

Family and Children's Resource Guide



Food

Second Harvest | Pantries and Meals

Open to all

Mon-Fri 8am-5pm

831-662-0991/ [Email](#)

Various Locations [Website](#)

Parenting Support Classes

Triple P | Positive Parenting Program

Get practical, proven tips and tools to build strong family relationships and make parenting easier.

Available for Santa Cruz County families with kids of all ages and abilities.

831-465-2217/ [Email](#)

[Website](#)

Early Education Services

Child Development Resource Center

Finding the best childcare for your child is one of the most important decisions your family can make. The Child Development Resource Center is your one-stop source for families seeking childcare options in Santa Cruz County. Available for Santa Cruz County families with kids of all ages and abilities.

831-466-5820/toll free 833-774-4596

cdrc@santacruzcoe.org

childcare.santacruzcoe.org

Community Bridges Early Education Division

[Website](#)

Santa Cruz County 24-Hour Child Abuse and Neglect Report Line

1-877-505-3299

Diapers

If you're in need of diapers, please contact one of the community organizations listed below.

Pajaro Valley Prevention & Student Assistance

831.728.6445/ [Email](#)

Salvation Army Watsonville

831-724-3922

Salvation Army Santa Cruz

831-426-8365

Siena House

831-425-2229

Family Resource Centers

Services include food distribution, mental health counseling, parent education workshops, public benefits enrollment assistance, youth tutoring and more.

La Manzana Community Resources

Mon-Fri 9am-12pm and 1pm-4:30pm

831-724-2997

521 Main Street Suite Y, Watsonville CA 95076

Live Oak Community Resources

Mon-Thu 9am-12pm and 1pm-5pm

831-476-7284

1740 17th Avenue, Santa Cruz

Nueva Vista Community Resources

Mon-Fri 9am-12pm and 1pm-5pm

831-423-5747

711 East Cliff Drive, Santa Cruz

Mountain Community Resources

Mon and Thu 9am-12pm and 1pm-4:30pm

Tue and Wed 9am-12pm and 1pm-3pm

831-335-6600

6134 Highway 9, Felton

Immigration

Rapid Response Line Santa Cruz County

831-239-4289

Resources [Sudrechos](#) or [County of Santa Cruz](#)

Home Visiting Programs

Are you expecting a baby or raising a young child? Home visitors can offer free, personalized support. Contact a home visiting program to find one that's the right fit for your family.

Early Head Start Home-Based

Friendly home visitors support parents in their role as their child's primary teacher by providing resources on child development, parenting, and family well-being.

831-724-3885

Families Together

Families are provided with counseling, parenting support, and case management.

831-662-1303 Ext 3747

Nurse-Family Partnership

Parents expecting their first baby are paired with nurses.

831-454-4339

bit.ly/Nurse-Family-Partnership

Public Health Field Nursing

Pairs nurses with parents who are pregnant or have children under the age of 5.

831-454-4339

bit.ly/FieldNursingProgram

Healthcare Assistance

Medi-Cal

1-888-421-8080

500 Westridge Drive in Watsonville CA 95076

1020 Emeline Avenue in Santa Cruz

Live Oak Health Center

831-427-3500

1510 Capitola Rd CA 95010

Santa Cruz Women's Health Center

831-427-3500

250 Locust Street, Santa Cruz

SC Mountain Health Center

831-427-3500

9500 Central Ave. Ben Lomond

Salud Para La Gente

831-728-0222

204 E. Beach St, Watsonville CA 95076

Behavioral Health Services

County Behavioral Services | Hotline

Walk in Crisis Services: Crisis assessment and intervention services for adults and children.

Mobile Emergency Response Team (MERT):

Responds to sites to stabilize and support adults and children experiencing mental health crises.

24/7

800-952-2335.

Suicide Prevention | 24/7 Hotline

988

Trevor Project | 24/7 Hotline

Free confidential hotline, online chat, and text service that provides support to members of the LGBTQ+ community.

866-488-7386

Encompass | Family Services

831-429-8350

NAMI | Peer Counseling

We offer support groups, classes, and a helpline for those affected by mental health conditions.

831-427-8020

Brightlife Kids

Kids ages 0–12 get free, expert coaching for sleep issues, worry, social skills, and more. Live, 1:1 video sessions, secure chat, on-demand content, and more.

888-275-5357

[Mental Health Care](#)

Monarch Services| Domestic Violence Hotline

24 Hr. Domestic Violence and Rape Hotline

1-888-900-4232

Walnut Avenue| Domestic Violence Hotline

24 Hr. Domestic Violence Hotline

1-866-269-2559

Parents Center| Mental Health Services

831-426-7322/ [Email](#) 530 Soquel Avenue

Santa Cruz, CA 95062 | 280 Green Valley

Road Freedom, CA 95019

Healthcare Assistance

Clínica del Valle del Pájaro

831-728-0222

45 Nielson St, Watsonville CA 95076

Dientes Community Dental

1430 Freedom Blvd, Suite C, Watsonville

302 Riverside Ave Santa Cruz

Watsonville: 831-621-2560/Santa Cruz: 831-464 – 5411