

TEACHER & COUNSELOR COMMUNITY RESOURCE GUIDE



ENCOMPASSING
SAN BERNARDINO AND RIVERSIDE
COUNTIES



REACH OUT
Strengthening Communities

DEVELOPED BY THE INLAND HEALTH PROFESSIONS COALITION

A Guide with a Purpose

This Teacher & Counselor Community Resource Guide is intended to provide teachers and counselors within San Bernardino and Riverside county with some resources necessary to assist youth and their families when faced with hardships. The hope is that this basic guide will serve as an outlet to provide useful resources based on the social determinates of health*. Through time, this guide is intended to be updated to accurately represent the available resources within San Bernardino and Riverside counties.



Inland Health Professionals Coalition

The Inland Health Professions Coalition (IHPC) is an initiative of the non-profit organization Reach Out which is based in Upland, CA. The IHPC helps fill a need for health professionals in the Inland Empire by helping students discover health-related careers and put them on an educational path to success. Members of the Inland Coalition include K-12, community college and university faculty, hospital and health care agency representatives, county office of education staff, and interested professional organization and community agency representatives who work to address the growing need for health care workers in the Inland Empire.

***Social determinants of health:** the conditions in which people are born, grow, work, live, and age, and the wider set of forces and systems shaping the conditions of daily life.

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Health Insurance Options and Policies

Medicaid: a health care program that assists low-income families or individuals in paying for long-term medical and custodial care costs.

Medi-Cal: California's Medicaid program serving low-income individuals including: families, seniors, persons with disabilities, children in foster care, pregnant women, and childless adults with incomes below 138% of federal poverty level.

Medicare: federal health insurance program for people who are 65 or older, certain younger people with disabilities, and people with End-Stage Renal Disease.

Family PACT: state program that provides free family planning services to low income men and women.

Covered California: The health insurance marketplace in the state of California. This exchange made possible because of the Patient Protection and Affordable Care Act enables individuals and small business to purchase health insurance at federally subsidized rates.

Patient Protection and Affordable Care Act (i.e., ACA, Obamacare): the health care reform law enacted in March 2010 that helps make affordable health insurance available to more people.

Supplemental Security Income (SSI): a Social Security program that pays monthly benefits for people with limited income and resources who are either disabled, blind, or age 65 and older. Blind or disabled children may also get SSI.

Deferred Action for Childhood Arrivals (DACA): the American immigration policy enacted in June 2012 for certain undocumented young people who came to America as children. It enables individuals who meet the eligibility to have employment authorization.

Family/Youth Resource Centers



Community-based, family-focused, and culturally sensitive facilities that provide programs and services based on the needs of families.

1. Rancho Cucamonga Family Resource Center

Address: 9791 Arrow Route

Rancho Cucamonga, CA 91730

Phone: (909) 477-2781

Hours: Monday-Friday 12:00pm—8:00pm

Services: Free family fun night held every third Friday from 6:00-8:00pm, parent classes, food and clothing, resources for women, services for seniors, services for special needs, support groups, tutoring, and more.

2. Pregnancy and Family Resource Center

Address: 114 E. Airport Drive, Suite. 104

San Bernardino, CA 92408

Phone: (909) 382-4550

Website: www.sbpfrc.com

24-Hour Helplines: 1-800-712-4357 and 1-877-398-7734

Hours: Monday: 1:00pm—8:00pm

Tuesday—Friday: 9:00am—4:00pm

Services: Free Pregnancy testing, Free Resource referral, Free Factual literature to help you make an informed and educated choice regarding your pregnancy, Free Lending library, Free Maternity clothes, Free Layette, Free Baby clothing, diapers, wipes, etc., Free Post Abortion Syndrome (PAS) help, Free Referral for Adoption information, Free prenatal and postnatal guidance and support. Some services earned by accumulating points.

3. Valley Star Family Resource Center

Address: 1585 S. D Street, Suite 101

San Bernardino, CA 92408

Phone: (909) 288-2222

Website: www.starsinc.com/family-resource-center-frc/

Services: Resources and referrals, brief counseling, group activities, Star's kids club, career assistance, cooking demos, parents support classes, basic computer classes, form completion assistance, wellness groups, job lead board, and book lending library.

4. One Stop TAY* Center

Address: 58471 29 Palms Hwy, Suite 102
Yucca Valley, CA 92284

Phone: (760) 853-4888

Website: <http://www.starsinc.com/>

Services to assist Transition Age Youth (TAY)* in areas such as: developing community living skills, recovery from substance abuse, feeling empowered in their lives, developing supportive relationships, identifying and accessing community resources, obtaining and maintaining safe and stable housing, and employment and career goal assistance.

5. St. John's Community Success Center

Address: 1407 N. Arrowhead Ave
San Bernardino, CA 92405

Phone: (909) 889-1195

Website: www.stjohnsweb.org

Hours: Monday-Friday 3:00pm—6:00pm

Services: Free educational experiences for people of all ages, relationship-building exercises, homework center, and more.

6. Rubidoux Family Resource Center

Address: 5473 Mission Blvd
Riverside, CA 92509

Phone: (951) 328-1575

Hours: Monday-Friday 8:00am—5:00pm (Walk-ins welcome)

Services: Prenatal care, family planning, parenting classes, public health nurse in home visitation, nutrition and cooking classes, adult education, ESL classes, Healthy Children Connection, Healthy Families/Medi-Cal enrollment, free immunization clinic, utility assistance, Christmas baskets, WIC* information and Workforce Development (job search and training programs).

7. Building a Generation—Franklin Elementary Family Resource Center

Address: 850 E. Colton Ave
Redlands, CA 92374

Phone: (909) 748-6770

Website: <https://www.buildingageneration.org/franklin-elementary-f-r-c>

Services: Access to food, clothing, shelter resources, counseling programs, medical and dental resources, and adult education and employment resources and opportunities.

*TAY: Transition Age Youth

*WIC: Women, Infants, and Children

8. Ontario Montclair School District—Family Solutions

Address: 1566 S. Sultana Ave

Ontario, CA 91761

Phone: (909) 418-6936

Services for students and families in the Ontario Montclair School District: Case management services, mental health services, physical health services, and crisis intervention.

9. Family Service Association of Redlands—The Yucaipa Outreach Project

Address: 11985 4th Street, Suite 116

Yucaipa, CA 92399

Phone: (909) 570-9002

Website: <http://www.redlandsfamilyservice.org/>

Hours: Monday—Wednesday: 9:00am– 2:00pm, Thursday: 9:00am-12:00pm,
Friday: 9:00am-2:00pm

Services: Classes in basic life skills, money and stress management, parenting classes, bus passes and gas cards, emergency rental assistance, small food pantry and clothing room, case management, hygiene kits, referrals, and employment resources.

10. Asian-American Resource Center

Address: 1133 South E Street.

San Bernardino, CA 92408

Phone: (909) 383-0164

Website: www.aarc-ie.org

Services: Focus on improving educational, mental and physical health and well-being by providing informational and developmental programs to Asian-Americans and other ethnic groups who are low income, isolated, vulnerable, and underserved throughout San Bernardino and Riverside Counties. The resource center provides free services such as, translation and interpreting services, healthy seniors program, community traffic safety awareness program, ESL*/citizenship program, homework after-school program, community service program, electricity and gas bill discount assistance, and a holistic multi-cultural campus.

***ESL:** English as a second language

Family Planning & Women's Health Services



Locations that assist with family planning for a successful future and a range of topics related to women's health.

1. Metropolitan Family Clinic—San Bernardino

Address: 742 W. Highland Avenue
San Bernardino, CA

Phone: (909) 881-7320

Website: <http://metro-clinic.net/metclinic/>

Hours: Monday – Friday, 8:00 am – 7:00 pm
Saturday, 9:00 a.m. – 2:00 p.m.

Services: Prenatal care, pediatric care with free physical exams, free immunization shots, and free transportation to and from any of the Metropolitan location clinics. Walk-ins are welcome. Family planning services that offers free pregnancy tests, free family planning, free temporary MediCal for 4 month to start prenatal care. Free annual examinations for mammograms and more. Some services are subject to income qualification.

2. Metropolitan Family Clinic—

Address: 4990 Arlington Avenue
Riverside, CA

Phone: (951) 785-9011

Website: <http://metro-clinic.net/metclinic/>

Hours: Monday – Friday, 9:00 am – 6:00 pm

Services: Prenatal care, pediatric care with free physical exams, free immunization shots, and free transportation to and from any of the Metropolitan location clinics. Walk-ins are welcome. Family planning services that offers free pregnancy tests, free family planning, free temporary MediCal for 4 month to start prenatal care. Free annual examinations for mammograms and more. Some services are subject to income qualification.

3. Magnolia Women's Center

Address: 8642 Limonite Ave
Riverside, CA 92509

Phone: (951) 681-7133

Website: www.magnoliawmsctr.com

Hours: Monday-Friday 9:00am - 5:00pm

 Closed for lunch from 12:00 - 2:00

Services: See website for full list of available services. Comprehensive services to all women.

4. Riverside Department of Public Health– Family Planning

Address: 3900 Sherman Way. Suite J
Riverside, CA 92503

Phone: (951) 358-5192

Email: ericmedina@rivcocha.org

Website: www.birthcontrol4u.com

Services: Community education, contraceptives, school site education, teen clinic.

5. Redlands Family Clinic

Address: 802 W. Colton Ave. Suite E
Redlands, CA 92374

Phone: (909) 335-5799

Hours: Monday—Friday: 8:00am— 4:30pm

(same day appointments are available on a limited basis)

Services: Medical care and diagnostic testing, health education and counseling, HIV screening, pregnancy testing, TB* screening and testing, vaccinations and immunizations, Well Child evaluations, referrals. **Women's health-** physical exams, cervical cancer screenings, breast cancer screenings, birth control. **Men's health-** physical exams, prostate cancer screenings.

