

The Donald J. Willfong
Community Counseling Clinic



NEW BEGINNINGS
COUNSELING CENTER

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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. We have trained hundreds of our community's seasoned clinicians and continue to provide a research-informed, best-practice approach to preparing tomorrow's psychotherapists and psychologists in the field of mental health.

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.

To schedule a counseling appointment, please call the clinic at 805.963.7777 and dial option #1.

For information about internships, supervision or the counseling clinic in general, please contact:

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