....	922-0329
Voter Information .....	346-8374

## Services for the Disabled/Servicios de los Desehabilitados

Braille Institute.....	682-6222
Department of Rehabilitation.....	928-1891
Independent Living Resources Center .....	925-0015 (V/TYY)
Public Guardian's Office .....	346-8337
Tri Counties Regional Center.....	922-4640

## Transportation

SMAT .....	928-5624
SMOOTH Senior Transportation.....	922-8476

## Volunteer/Voluntario

Retired Senior Volunteer Program.....	922-9931
Marian Medical Center Volunteers.....	739-3522

## Child Care Services/Servicios de cuidado de Ninos

Child Care Health Program .....	1-800-333-3212
Child Care Licensing.....	682-7647
Child Development Centers.....	922-2243
Child Welfare Services.....	346-7124
Children's Resources & Referral Program.....	925-1989
Foster Home Licensing/Adoptions.....	346-8285
C.A.C. Head Start Centers .....	922-2243
YMCA Preschool/Afterschool .....	937-8521
YMCA Children's Center .....	349-0369

## Employment and Training/Empleos & Entrenamiento

Center for Employment Training.....	928-1737
City Youth Employment Services .....	925-0951 ext. 264
Employment Development Dept.....	348-3230
Regional Occupational Program.....	937-8427
Senior Citizen Employment Services.....	934-3537 ext. 106
Teen Job Hotline.....	925-0951 ext. 979
Vocational Training Center.....	928-5000
Workforce Resource Center.....	614-1550

## Senior Services/Servicios para los Ancianos

Adult Protective Services.....	346-8303
Alzheimer's Association .....	636-6432
Area Agency on Aging .....	925-9554
Adult Day Care Center, Wisdom Center.....	349-9810
Coast Caregiver Resource Center .....	888-488-6555
Community Partners in Caring.....	925-8000
CAP Senior Home Repair .....	541-4122
Elwin Mussell Senior Center .....	925-0951 ext. 207
Guadalupe Senior Center .....	343-0615
Home Delivered Meals.....	925-3010
In-Home Care Network/Registry .....	614-1256
In-Home Supportive Services.....	346-8303
Lifeline, Emergency Response .....	922-7731
Long Term Care Ombudsman Service .....	925-0499
Luis OASIS Senior Center .....	937-9750
Meals On Wheels.....	928-9707
Multi Purpose Senior Service Program .....	800-421-1641
Senior Legal Assistance.....	922-9909
Senior Connection - Information .....	928-2552

## Utility Assistance/Ayuda para las utilidades

Programa CARE .....	1-866-743-2273
Necesida Redira Basica.....	1-800-427-2200
Programa HEAP(CAC) .....	1-800-655-0617 ext. 290

## Youth & Teen Services/ Servicios de Juventud

Abel Maldonado Youth Center .....	925-0951 ext. 252
Big Brothers/Big Sisters.....	925-1100
Boys and Girls Club .....	922-7763
Santa Maria Valley YMCA .....	937-8521
Teen Court, CADA.....	963-1433

Call Senior Connection 800-510-2020 for information on services for senior citizens