6. Women, Infant & Children (WIC) - Rancho Cucamonga Location

Address: 9507 Arrow Route. Building 7, Suite A
Rancho Cucamonga, CA 91730

Phone: (800) 472-2321

Website: cms.sbccounty.gov/wic/Home.aspx

Hours: Monday, Wednesday, Friday: 7:30am— 5:00pm

Tuesday: 8:30am— 6:00pm

Friday: 7:30am— 4:00pm

Services: Nutrition education and food supplement programs that help lower income pregnancy women, new mothers, infants and young children. Breastfeeding support through peer counselors, lactation consultants, mommy groups, classes, and phone hotlines.

7. Women, Infant & Children (WIC) - Mill Location

Address: 606 East Mill Street
San Bernardino, CA 92408

Phone: (800) 472-2321

Website: cms.sbccounty.gov/wic/Home.aspx

Hours: Monday, Wednesday, Friday: 7:30am— 5:00pm

Tuesday: 8:30am— 6:00pm

Friday: 7:30am— 4:00pm

Services: Nutrition education and food supplement programs that help lower income pregnancy women, new mothers, infants and young children. Breastfeeding support through peer counselors, lactation consultants, mommy groups, classes, and phone hotlines.

***TB:** Tuberculosis

8. Holt Medical Center

Address: 5153 Holt Blvd
Montclair, CA 91763

Phone: (909) 603-9000

Email: holtmedicalcenter@gmail.com

Website: www.holtmedctr.com

Hours: Monday— Friday: 9:00am-6:00pm, Saturday: 9:00am-3:00pm

Walk-ins Welcome

Services: Family Practice, pediatrics, Internal medicine, obstetrics and gynecology, prenatal care, geriatrics, DMV Physicals. Free Medical services: to families who do not have any health insurance and qualify for the program. Prenatal Care: Free pregnancy tests, free care for pregnant women (such as prenatal education), free sonograms, and also mother/baby care after newborn delivery. Family Planning Program: services such as free annual adult physical exams, testing for sexually transmitted diseases, and free contraceptive methods. CHDP* program: provides complete physical exams and vaccinations for children below 19 years of age.

9. Pregnancy and Family Resource Center

Address: 114 E. Airport Drive, Suite. 104
San Bernardino, CA 92408

Phone: (909) 382-4550

24-Hour Helplines: 1(800) 712-4357 and 1(877) 398-7734

Hours: Monday: 1:00—8:00pm

Tuesday—Friday: 9:00am—4:00pm

Services: Free Pregnancy testing, Free Resource referral, Free Factual literature to help you make an informed and educated choice regarding your pregnancy, Free Lending library, Free Maternity clothes, Free Layette, Free Baby clothing, diapers, wipes, etc., Free Post Abortion Syndrome (PAS) help, Free Referral for Adoption information, Free Prenatal and postnatal guidance and support. Some services earned by accumulating points.

10. Family Planning Associates—Women's Health

Address: 855 E. Hospitality Lane
San Bernardino, CA 92408

Phone: (909) 885-0282

Hours: Monday—Friday: 8:00am—5:00pm

Saturday: 8:00am—4:00pm

Services: Annual exams, cervical cancer screening, colposcopy, endometrial biopsy, pap smear, STD screening, vaccines, vaginal infections, abortion services, abortion pill, non-surgical abortion, birth control, pregnancy testing, sonograms.

*CHDP: Child Health and Disability Prevention

Parent/Guardian Support



Resources that provide emotional support to parents and guardians along with childcare services.

1. Center of Refuge Counseling Agencies

Address: 1255 W Colton Ave #125
Redlands, CA 92374

Phone: (909) 202-4552

Website: www.centerofrefuge.com

Hours: Monday—Thursday: 9:00am-2:00pm 4:30pm-7:30pm
Friday: 9:00am-1:00pm

Services: Parenting skills to teach how to avoid power struggles, be a positive role model, discipline combining nurturing techniques, and build strong relationships. These classes satisfy court mandated parenting classes. Also offer couples therapy and intense marriage therapy. Sliding scale is used for optional payment.

2. San Bernardino YMCA—Child Care

Address: 800 East Lugonia Ave. Suite L
Redlands, CA 92373

Phone: (909) 792-0555

Website: www.ymcaeastvalley.org

Hours: Monday— Friday: 6:30am-6:30pm

Services: Offering morning, afternoon, and full day classes.

3. Transitional Assistance Department (Stage One Child Care)-County of San Bernardino

Address: 265 E. Fourth Street.
San Bernardino, CA 92415

Phone: (877) 410-8829

Hours: Based on which child care provider is used

Services: Stage One Child Care helps families by reimbursing most or all child care expenses when families meet the requirements of the program. Apply by calling the TAD office.

4. First 5 Riverside Hybrid Alternative Payment Program

Address: 3939 Thirteenth Street.
Riverside, CA 92501

Phone: (951) 826-6626 or (800) 442-4927

Website: www.rcoe.us/children-family-services/early-care-education/

Hours: based on which child care provider is used

Services: Child care finder, Alternative payment program and CalWORKS, Early Care and Education eligibility list.

5. Rancho Cucamonga Family Resource Center

Address: 9791 Arrow Route
Rancho Cucamonga, CA 91730

Phone: (909) 477-2781
Hours: Monday-Friday 12:00pm—8:00pm

Services: Free Family fun night held every third Friday from 6:00-8:00pm, parent classes, food and clothing, resources for women, services for seniors, services for special needs, support groups, tutoring, and more.

6. Mindful Mums

Address: Rancho Counseling
10601 Church St. Suite 124
Rancho Cucamonga, CA 91730

Phone: (909) 284-9602
Hours: Call to set up a session

Services: Powerful group series focusing on helping moms transform the way they approach motherhood and lessen the anxiety they feel.

7. Reach Out— Parenting Classes

Address: 1126 W. Foothill Blvd. Suite 250
Upland, CA 91786

Phone: (909) 982-8641
Website: www.we-reachout.org/parenting/

Hours: Call and ask to speak with the Youth and Family Department

Services: Free 16+ week classes on the topic of nurturing parenting for infants, toddlers, and preschoolers. Active parenting classes for parents of children ages 5-12 to teach how to communicate effectively, prevent the use of alcohol, tobacco and other drugs, discipline while teaching responsibility, encourage the development of self-esteem and character, redirect misbehavior, and encourage nonviolent conflict resolution.

8. Center for Healing Childhood Trauma

Address: 101 South Olive Ave
Rialto, CA 92377

Phone: (909) 875-5288

Website: www.center4healing.org

Services: Individual Counseling, family counseling, marriage counseling, family group counseling, peer group counseling for victims of molestation, abuse, or neglect. Peer group counseling for siblings of victims. Peer group counseling for adults victimized as children. Peer group counseling for perpetrators of abuse. Supervised visitation, substance abuse services, and teen anger management counseling.

9. Casa for Children of San Bernardino County

Address: 851 S. Mt. Vernon Suite 7A.
Colton, CA 92324

Phone: (909) 881-6760 or (760) 515-7418

Website: <http://www.casaofsb.org>

Hours: Open Monday - Friday (excluding holidays) from 8:30am - 5:00pm

Services: To improve the quality of life for foster youth and youth on probation with stable and consistent advocacy and mentoring provided through trained community volunteers.

10. Camp Fire USA– Inland Southern California

Address: 1126 North Campus Ave.
Upland, CA 91786

Phone: (909) 982-5400

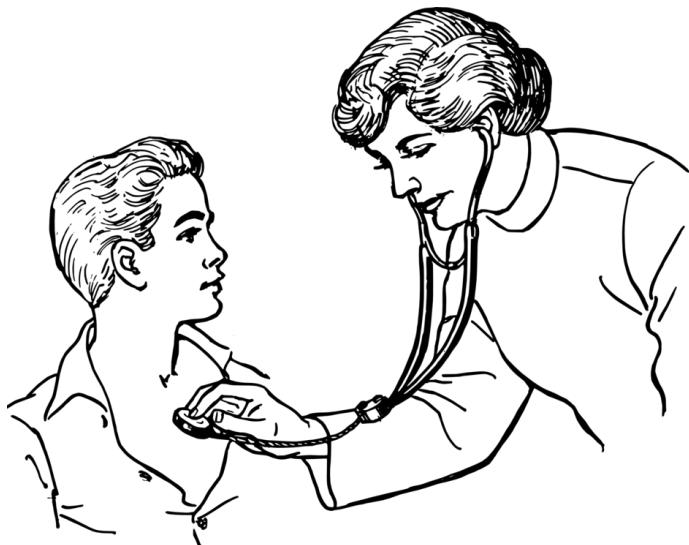
Email: info@campfiretoday.org

Website: www.campfiretoday.org

Hours: Monday—Friday: 9:00am-5:00pm

Services: Family Camp, after school programs, S.H.A.P.E (Sharing Healthy Adolescent and Parent Experiences), teen leadership, G.R.I.P (Gang reduction and Intervention Partnership).

Medical, Dental & Vision Resources



General health clinics and low cost medical, dental, and vision services.

1. New Eyes: Glasses for Those in Need

Address: Based in New Jersey, but serves the entire U.S. and international areas

Phone: (973) 376-4903

Email: info@new-eyes.org

Hours: Monday– Thursday: 9:00am-4:00pm

Services: Free eyeglasses. Eligible clients can apply for the voucher program with assistance from a local social service agency who will apply for them. If a social service agency is not available, a primary care physician, a school nurse, or a house of worship may submit an online application for the client as well. This resource is for individuals who have no other resources with which to obtain a basic pair of eyeglasses. A recent eye exam is needed within the past 12 months to know the prescription needed. Once the client receives the voucher, they can redeem it on the website listed above.

2. Borrego Health | Arlanza Family Health Center

Address: 8856 Arlington Avenue
Riverside, CA 92503

Phone: (951) 710-3970

Website: <https://www.borregohealth.org/borrego-health-arlanza-family-health->

Email: contactus@borregohealth.org

Hours: Monday, 8:00am—7:00pm.

