



calm

child abuse listening mediation

calm4kids.org

Serving Santa Barbara County since 1970

How We Help

CALM'S mission is to prevent, assess, and treat child abuse in Santa Barbara by providing comprehensive, culturally competent services for children, adults and families.

CALM is committed to building strong families and resilient children.

CALM prevents child abuse, heals children and families.

County wide services in English and Spanish:

- Child abuse counseling
- Parent child counseling
- Parenting support groups
- Counseling for children who have witnessed domestic violence and their parents who were the victims
- Support for mothers with postpartum depression
- Parent-child Interaction Therapy (PCIT)
- Mandated reporter training
- For families with children ages 2-7 who want to improve relationship building skills and learn effective discipline
- Home visits to provide support, education and developmental guidance to parents and caregivers
- School Based Prevention for schools that wish to teach children important lessons in personal safety
- Family reunification as appropriate

Our Clients Include:

- Children who are at risk for or have experienced neglect or abuse (including exposure to domestic violence and their families)
- Parents who need help with positive discipline and feel isolated and alone
- Foster children and their families who need support

Countywide Services

Elizabeth Rumelt
Clinical Director



A CALM therapy room