Tuesday—Friday, 8:00am—5:00pm

Saturday, 8:00am—12:00pm

Services: Family practice, preventive care, supplementary services, enabling services, and application assistance for numerous health programs.

3. Koppel Special Care Dentistry Clinic—Loma Linda University

Address: Prince Hall
11092 Anderson Street
Loma Linda, California 92350

Phone: (909) 558-4663

Email: scd@llu.edu

Website: <http://dentalclinics.llu.edu/koppel-center/>

Services: Treat individuals that are not able to sit through a normal dentist visit due to mental disability or other health related problems. All procedures are done under general anesthesia.

4. ALL IN For Health

Phone: (916) 844-2413

Website: www.allinforhealth.org/undocumented

Email: allinforhealth@childrenspartnership.org

Services: Information about DACA (Deferred Action for Childhood Arrivals). Status application and how to apply for Medi-Cal if given DACA status.

5. Park Tree Community Health Center

Address: 1556 S. Sultana Ave
Ontario, CA 91761

Phone: (909) 984-7384

Website: parktreechc.org

Email: info@parktreechc.org

Hours: **Medical-** Monday, Wednesday, Friday, and Saturday: 8:00am—5:00pm Tuesday and Thursday: 8:00am—9:00pm

Dental— Monday, Wednesday, Friday and Saturday: 8:00am—4:30pm Tuesday and Thursday: 8:00am—9:00pm

Medical Services: Pediatric care, prenatal care, reproductive health, teen services, homeless healthcare and case management, chronic disease management for diabetes, asthma, and other illnesses.

Dental Services: examinations, emergency dental treatment, general and deep cleanings, fillings, root canals, crowns, extractions, full and partial dentures.

6. Baldy View Smile School

Address: 1501 S. Bon View Ave
Ontario, CA 91761

Phone: (909) 947-3400 Ext. 1319

Hours: Tuesdays and Thursdays: 2:30pm-6:00pm

Website: www.baldyviewrop.com/domain/131

Services: Free dental services for children ages 3-18. Provides cleanings, exams, extractions, fillings, fluoride, treatments, oral hygiene instruction, pulpotomies (baby tooth root canals), school pre-enrollment screenings, and sealants.

7. Lestonnac Free Clinic—San Bernardino

Address: 401 E. 21st Street.

San Bernardino, CA 92404

Phone: (909) 881-4800

Website: www.lestonnacfreeclinic.org

Hours: Monday: 12:00pm-7:00pm

Thursday: 12:00pm– 7:00pm

Saturday: 9:00am– 5:00pm

Services: Preventative care such as physicals, exams, vaccinations, treatment for chronic diseases, internal medicine, well-women exams, general dentistry and more.

8. Riverside Free Clinic

Address: First Congressional Church of Riverside

3504 Mission Inn Ave.

Riverside, CA 92501

Phone: (951) 867-7742

Website: www.riversidefreeclinic.com

Hours: Must call ahead for times and days of service or check their online calendar.

Services: Provide treatment for a range of different chronic and acute ailments such as arthritis, asthma, diabetes, urinary tract infections, wounds, etc. Also offers dental services as well.

9. New Hope Free Clinic

Address: 760 E. Stuart Avenue

Redlands, CA 92374

Phone: (909) 748-5408 (by appointment only)

Website: www.newhopefreeclinic.org

Hours: Dental Clinic: Tuesdays from 6:00pm-9:00pm

Medical Clinic: Saturday from 9:00am-12:00pm

Services: All services are free of charge. They provide general dentistry and primary care as well as chiropractic care and a health and wellness nutrition program.

10. Whitney Young Family Health Clinic

Address: 1755 Maple Street

San Bernardino, CA 92411

Phone: (909)386-7600

Website: www.ibhealth.org

Hours: Monday—Friday: 8:00am-5:00pm

Services: General medical services, pharmacy, dental services, OBGYN, prevention and education, substance abuse, mental health, homeless support, and much more.

Housing Resources



Facilities that provide solutions to housing/shelter access for men, women, and children.

1. Housing Authority—County of San Bernardino

Address: 715 East Brier Drive
San Bernardino, CA 92408

Phone: (909) 890-0644

Website: <http://ww2.hacsbs.com/index>

Hours: Monday - Thursday 7:30 am - 5:00 pm

Friday: 7:30 am - 4:30 pm (Every Other Friday Closed)

Services: Affordable housing assistance including the Term Limited Lease Assistance Program, the HOME Affordable Housing Program, Homeownership Assistance Program

2. Housing Authority—County of Riverside

Address: 5555 Arlington Avenue
Riverside CA 92504

Phone: (951) 351-0700

Website: <http://www.harivco.org/default.aspx>

Hours: Monday through Friday from 8:00 am to 5:00 pm. (Closed on legal holidays)

Services: Administers the development, rehabilitation or financing of affordable housing programs. The Family Self-Sufficiency (FSS) Program is offered.

3. Citrus Grove Affordable Housing Community

Address: 8845 Citrus Ave
Fontana, CA 92335

Phone: (909) 823-2005

Services: 51 unit affordable housing community that is Project-Based Section 8. Monthly rent cannot exceed the Tax Credit maximum rent for the area. Households earning less than 60% of the area median income qualify for units with reduced rent.

4. Salvation Army—Murrieta Emergency Assistance

Address: 40270 Los Alamos Road
Murrieta, CA 92562

Phone: (951) 677-1324

Website: www.salvationarmyusa.org

Hours: Monday - Friday 9:00am- 4:30pm

Services: Provides emergency food, rental assistance, motel vouchers, clothing, and disaster services as funding permits.

5. LightHouse Social Service Centers

Address: 1003 E. Cooley Dr., Suite 205

Colton, California 92324

Phone: (951) 571-3533

Website: <http://lighthouse-ssc.org/>

Hours: Monday - Friday 8:30am - 5:00pm

Services: Rapid Re-Housing Family Program provides rapid re-housing services to homeless families currently residing in Riverside County, California.

6. Foothill Family Shelter

Address: 1501 W. Ninth Street, Suite D

Upland, CA 91786

Phone: (909) 920-0453

Website: www.foothillfamilyshelter.org

Services: 120 Day program for families who are trying to break the cycle of homelessness and are provided with a two bedroom apartment for no charge but are required to save 50% of their income into a trust account. One-year program for those who successfully complete the 120 day program and are then provided low cost housing. Low-cost permanent housing for those who have successfully completed the one-year program and have become productive members of society.

7. Inland Housing Solutions

Address: PO Box 239

Loma Linda, CA 92354

Phone: (909) 796-6381

Email: info@ithomes.org

Website: www.ithomes.org

Services: Assisting with the journey to self-sufficiency, they provide housing navigation to obtain permanent housing which means individuals need to meet with housing navigators to make sure they are able to maintain permanent housing. Case management is provided, along with life skills, mental health, and follow-up consultations.

8. Neighborhood Housing Services for the Inland Empire

Address: 1390 N. D Street

San Bernardino, CA 92405

Phone: (909) 884-6891

Email: info@nhsie.org

Website: www.nhsie.org

Hours: Monday– Friday: 8:30am-5:00pm

Services: NeighborhoodLift Program that partners with Wells Fargo and NeighborWorks America to provide eligible homebuyers with matching funds up to \$7,500 of down payment assistance on qualified properties, along with homebuyer education. Wealth building courses with trained advisors and financial classes. Assistance with home buying and how to maintain a home. Development of community strategies.

9. Veronicas Home of Mercy—Mary's Table

Address: 1476 W. 6th Street

San Bernardino, CA 92411

Phone: (909) 889-2558

Email: mmcinc@msn.com

Website: www.marysmercycenter.org

Hours: Call for hours of various services

Services: Mary's Table provides hot meals 6 days a week including all holidays, and there is no limit on food. St. Martin de Porres Emergency Food Bag Program distributes food bags every Wednesday, except the first Wednesday of the month. No identification required to receive assistance. St. Joseph's Clothes Closet distributes free clothing on Mondays from 9am-11am. Showers are available for women on Mondays and Wednesdays from 8am-10:30 and for men on Tuesdays and Thursdays from 7:30-10:30. Mary's child program. Veronica's Home of Mercy is a long term home for adult pregnant women and their children. Casa Merced I, Casa Merced II, Casa Merced III are re-entry homes for those women who successfully completed the program at Veronica's Home of Mercy.

10. Central City Lutheran Mission

Address: 1354 N. G Street

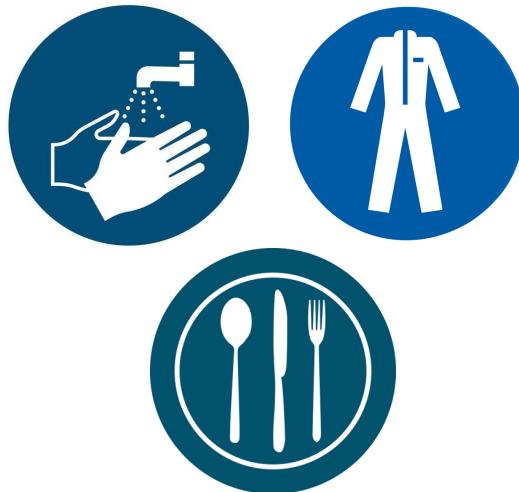
San Bernardino, CA 92405

Phone: (909) 381-6921

Website: www.cclm.org

Services: Emergency shelter for men over the age of 18. Guests are given a place to sleep in the sanctuary, blankets, a hygiene kit, dinner and breakfast, an opportunity to take a shower, and case management to assist them in securing an income stream and finding more appropriate housing. They have access to the community free meals, the computer lab, and Sunday Worship.

Food/Clothing/ Hygiene Resources



Locations that provide access to foods for youth and families.

1. Community Action Partnership of San Bernardino County

Address: 696 South Tippecanoe Avenue
San Bernardino, CA 92408

Phone: (909) 723-1500 **Toll free:** (800) 635-4618

Website: <https://www.capsbc.org>

Office Hours: Monday-Friday: 8:00 am - 5:00 pm

(For hours and locations of all services, please refer to the website.)

Services: Soup Kitchens, Food Pantries, Healthy Senior Nutritional Program, family development including children services, emergency assistance, housing assistance, asset building and tax assistance. Energy, Education and Environment program including home weatherization, utility assistance, and a training center.

2. Veronicas Home of Mercy—Mary's Table

Address: 1476 W. 6th Street
San Bernardino, CA 92411

Phone: (909) 889-2558

Email: mmcinc@msn.com

Website: www.marysmercycenter.org

Hours: Call for hours of various services

Services: Mary's Table provides hot meals 6 days a week including all holidays, there are no limits on food. St. Martin de Porres Emergency Food Bag Program distributes food bags every Wednesday, except the first Wednesday of the month. No identification required to receive assistance. St. Joseph's Clothes Closet distributes free clothing on Mondays from 9am-11am. Showers are available for women on Mondays and Wednesdays from 8am-10:30 and for men on Tuesdays and Thursdays from 7:30-10:30. Mary's child program. Veronica's Home of Mercy is a long term home for adult pregnant women and their children. Casa Merced I, Casa Merced II, Casa Merced III are re-entry homes for those women who successfully completed the program at Veronica's Home of Mercy.

3. Assistance League of San Bernardino

Address: 580 W. 6th Street
San Bernardino, CA 92410

Phone: (909)885-3085

Email: sanbernardinoassistanceleague@gmail.com

Website: www.assitanceleague.org/san-bernardino/

Services: Operation School Bell to assist children in (K-12) with clothing. Students are identified by San Bernardino City Unified School District and brought to Assistance League by school personnel. All students receive a pair of jeans or dress pants, a shirt, a sweatshirt or jacket, a pair of shoes, six pairs of underwear, six pairs of socks, a personal hygiene kit, a book of their choice, and a backpack.

4. Catholic Charities—Riverside Regional Center

Address: 3020 Madison Street
Riverside, CA 92504

Phone: (951) 689-1803

Website: www.ccsbriv.org

Hours: Call for hours

Services: For the full list, please access the website above. Food pantries and food vouchers, family burial services, holiday meals, food stamp outreach project.

5. Catholic Charities—San Bernardino

Address: 1800 Western Avenue, Suite 107
San Bernardino, CA 92411

Phone: (909) 880-3625

Website: www.ccsbriv.org

Hours: Call for hours

Services: For the full list, please access the website above. Food pantries and food vouchers, family burial services, holiday meals, food stamp outreach project.

6. Delmann Heights Community Center

Address: 2969 N. Flores Street
San Bernardino, CA 92405

Phone: (909) 880-1362

Hours: Tuesdays—Saturday: 11:00am-6:00pm

Services: Nutrition education and food distribution on the 3rd Wednesday of every month at 9:00am (for residents living in the zip code areas of: 92405 & 92407).

7. Central City Lutheran Mission

Address: 1354 N. G Street
San Bernardino, CA 92405

Phone: (909) 381-6921

Website: www.cclm.org

Services: Weekly community free meal, daily emergency shelter breakfast and dinner, bimonthly food pantry, weekday after school program snack and dinner, thrift store is open for purchasing items on Thursdays and Fridays from 9:00am-1:00pm. People in need of clothing can also choose clothing for free by contacting the office.

8. Operation Grace

Address: 1595 E. Art Townsend Drive.
San Bernardino, CA 92408

Phone: (909) 382-8540

Website: www.operationgrace.com

Intake Hours: Monday, Tuesday and Wednesday 9:00am-12:00pm

Services: Food bank, Good 360 Program, supportive services, transitional housing, and a women's shelter. Shelter is located in offsite private location.

9. Helping Hands Pantry

Address: 500 N. 8th Street
Banning, CA 92220

PO Box 1124
Redlands, CA 92373

Phone: (951) 849-5618

Website: www.helpinghandspantry.org

Hours: Call for hours

Services: Food Pantry for the public with free food seven days a week, 362 days a year (closed on New Years, Thanksgiving, and Christmas). Paws to Feed program. Living on the Streets program. Victory Gardens program. Much more.

10. Corona/Norco Settlement House

Address: 507 S. Vicentia Ave
Corona, CA 92882

Phone: (951) 737-3504

Email: settlementhouse@hotmail.com

Website: www.settlementhouse.net

Hours: Call for hours of other programs and services

Services: Food Pantry is open Monday-Friday from 4:00pm –5:30pm. Bagged groceries are distributed to low-income families and individuals who have cooking facilities. All clients are screened for eligibility. Holiday Food baskets.

Education Resources



Locations that provide quality education at affordable costs,
and locations that provide access to scholarships.

1. Baldy View ROP*

Address: 2890 Inland Empire Blvd., Suite 100
Ontario, CA 91764

Phone: (909) 980-6490

Website: www.baldyviewrop.com

Services: Adult services, high school student services, range of different curriculums, financial support, scholarships, and more.

2. Colton, Redlands, Yucaipa ROP (CRY-ROP)

Address: 1214 Indiana Court
PO Box 8640
Redlands, CA 92375

Phone: (909) 793-3115

Website: www.cryrop.org

Services: K-12 student programs (see website for full list of courses), College credits, Workability, employment programs, financial aid and scholarships, testing and certifications and more.

3. San Bernardino County ROP

Address: 144 Mtn. View Avenue.
San Bernardino, CA 92408

Phone: (909) 252-4561

Website: www.sbcrop.org

Services: CTEIG* Technical Assistance, curriculum, community classrooms, college and career resources, professional development, and more.

4. Riverside School of Career Education

Address: 2100 E. Alessandro Blvd.
Riverside, CA 92508

Phone: (951) 826-4723

Email: info@riversidesce.org

Website: www.riversidesce.org

Services: Programs offered in business occupations, dental assistants, emergency medical technicians, nursing programs, phlebotomy, welding, and more. See the website for the full list. Financial assistance and scholarships are also available, along with financial aid literacy and management assistance.

*CTEIG: Career Technical Education Incentive Grant Program

*CTE: Career Technical Education

*ROP: Regional Occupational Program

5. San Bernardino Valley College

Address: 701 South Mount Vernon Ave.

San Bernardino, CA 92410

Phone: (909) 384-4400 **Financial Aid Office:** (909) 384-4403

Email: info@valleycollege.edu

Hours for Financial Aid Office: Monday and Thursday: 8:00am-5:00pm

Tuesdays and Wednesdays: 8:00am-7:00pm

Fridays: 8:00am-2:00pm

Website: www.volleycollege.edu

Services: Community college that offers a wide range of different degree opportunities. Financial aid available and workshops available for assistance in applying for financial aid.

6. Young Visionaries Youth Leadership Academy

Address for Administrative Office: 969 S. Tippecanoe Ave

San Bernardino, CA 92408

Phone: (909) 723-1695

Email: info@yvyla-ie.org

Hours: Monday—Friday: 8:00am—3:00pm

Services: Various programs to empower the youth in the Inland Empire. Pistols to Pencils: program designed to reduce the number of incarcerated youth. Youth Homeless Outreach. African American Student Achievement Program.

7. Valley-Bound Commitment Program (VBC)

Address: San Bernardino Valley College
701 South Mount Vernon Ave
San Bernardino, CA 92410

Phone: (909) 384-8676

Email: orodriguez@sbccd.cc.ca.us

Services: First free year of college to local high school graduates entering college. These 17 High schools are eligible: Colton, Bloomington, Eisenhower, Rialto, Carter, Arroyo Valley, San Gorgonio, Pacific, Cajon, San Bernardino, Big Bear, Rim of the World, Indian Springs, Grand Terrace, Milor, Washington, and San Andres.

8. Inland Health Professions Coalition

Address: 1126 W Foothill Blvd., Suite 220
Upland, CA 91786

Phone: (909) 982-8641

Website: www.inlandcoalition.org

Hours: Monday – Friday: 8:30AM – 4:30PM

Services: Helps to fill a need for health professionals in the Inland Empire by helping students discover health-related careers and put them on an educational path to success. Health Occupations Training Program, Learning Inspired Field Experience program. Much More.

9. Riverside City College

Address: 4800 Magnolia Ave.
Riverside, CA 92506

Phone: (951) 222-8000 **Financial Aid Office:** (951) 222-8710

Email: admissionsriverside@rcc.edu or studentfinancialservices@rcc.edu

Hours of Financial Aid Office: Monday, Wednesday, and Thursday: 8:00am-5:00pm
Tuesday: 8:00am-6:00pm

Website: www.rcc.edu

Services: Community college that offers a wide range of different degree opportunities. Financial aid available, scholarships, workshops, and resources for undocumented students (DACA*).

10. Chaffey College

Address: 5885 Haven Avenue
Rancho Cucamonga, CA 91737

Phone: (909) 652-6000 **Financial Aid Office:** (909) 652-6199

Website: www.chaffey.edu

Financial Aid Office Hours: Monday and Thursday: 7:30am-7:00pm
Tuesday and Wednesday: 7:30am-4:30pm
Friday: 7:30am-4:00pm

Services: Community college that offers a wide range of different degree opportunities. Financial aid available, scholarships, California Dream Act of 2011, workshops.

11. El Sol Neighborhood Educational Center

Address: 766 N. Waterman Ave.
San Bernardino, CA 92410

Phone: (909) 884-3735

Email: elsolnec@elsolnec.org

Website: www.elsolnec.org

Services for San Bernardino County: Health Children and Resilient Families that focuses on a 16 week parenting curriculum to strengthen families. Jump Start is an English and Literacy program designed to provide opportunities to adults of all nationalities for those who have not completed high school and who desire to increase their educational attainment.

Services for Riverside County: Home Instruction for Parents of Preschool Youngsters (HIPPY) works with families in their home to support parents who are provided with a set of carefully developed curriculum, books and materials. Clinical Community Health Worker Initiative.

*DACA: Deferred Action for Childhood Arrivals

12. Boys Republic

Address: 1907 Boys Republic Dr
Chino Hills, Ca 91709

Phone: (909) 628-1217

Website: www.boysrepublic.org

Services: Boys Republic is a nonprofit, private, nonsectarian school and treatment community for troubled youngsters. Help those in desperate need to find themselves with resources and skills to start meaningful lives as independent young adults. BR seeks to strengthen their youth by providing services for each student to achieve their full potential. BR aims for each student they serve to become productive citizens and they consider to develop their academic, vocational, and social skills.

13. Alternative Education Centers

Description: Alternative Education Centers offer educational programs or systems that are separate from mainstream educational programs or systems and that are designed especially for students with academic or behavioral difficulties.

Who to contact: Please contact your district to learn more about the alternative education centers that are available within your area as there are many to choose from.

14. Continuation High Schools

Description: A continuation high school is an alternative to a comprehensive high school. In some countries it is primarily for students who are considered at-risk of not graduating at the normal pace. The requirements to graduate are the same, but the scheduling is more flexible to allow students to earn their credits at a quicker pace.

Who to contact: Please contact your district to learn more about the continuation high schools that are available within your area as there are many to choose from.

15. District Charter Schools

Description: A charter school is a tax-supported school that is normally established by a charter between a granting body (such as a school board) and an outside group (such as teachers and parents) which operates the school without most local and state educational regulations so that the school can achieve a different set of goals.

Who to contact: Please contact your district to learn more about the charter schools that are available within your area as there are many to choose from.

Substance Abuse & Domestic Violence Support Services



Locations that help with recovery from substance use and locations
that provide support and resources to domestic
violence victims and their families.

1. Inland Valley Recovery Services – San Bernardino

Address: 939 N. D Street

San Bernardino, CA 92410

Phone: (909) 889-6519 **After-hours Crisis Helpline:** (909) 608-2002

Website: www.inlandvalleyrecovery.org

Services: Outpatient Alcohol and Drug Counseling, Detoxification, Juvenile Drug Court, Social Service Recovery Center, Couples and Family Counseling, Youth Enrichment Services, Drug Court Services, 12-Step Meetings, Clean and Sober Activities.

2. Inland Valley Recovery Services—Upland

Address: 934 N. Mountain Avenue, Suites A&B

Upland, CA 91786

Phone: (909) 949-4667 **After-hours Crisis Helpline:** (909) 608-2002

Website: www.inlandvalleyrecovery.org

Services: Outpatient Alcohol and Drug Counseling, Detoxification, Juvenile Drug Court, Social Service Recovery Center, Couples and Family Counseling, Youth Enrichment Services, Drug Court Services, 12-Step Meetings, Clean and Sober Activities.

3. Casa de San Bernardino

Address: 735 North D Street

San Bernardino, CA 92401

Phone: (909) 381-5507

Hours: Call to set up Appointment

Services: Treatment center that focuses on substance abuse treatment. Programs designed for adolescents and criminal justice clients. Sliding fee scale is a payment option.

4. Doves of Big Bear

Address: 41943 Big Bear Blvd.

Big Bear Lake, CA 92315

Phone: (909) 866-1546 **24/7 hotline:** 1(800) 851-7601

Email: info@doves4help.org

Website: www.doves4help.org

Services: 17 bed shelter “Lorrie’s House” for battered women and children, programs for male victims, children’s counseling, support groups, parenting classes, legal advocacy, court accompaniment, emergency food and clothing for victims of domestic violence.

5. House of Ruth

Address: Address is not made available due to nature of organization.

PO Box 459

Claremont, CA 91711

Phone: (909) 623-4364 **Toll free hotline:** (877) 988-5559

Website: www.houseofruthinc.com

Services: Emergency shelter that is staffed 24 hours 7 days a week for those dealing with domestic violence. Transitional living program offered, case management, children programs, child abuse treatment program, community services, prevention education, domestic violence counseling, and more.

6. Central Valley Regional Recovery Center

Address: 1076 Santo Antonio Drive
Colton, CA 92324

Phone: (909)433-9824

Email: jemond@mhsinc.org

Website: www.mhsinc.org (search for Colton)

Services: Intensive outpatient treatment that includes group and individual counseling, individual treatment plans, relapse prevention, crisis counseling, recovery groups, random urinalysis, HIV education, life skills classes including anger management, parenting, nurturing fathers, and smoking cessation, and in addition 12-step meetings are held on site and also family activities and events for all major holidays.

7. San Bernardino Center for Change

Address: 1874 Business Center Drive
San Bernardino, CA 92408

Phone: (909)386-0524

Email: asaldana@mhcinc.org

Services: Working with the San Bernardino Court to assist with skill building in areas such as relapse prevention, socialization, family education, and early intervention. Case management for mental health, education and employment. Community agencies also provide services such as HIV/AIDS* education, screening and referrals, and Hepatitis C education, screening and referrals.

*HIV: human immunodeficiency virus

*AIDS: acquired immunodeficiency syndrome

8. Project Sister Family Services

Address: PO Box 1369

Pomona, CA 91769

Phone: (909) 623-1619 or (626) 915-2535 or (562) 789-6000

24-Hour Hotlines: Rape Crisis Hotline (909) 626-4357

Child Abuse Hotline (626) 966-4155

Email: info@projectsister.org

Website: www.projectsister.org

Services: Free of charge therapy sessions. Crisis intervention services offered to men, women and children of all ages who have been sexually assaulted and to their non-offending family. Outreach services designed to teach the community about the nature of sexual assault.

9. Riverside University Health System—Substance Abuse Programs

Address: 2085 Rustin Ave. #3

Riverside, CA 92507

Phone: (951) 955-7530 or (800) 499-3008

Website: www.rcgmh.org

Hours: Monday— Friday: 8:00am-5:00pm

Services: Adult men and women programs include prevention, residential detoxification, outpatient and residential medication assisted treatment. Adolescents can access same services. Pregnant women with children receive immediate access to treatment. Individuals who are in the criminal justice system may be referred to a Drinking Driver Program clinic.

10. JIOLA Treatment and Recovery Center

Address: 26340 Kalmia Ave.

Moreno Valley, CA 92555

Phone: (951) 208-0868 **Toll Free:** (844) 465-4562

Email: info@jilotreatment.com

Website: www.jilotreatment.com

Services: 12-step philosophy with on-site and off-site meetings, group process and individual therapy, cognitive behavioral therapy, psychodrama, equine therapy, nutritional and fitness coaches, grief and spiritual work, family programs, music therapy relapse prevention, and more.

Immigration/Legal Assistance



Organizations that provide assistance to access help in the legal system and immigration services.

1. Young Visionaries Youth Leadership Academy

Address for Administrative Office: 969 S. Tippecanoe Ave
San Bernardino, CA 92408

Phone: (909) 723-1695

Email: info@yvyla-ie.org

Website: www.yvyla-ie.org

Hours: Monday—Friday: 8:00am—3:00pm

Services: Various programs to empower the youth in the Inland Empire. Pistols to Pencils: program designed to reduce the number of incarcerated youth. Youth Homeless Outreach. African American Student Achievement Program.

2. Catholic Charities—Riverside Regional Center

Address: 3020 Madison Street
Riverside, CA 92504

Phone: (951) 689-1803

Website: www.ccsbriv.org

Hours: Call for hours

Services: Refugee resettlement services, citizenship preparation classes, informational workshops, citizenship instructor training, USCIS* application assistance, and Multi-lingual interpreter services.

3. Catholic Charities—San Bernardino

Address: 1800 Western Avenue, Suite 107
San Bernardino, CA 92411

Phone: (909) 880-3625

Website: www.ccsbriv.org

Hours: Call for hours

Services: Refugee resettlement services, citizenship preparation classes, informational workshops, citizenship instructor training, USCIS* application assistance, and Multi-lingual interpreter services.

4. Inland Counties Legal Services

Address: 1040 Iowa Avenue. Suite 109
Riverside, CA 92507

Phone: (951) 368-2555 **Toll Free:** (888) 245-4257

Website: www.inlandlegal.org

Hours: Call to find out hours

Services: Free legal service to low income individuals in Spanish and English. Senior Services as well. See website for more information.

***USCIS:** United States Citizenship and Immigration Services

5. Inland Counties Legal Services

Address: 715 N. Arrowhead Avenue., Suite 113
San Bernardino, CA 92401

Phone: (909) 884-8615 **Toll Free:** (888) 677-4257

Website: www.inlandlegal.org

Hours: Call to find out hours

Services: Free legal service to low income individuals in Spanish and English. Senior Services as well. See website for more information.

6. Riverside Legal Aid

Address: 4129 Main Street, Suite 101
Riverside, CA 92501

Phone: (951) 682-7968

Website: www.riversidelegalaid.org

Hours: Monday-Friday: 10:00am-4:00pm Call or walk-in to schedule and appointment

Services: Free legal service to qualified individuals in the areas of family law, evictions, guardianship, debtor, contract disputes, bankruptcy, Federal District Court civil cases.

7. Legal Aid Society of San Bernardino

Address: 588 W. Sixth Street
San Bernardino, CA 92410

Phone: (909) 889-7328

Email: lassb@legalaidsb.com

Website: www.legalaidofs.org

Services: Free Legal counsel and advice as well as direct representation of a variety of civil cases. Hosts public education events, workshops and seminars. Helps with family law, guardianship, and eviction.

8. Libreria del Pueblo

Address: 768 N. Mount Vernon Ave
San Bernardino, CA 92411

Phone: (909) 763-2488

Email: deyra@ldpfinancial.com

Website: www.libreriadelpueblo.org

Hours: Call for hours

Services: Health Insurance, Income Tax, Notary Public, and other services. See website for full list of services as there are many available.

9. Inland Fair Housing and Mediation Board

Address: 1500 South Haven Ave., Suite 100
Ontario, CA 91761

Phone: (909) 984-2254 or (800) 321-0911

Website: www.ihfmb.com

Hours: Monday-Friday: 8:00am-12:00pm 1:00pm-5:00pm

Services: Fair Housing education, investigation, conciliation. Mediation services. Housing Counseling. Senior Services, and more.

10. YMCA of the East Valley—Legal Aid

Address: 500 East Citrus Ave
Redlands, CA 92373

Phone: (909) 792-2762

Website: www.ymcaeastvalley.org

Hours: Monday, Wednesday and Thursday: 9:00am-12:00pm (Walk-in basis)

Services: Services related to family law, domestic violence, divorce, legal separations, child custody, paternity cases, guardianship, housing, probate, basic civil cases, and notary.

Social/Mental/ Behavioral Support



Locations that specialize in social, mental and behavioral services such as therapy and support groups.

1. South Coast Community Services—Redlands

Address: 1030 Nevada St., Suite 200
Redlands, CA 92374

Phone: (909) 792-0747 or (877) 527-7227

Website: www.sccs4kids.org

Services: Broad spectrum of mental health counseling, therapy, and psychiatric services for all ages.

2. South Coast Community Services—Upland

Address: 222 N. Mountain Ave., Suite 110B
Upland, CA 91784

Phone: (909) 303-2505 or (877) 527-7227

Website: www.sccs4kids.org

Services: Broad spectrum of mental health counseling, therapy, and psychiatric services for all ages.

3. Samaritan Counseling Center

Address: 1126 West Foothill Boulevard, Suite 110
Upland, CA 91786

Phone: (909) 985-0513

Email: info@samaritancares.org and info@beamstherapy.org

Website: www.samaritancounselingupland.org

Hours: Call for appointment

Services: Therapy for children, teens, and adults experiencing family problems, anxiety, alcohol or chemical dependence, emotional, physical, or sexual abuse, ADD/ADHD*, work problems, panic, depressions, eating disorders, phobias, stress, anger, coping with loss or grief, low self-esteem, psychological testing for diagnosis, and parenting classes.

4. Catholic Charities—Riverside Regional Center

Address: 3020 Madison Street
Riverside, CA 92504

Phone: (951) 689-1803

Website: www.ccsbriv.org

Hours: Call for hours

Services: For the full list, please access the website above. Services include family and community services, counseling services, refugee and immigration services, and high education professional development programs.

***ADD:** Attention-deficit disorder

***ADHD:** Attention-deficit-hyperactivity disorder

5. Catholic Charities—San Bernardino

Address: 1800 Western Avenue, Suite 107
San Bernardino, CA 92411

Phone: (909) 880-3625

Website: www.ccsbriv.org

Hours: Call for appointment

Services: For the full list, please access the website above. Services include family and community services, counseling services, refugee and immigration services, and high school education professional development programs.

6. Veronicas Home of Mercy—Mary's Table

Address: 1476 W. 6th Street
San Bernardino, CA 92411

Phone: (909) 889-2558

Email: mmcinc@msn.com

Hours: Call for hours of various services

Services: Mary's Table provided hot meals 6 days a week including all holidays, there are no limits on food. St. Martin de Porres Emergency Food Bag Program distributes food bags every Wednesday, except the first Wednesday of the month. No identification required to receive assistance. St. Joseph's Clothes Closet distributes free clothing on Mondays from 9am-11am. Showers are available for women on Mondays and Wednesdays from 8am-10:30 and for men on Tuesdays and Thursdays from 7:30-10:30. Mary's child program. Veronica's Home of Mercy is a long term home for adult pregnant women and their children to provide shelter and social/emotional support. Casa Merced I, Casa Merced II, Casa Merced III are re-entry homes for those women who successfully completed the program at Veronica's Home of Mercy.

7. Olive Branch Counseling Centers—Rancho Cucamonga

Address: 9033 Baseline Rd. Suite A
Rancho Cucamonga, CA 91730

Phone: (909) 989-9030

Email: obcc@olivebranchcounseling.org

Website: www.olivebranchcounseling.org

Services: Anger management for children, teens and adult, anxiety, career counseling and workplace issues, Christian counseling, couples counseling, crisis and critical incident stress management, depression, divorce recovery, domestic violence treatment, drug and alcohol counseling, eating disorders and body image, grief recovery, marital counseling, OCD*, panic attacks, phobias, PTSD*, pre-marital counseling, psychosis, self-injury, supervised visitation, sexual abuse (child and adult supervisor), sexual identity, victims of crime.

*OCD: Obsessive-compulsive disorder

*PTSD: Post-traumatic stress disorder

8. Olive Branch Counseling Centers—Riverside

Address: 4041 Brockton Ave.
Riverside, CA 92501

Phone: (909) 989-9030

Email: obcc@olivebranchcounseling.org

Website: www.olivebranchcounseling.org

Services: Anger management for children, teens and adult, anxiety, career counseling and workplace issues, Christian counseling, couples counseling, crisis and critical incident stress management, depression, divorce recovery, domestic violence treatment, drug and alcohol counseling, eating disorders and body image, grief recovery, marital counseling, OCD, panic attacks, phobias, PTSD, pre-marital counseling, psychosis, self-injury, supervised visitation, sexual abuse (child and adult supervisor), sexual identity, victims of crime.

9. Center for Healing Childhood Trauma

Address: 101 South Olive Ave
Rialto, CA 92377

Phone: (909) 875-5288

Website: www.center4healing.org

Services: Individual Counseling, family counseling, marriage counseling, family group counseling, peer group counseling for victims of molest, abuse, or neglect. Peer group counseling for siblings of victims. Peer group counseling for adults victimized as children. Peer group counseling for perpetrators of abuse. Supervised visitation, substance abuse services, and teen anger management counseling.

10. NAMI (National Alliance on Mental Illness)

Address: NAMI Western Riverside County
PO Box 4145
Riverside, CA 92514

Phone: (951) 369-2721

Email: NAMI@maniwesternriverside.org

Website: www.nami.org

Services: A wide range of mental health assistance including how to live with mental illness, help for family members and caregivers, teens and young adults, veterans and active duty, diverse communities, and LGBTQ communities.

Financial Support Services



Locations that assist with various financial issues including support for education, utilities, burials, etc.

1. Community Action Partnership of San Bernardino County

Address: 696 South Tippecanoe Avenue
San Bernardino, CA 92408

Phone: (909) 723-1500 **Toll free:** (800) 635-4618

Website: <https://www.capsbc.org>

Office Hours: Monday-Friday: 8:00 am - 5:00 pm

(For hours and locations of all services, please refer to the website.)

Services: Soup Kitchens, Food Pantries, Healthy Senior Nutritional Program, Family development including children services, emergency assistance, housing assistance, asset building and tax assistance. Energy, Education and Environment program including home weatherization, utility assistance, and a training center.

2. Corona/Norco Settlement House

Address: 507 S. Vicentia Ave
Corona, CA 92882

Phone: (951) 737-3504

Email: settlementhouse@hotmail.com

Website: www.settlementhouse.net

Services: Rental and Mortgage assistance provided to clients facing eviction, and utilities assistance is provided to clients facing a discontinuance of service.

3. Children's Assessment Center

Address: 700 East Gilbert Street
San Bernardino, CA 92415

Phone: (909) 382-3535

Email: cac@cacsb.com

Website: www.cacsb.com

Services: Child friendly environment where trained forensic pediatricians conduct evidentiary medical examinations and are to provide expert witness testimony in court as needed.

4. The Unforgettables Foundation

Address: 345 Pearl Avenue., Suite 230
Redlands, CA 92374

Phone: (909) 335-1600 or (951) 680-9996

Website: www.unforgettables.org

Services: Burial Assistance for those families with limited resources to help offset the costs of final arrangements. Educational Conferences.

5. Valley-Bound Commitment Program (VBC)

Address: San Bernardino Valley College
701 South Mount Vernon Ave
San Bernardino, CA 92410

Phone: (909) 384-8676

Email: orodriguez@sbccd.cc.ca.us

Services: First free year of college to local high school graduates entering college. These 17 High schools are eligible: Colton, Bloomington, Eisenhower, Rialto, Carter, Arroyo Valley, San Gorgonio, Pacific, Cajon, San Bernardino, Big Bear, Rim of the World, Indian Springs, Grand Terrace, Milor, Washington, and San Andres.

6. Inland Empire United Way

Address: 9644 Hermosa Avenue
Rancho Cucamonga, CA 91730

Phone: (909) 980-2857

Website: www.ieuw.org

Services: Kids Pack program, School tools, launch point and other services.

7. Community Action Partnership of Riverside County

Address: 2038 Iowa Ave., Suite B-101/B-102
Riverside, CA 92507

Phone: (951) 955-4900 or (951) 955-5126

Email: info@capriverside.org

Website: <https://www.capriverside.org>

Services: Family development including children services, emergency assistance, housing assistance, asset building and tax assistance. Energy, Education and Environment program including home weatherization, utility assistance, and a training center.

8. Housing Authority—County of San Bernardino

Address: 715 East Brier Drive

San Bernardino, CA 92408

Phone: (909) 890-0644

Website: <http://ww2.hacsb.com/index>

Hours: Monday - Thursday 7:30 am - 5:00 pm

Friday: 7:30 am - 4:30 pm (Every Other Friday Closed)

Services: Affordable housing assistance including the Term Limited Lease Assistance Program, the HOME Affordable Housing Program, and Homeownership Assistance Program.

9. Family Service Association of Redlands—The Yucaipa Outreach Project

Address: 11985 4th Street, Suite 116

Yucaipa, CA 92399

Phone: (909) 570-9002

Website: www.redlandsfamilyservice.org

Hours: Monday—Wednesday: 9:00am– 2:00pm, Thursday: 9:00am-12:00pm,

Friday: 9:00am-2:00pm

Services: Classes in basic life skills, money and stress management, parenting classes, bus passes and gas cards, emergency rental assistance, small food pantry and clothing room, case management, hygiene kits, referrals, and employment resources.

10. Cash Assistance Program for Immigrants (CAPI)

Address: 3950 Reynolds Road,
Riverside, CA 92503

Phone: 1(888) 960 –4477

Website: www.dpss.co.riverside.ca.us

Hours: Monday-Thursday: 8:00am-5:30pm

Friday: 8:00am-5:00pm

Services: Cash assistance program for the elderly and disabled immigrants who may not be eligible for federal Supplemental Income (SSI).

11. Neighborhood Housing Services for the Inland Empire

Address: 1390 N. D Street
San Bernardino, CA 92405

Phone: (909) 884-6891

Email: info@nhsie.org

Website: www.nhsie.org

Hours: Monday– Friday: 8:30am-5:00pm

Services: NeighborhoodLife Program that partners with Wells Fargo and NeighborWorks America to provide eligible homebuyers with matching funds up to \$7,500 of down payment assistance on qualified properties, along with homebuyer education. Wealth building courses with trained advisors and financial classes. Assistance with home buying and how to maintain a home. Development of community strategies.

Special Needs Resources



Assistance for those with special needs or disabilities, and those who work or live with someone who has special needs.

1. Pomona Valley/ Inland Learning Disability Association (Support Groups)

Address: Goldy S. Lewis Community Center,

11200 Base Line Road.

Rancho Cucamonga, CA 91701

Phone: (909) 477-2760, ext. 3853

Hours: Third Thursday of every month, 6:30-8:30pm

Website: www.ldaca.org/pvilda/

Services: Support group for parents and professionals who live or work with children and young adults with special needs.

Young Adult Workshop: Meets during Support Group meeting. Participants must be 16 years or older. Parent must attend Support Group meeting.

2. Rising Stars Equestrian Therapy

Address: 8401 Bella Vista Drive

Alta Loma CA 91701

Phone: (909) 987-9403

Hours: Monday—Friday: only by appointment from 8:00am-4:00pm

Saturdays: 8:30am - 12:00pm no appointment required

Sundays: Only by appointment

Website: <http://www.risingstarsequestriantherapy.com>

Services: Help disabled children build confidence, self-efficiency, communicate trust, perspective, social skills, impulse control, and learn boundaries.

3. Crossroads Christian Church

Address: 2331 Kellogg Ave.

Corona, CA

Phone: (951) 737-4664

Website: www.crossroadschurch.com/programs/special.asp

Services: Weekly Bible studies, Friday Night Monthly *respite for parents of children 2-12 with a disability or special need and their siblings, Weekend Respite for individuals ages 6-22 with a disability or special need.

***Respite Care:** temporary care of a dependent elderly, ill, or handicapped person, providing relief for their usual caregiver

4. Early Start Family Resource Center

Address: 1425 S. Waterman Ave.
San Bernardino, CA

Phone: (909) 890-4788

Website: www.esfrn.org

Services: Free services for families of infants and toddlers children ages 0-3 with development or physical disabilities who are at risk for disabilities living in Riverside and San Bernardino counties. Provides parent-to-parent support, resources, and referrals.

5. Epilepsy Center Parent Support Group

Address: Meets at the Parkview Community Hospital, Founder Center
3865 Jackson St.
Riverside, CA

Phone: (951) 281-9892

Website: www.theepilepsycenter.org

Services: Epilepsy parent support group meet every 2nd Friday of every month from 7:00pm-900pm. If you plan to attend please RSVP to Kristen (951)834-3048

6. Fiesta Educativa of Riverside County—Spanish Speaking Support Group

Address: 27852 Post Oak Place
Murrieta, CA 92562

Phone: (951) 567-4943

Email: info@fiestaeducativa.org

Website: www.fiestaeducativa.org

Services: Provide information and assistance to Latino families in obtaining services in caring for their children with special needs.

7. Canine Support Teams, Inc.

Address: 26500 Scott Rd.,
Menifee, CA 92584

Phone: (951) 301-3625

Website: www.caninesupportteams.org

Services: Provides specially trained service dogs to support the personal, social, and occupational independence of those with disabilities.

8. Up and Movin—Special Needs Support Group

Address: 6180 Brockton Street., Suite 102

Riverside, CA

Phone: (951) 684-6500

Website: www.upandmovintherapy.com

Services: Meets the second Friday of every month from 10:00am-12:00pm. Variety of topics for all disabilities. Childcare is available. Please RSVP.

9. The Unforgettables Foundation

Address: 345 Pearl Avenue., Suite 230

Redlands, CA 92374

Phone: (909) 335-1600 or (951) 680-9996

Website: www.unforgettables.org

Services: Burial Assistance for those families with limited resources to help offset the costs of final arrangements. Educational Conferences.

10. Aidan's Red Envelope Foundation

Address: 1901 Avenue of the Stars., Suite #480

Los Angeles, CA 90067 (serves all of Southern California)

Phone: (310) 459-2485

Email: info@AidansRedEnvelope.org

Website: www.aidansredenvelope.org

Services: Foundation seeks to award grants up to \$5,000 to families of children with disabilities in Southern California who require funds for special equipment, therapy, or treatments.

Volunteer Opportunities



Locations that provide youth volunteering opportunities.

1. Boys & Girls Clubs of America– Villaggio Site

Address: 10220 Foothill Blvd.

Rancho Cucamonga, CA 91730

Phone: (909) 645-9803

Website: www.begreatie.org

Hours: Monday– Friday: 2:00pm-6:00pm

Services: Provide activities to young people that will encourage them to work with adults, peers, and family members. Diversified program activities in these areas: academic success, healthy lifestyles, good character and citizenship.

2. Boys & Girls Clubs of America– Pachappa Site

Address: 6200 Riverside Ave.

Riverside, CA 92506

Phone: (909) 798-4599

Website: www.begreatie.org

Hours: Monday– Friday: 2:00pm-6:00pm

Services: Provide activities to young people that will encourage them to work with adults, peers, and family members. Diversified program activities in these areas: academic success, healthy lifestyles, good character and citizenship.

3. Reach Out

Address: 1126 W Foothill Blvd., Suite 250

Upland, CA 91786

Phone: (909) 982-8641

Email: info@we-reachout.org

Website: www.we-reachout.org

Services: Volunteers and Interns are needed on a constant basis. Contact for application procedure.

4. Youth Connect

Address: 2060 University Ave # 212

Riverside, CA 92507

Phone: (951) 329-4734

Email: Leticia@connectriverside.org

Website: <http://connectriverside.org/youth-connect/>

Services: A sentencing option to help promising youth between the ages of 13-19 to redirect their perspective and their futures. Youth will do volunteer work in the community and will attend employment focused workshops.

5. Juvenile Intervention Program (J.I.P.)

Address: 655 East Third Street
San Bernardino, California 92415

Phone: (909) 387-3676

Website: <http://cms.sbccounty.gov>

Services: Show troubled teens the reality of incarceration by having them be exposed to the realities of jail life and also taken to the Coroner's Division to see the realities of death. During this time, the parents receive information on various topics such as parenting styles, communication, drug and alcohol recognition, gang awareness, and addressing various teenage problems.

6. Habitat for Humanity

Address: 2180 Iowa Avenue
Riverside, CA 92507

Phone: (951) 787-6754

Website: www.habitatriverside.org

Services: Volunteer opportunities in the community such as helping to paint a house of a family in need. Much more.

7. San Antonio Regional Medical Center

Address: 999 San Bernardino Road.
Upland, CA 91786

Phone: (909) 985-2811 **Volunteer representative:** (909) 920-6266

Email: info@sarh.org

Website: www.sarh.org

Hours of volunteer office: Monday-Friday: 8:00am-4:30pm

Services: Assistance at special events, blood drives, clerical reception and nursing staff support, gift shop sales, main lobby reception, support for surgical patients and their families. Junior volunteer program.

8. Ability First

Address: 480 S. Indian Hill Blvd.
Claremont, CA 91711

Phone: (909) 621-4727

Website: <http://www.abilityfirst.org/>

Services: Ability First has services for children and adults ages 3 to 22, with main volunteering opportunities taking place during their after-school program which meets from 2:00 p.m. to 6:00 p.m. Monday to Friday, where children and young adults ages 8 to 22 participate in a variety of activities. Volunteers can also participate in the various weekend recreation and leisure activities that take place Friday nights and Saturdays twice a month.

9. Saint Bernardines Medical Center—Dignity Health

Address: 210 N. Waterman Ave.
San Bernardino, CA 92404

Phone: (909) 881-4516

Website: www.supportsanberdardino.org

Services: Variety of volunteer opportunities are available.

10. One Stop TAY* Center

Address: 58471 29 Palms Hwy, Suite 102
Yucca Valley, CA 92284

Phone: (760) 853-4888

Website: www.starsinc.com/valley-star-behavioral-health/on-stop-tay-center/

Services to assist Transition Age Youth (TAY)* in areas such as: develop community living skills, recovery from substance abuse, feeling empowered in their lives, developing supportive relationships, identifying and accessing community resources, obtaining and maintaining safe and stable housing, and employment and career goal assistance.

11. Valley Star Family Resource Center

Address: 1585 S. D Street, Suite 101
San Bernardino, CA 92408

Phone: (909) 288-2222

Website: www.starsinc.com/family-resource-center-frc/

Services: Resources and referrals, brief counseling, group activities, Star's kids club, career assistance, cooking demos, parents support classes, basic computer classes, form completion assistance, wellness groups, job lead board, and book lending library.

12. LifeStream San Bernardino Donor Center

Address: 384 West Orange Show Rd.
San Bernardino, CA 92408

Phone: (909) 885-6503

Website: <https://www.lstream.org/>

Services: 17 year-old volunteers must be accompanied by a parent or guardian. Individuals 18 and over must commit to a minimum of one 4-hour shift weekly. You may visit the website for more information.

Foster Youth Resources



Every child deserves a family

Locations that provide resources and services for those who are foster parents or want to become a foster parent.

1. Greater Hope Foundation— Banning Location

Address: 1035 W. Ramsey Street, Suite B-4
Banning, CA 92220

Phone: (951) 859-0400

Email: info@greaterhopefoundation.com

Website: www.ghffc.org

Services: Assistance with becoming a foster parent, adoption agency, supervised visitation, child abuse prevention treatment services, and mental health services to provide evaluation, assessment, individual therapy, and family therapy.

2. Greater Hope Foundation—Victorville Location

Address: 14344 Cajon Ave., Suite 101 and 103
Victorville, CA 92392

Phone: (760) 243-3999

Email: info@greaterhopefoundation.com

Website: www.ghffc.org

Services: Assistance with becoming a foster parent, adoption agency, supervised visitation, child abuse prevention treatment services, and mental health services to provide evaluation, assessment, individual therapy, and family therapy.

3. Ettie Lee Youth and Family Services

Address for Headquarters: 5146 N. Maine Ave., Box 339.
Baldwin Park, CA 91706 (Serves San Bernardino County)

Phone: (626) 967-5082

Website: www.ettielee.org

Email: Karen_c@ettielee.org

Services: Among the many services that Ettie Lee offers, they work to provide resources that relates to the foster care system. They train parents to become foster parents and provide certification. Respite care* is available. Adoption services are also available.

4. Ettie Lee Youth and Family Services—Pomona

Address for Pomona Location: 160 E. Holt Ave. Unit B
Pomona, CA 91767

Phone: (909) 620-2521

Website: www.ettielee.org

Email: Karen_t@ettielee.org or ettieleeintake@gmail.com or Donad_p@ettielee.org

Services: Group Homes (Short term residential treatment program) for youth ad TAY youth whose personal, social, development or family situations preclude the, from living at home. A safe and small residential environment for ambulatory* young men ages 8-18+.

5. Inland Respite, Inc.

Address: 10800 Hole Ave.
Riverside, CA 92505

Phone: (951) 353-1261

Email: contact@invlerespite.com

Website: www.inlandrespite.com

Services: Non-medical in-home respite care for resident in Riverside county with developmental disabilities, an illness, a physical disability or impairment that requires care in the home.

6. Riverside City College—Foster Support Services

Address: 4800 Magnolia Ave
Riverside, CA 92506

Phone: (951) 222-8937

Email: fkce@rcc.edu

Website: www.rcc.edu

Services: Foster and Kinship Care Education Program, Guardian Scholars Program, College Connection Program.

7. Alpha Treatment Centers Foster Family Agency

Address: 5053 La Mart Drive.
Riverside, CA 92507

Phone: (951) 369-5282

Website: <http://www.atcffa.com>

Services: Foster care service set –up for families and adoption options as well.

***Ambulatory:** the ability to walk about and not bedridden

8. Casa for Children of San Bernardino County

Address: 851 S. Mt. Vernon., Suite 7A.

Colton, CA 92324

Phone: (909) 881-6760 or (760) 515-7418

Website: <http://www.casaofsb.org>

Hours: Open Monday - Friday (excluding holidays) from 8:30am - 5:00pm

Services: To improve the quality of life for foster youth and youth on probation with stable and consistent advocacy and mentoring provided through trained community volunteers.

9. County of Riverside—Department of Public Social Services:

Financial Assistance for Foster Families

Address: 10281 Kidd Street

Riverside, CA 92503

Phone: (951) 358-3000

Website: <http://dpss.co.riverside.ca.us>

Services: General Foster care benefits, see website for more detailed information.

10. Ark Homes Foster Family Agency

Address: 9645 Arrow Route, Bldg. 5, Suite A

Rancho Cucamonga, CA 91730

Phone: (909) 948-5747

Website: www.arkhomesffa.org

Services: Offer services to make foster parenting easy. Also offer PRIDE Training, CPR* and First Aid Training, as well as continuous support throughout the Foster Parenting Process.

LGBTQIA* Services



Locations that specifically provide support and resources
for those in the LGBTQIA community.

*LGBTQIA: Lesbian, Gay, Bisexual, Transsexual, Queer, Intersex, Asexual

1. Rainbow Pride Youth Alliance

Address: 3041 N. Sierra Way
San Bernardino, CA 92405

Phone: (909) 519-3927

Website: www.rpya-ie.org

Hours: Monday: 7:00pm-10:00pm, Friday 4:00pm-8:00pm

Services: Provide a safe, healthy and enriching environment for gay, lesbian, bisexual, transgender, queer, questioning, and intersex youth. Provide sessions on sexual health and resources for specific health needs.

2. One Pride Alliance

Address: 6864 Indiana Ave, Suite #104
Riverside, CA 92506

Phone: (951) 293-4528

Email: info@OnePrideIE.org

Website: www.oneprideie.com

Hours: Call for hours

Services: Serving the Inland Empire to provide the necessary resources to build community centers, social and health services, and exciting events for the entire community to enjoy. Purpose to bring together the LGBTQIA* community and the overall community at large.

3. PFLAG Temecula (Parents, Families, & Friends of Lesbians and Gays)

Address: 40335 Winchester Road., Suite E308
Temecula, CA 92591

Phone: (951) 878-8052

Email: info@pflagtemecula.org

Website: <http://pflagtemecula.org/>

Services: Supports LGBT people, their families and friends by providing support group meetings and resources. PFLAG also educates families and communities on sexual orientation, gender identity, and LGBT issues. PFLAG advocates for equal rights for lesbian, gay, bisexual, and transgender people on local, state, and national levels.

4. TruEvolution

Address: 4164 Brockton Avenue, Suite A
Riverside, CA 92501

Phone: (877) 890-1169

Website: <https://www.truevolution.org>

Services: Dedicated to fighting for LGBT justice and advocating for the prevention and elimination of HIV/AIDS in America. Monthly psychosocial support groups facilitated by a certified counselor are available in English or Spanish for individuals affected by: substance abuse, people living with HIV/AIDS, Trans-community, and parents of LGBTQ youth.

5. University of California, Riverside

Address: 900 University Ave.
Riverside, CA92521

Phone: (951)827-2267

Email: out@ucr.edu

Website: <http://out.ucr.edu/>

Services: Peer connections, Allies safe zone program, Community OUTreach Educators (CORE), TCamp which is an Intercampus Retreat for Trans/Genderqueer & Gender Questioning Students to explore gender identity and expression and to engage in dialogue with peers.

6. Arrowhead Pride Alliance

Address: PO Box 28928 Greenspot Road
Highland, CA 92399

Phone: (909) 534-1624

Email: arrowheadalliance@yahoo.com

Website: <http://inlandpride.tripod.com>

Services: The Arrowhead Pride Alliance is a group for LGBT people who are lawyers, teachers, educators, medical professionals, law enforcement and emergency personnel, public administrators, retail, food and corporate managers as well as small business owners teaming to use their professional skills, talents, employment experience, networking skills and training to make this area a better place for our LGBT brothers and sisters.

7. PFLAG Riverside (Parents, Families, & Friends of Lesbians and Gays)

Address: St. George's Episcopal Church
950 Spruce St.
Riverside, CA 92507

Phone: (951) 500-6904

Email: pflag_riversideca@yahoo.com

Services: Supports LGBT people, their families and friends by providing support group meetings and resources. PFLAG also educates families and communities on sexual orientation, gender identity, and LGBT issues. PFLAG advocates for equal rights for lesbian, gay, bisexual, and transgender people on local, state, and national levels.

8. NAMI (National Alliance on Mental Illness)

Address: NAMI Western Riverside County
PO Box 4145
Riverside, CA 92514

Phone: (951) 369-2721

Email: NAMI@maniwesternriverside.org

Website: www.nami.org

Services: A wide range of mental health assistance including how to live with mental illness, help for family members and caregivers, teens and young adults, veterans and active duty, diverse communities, and LGBTQ communities.

9. Safe Schools Desert Cities

Address: PO Box 254

Palm Springs, CA 92263

Email: info@safeschoolspsd.org

Website: <http://www.safeschoolspsd.org/>

Services: Empowers area Lesbian, Gay, Bisexual, Transgender, Questioning, Intersex youth (LGBTQI+), their allies and GSA advisors and offers opportunities that foster a sense of community and individual growth by providing education, guidance, advocacy, resources, recreational activities and opportunities for self expression. They also partake in a Rainbow Youth Summit and Pride Prom. Also counsels bullied students and their families when school districts do not follow laws providing support for LGBT students.

10. First Congregational Church of Riverside

Address: 3504 Mission Inn Avenue

Riverside, CA 92501

3755 Lemon Street

Riverside, CA 92501

Phone: (951) 684-2494

Website: <http://fccriverside.org>

Office Hours: Monday – Friday 9am – 4pm

Services: The first Sunday of each month the Mission Board sponsors a discussion/support group for members of the LGBTQIA community and their allies. The group features guest speakers from the congregation or the community who share their stories. Other times, the group talks about matters of interest to the community as they arise.

11. Queer Resource Center of the Claremont Colleges

Address: Pomona College, Queer Resource Center,
395 E. 6th Street
Claremont, CA 91711

Phone: (909) 607-1817

Email: QRCClaremont@gmail.com

Website: <http://colleges.claremont.edu/qrc/>

Hours: Monday 9:00 AM – 5:30 PM

Tuesday 9:00 AM – 9:00 PM

Wednesday 9:00 AM – 5:00 PM

Thursday 9:00 AM – 8:00 PM

Friday 9:00 AM – 5:00 PM

Services: A seven College resource center serving the lesbian, gay, bisexual, transgender, queer, questioning, asexual, omnisexual, pansexual and allied communities at the Claremont Colleges. A collection of over 1,200 LGBTQIA-related books and movies, which can be checked out for free and used as textbooks for classes or research material for papers. Also has programs in addition to co-sponsoring many other events with various organizations.

Notes

Compiled by the Inland Health Professions Coalition



REACH OUT
Strengthening Communities

Please contact the Inland Health Professions Coalition if found that a resource no longer exists. Thank you for helping us to provide the best resources available.

Phone: (909) 982-8641

Email: alyse@we-reachout.org