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# TEACHER & COUNSELOR COMMUNITY RESOURCE GUIDE

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## ENCOMPASSING SAN BERNARDINO AND RIVERSIDE COUNTIES



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 come 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](http://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/](http://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](http://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](http://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](http://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](mailto:ericmedina@rivcocha.org)

**Website:** [www.birthcontrol4u.com](http://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.sbcounty.gov/wic/Home.aspx](https://cms.sbcounty.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.sbcounty.gov/wic/Home.aspx](https://cms.sbcounty.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](http://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](http://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/](http://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/](http://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 pre-schoolers. 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](http://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.

## **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

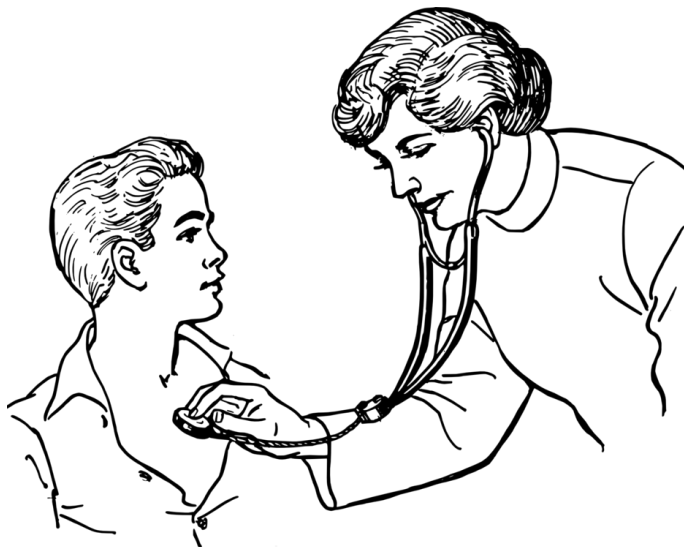
**Email:** [info@campfiretoday.org](mailto:info@campfiretoday.org)

**Website:** [www.campfiretoday.org](http://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 visions 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](mailto: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](mailto: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](mailto: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](http://www.allinforhealth.org/undocumented)

**Email:** [allinforhealth@childrenspartnership.org](mailto: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](http://parktreechc.org)

**Email:** [info@parktreechc.org](mailto: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](http://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](http://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](http://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](http://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](http://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.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, 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](http://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](http://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](mailto:info@ithomes.org)

**Website:** [www.ithomes.org](http://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

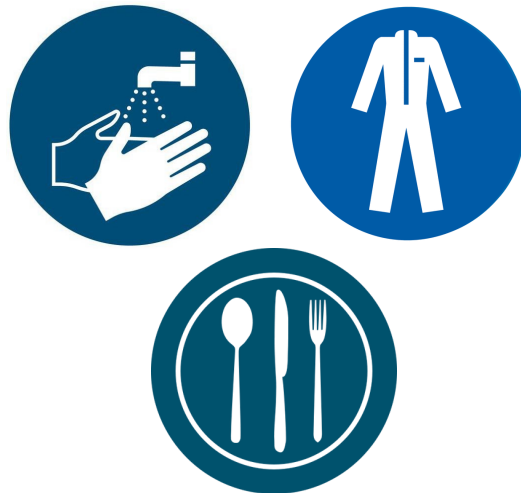
San Bernardino, CA 92405

**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](mailto:mmcinc@msn.com)

**Website:** [www.marysmercycenter.org](http://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](mailto:sanbernardinoassistanceleague@gmail.com)

**Website:** [www.assitanceleague.org/san-bernardino/](http://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](http://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](http://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](http://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](http://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](http://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](mailto:settlementhouse@hotmail.com)

**Website:** [www.settlementhouse.net](http://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.

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](http://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](http://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](http://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](mailto:info@riversidesce.org)

**Website:** [www.riversidesce.org](http://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](mailto: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.valleycollege.edu](http://www.valleycollege.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](mailto: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](mailto: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 Geronio, 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](http://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](http://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](http://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](http://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](mailto:info@doves4help.org)

**Website:** [www.doves4help.org](http://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](http://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](mailto:jemond@mhsinc.org)

**Website:** [www.mhsinc.org](http://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](mailto: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 or 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@jiloatreatment.com

**Website:** www.jiloatreatment.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](mailto:info@yvyla-ie.org)

**Website:** [www.yvyla-ie.org](http://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](http://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](http://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](http://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](http://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](http://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@legalaidofsb.com](mailto:lassb@legalaidofsb.com)

**Website:** [www.legalaidofsb.org](http://www.legalaidofsb.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](http://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.ifhmb.com](http://www.ifhmb.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](http://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](http://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](http://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](mailto:info@samaritancares.org) and [info@beamstherapy.org](mailto:info@beamstherapy.org)

**Website:** [www.samaritancounselingupland.org](http://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](http://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](http://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](mailto: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](mailto:obcc@olivebranchcounseling.org)

**Website:** [www.olivebranchcounseling.org](http://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](mailto:settlementhouse@hotmail.com)

**Website:** [www.settlementhouse.net](http://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](mailto:cac@cacsb.com)

**Website:** [www.cacsb.com](http://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](http://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](mailto: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 Geronio, 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](http://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:** (952) 955-4900 or (951) 955-5126

**Email:** [info@capriverside.org](mailto: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](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. 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](http://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](mailto:info@nhsie.org)

**Website:** [www.nhsie.org](http://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/](http://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](http://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](http://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](http://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](mailto:info@fiestaeducativa.org)

**Website:** [www.fiestaeducativa.org](http://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](http://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](http://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](http://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](mailto:info@AidansRedEnvelope.org)

**Website:** [www.aidansredenvelope.org](http://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](http://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 life-styles, 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](http://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 life-styles, 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](mailto:info@we-reachout.org)

**Website:** [www.we-reachout.org](http://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](mailto: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.sbcounty.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](http://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](mailto:info@sarh.org)

**Website:** [www.sarh.org](http://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](http://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/](http://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/](http://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 and 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@invlerespice.com](mailto:contact@invlerespice.com)

**Website:** [www.inlandrespice.com](http://www.inlandrespice.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](mailto:fkce@rcc.edu)

**Website:** [www.rcc.edu](http://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](http://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](http://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](mailto:info@OnePrideIE.org)

**Website:** [www.oneprideie.com](http://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](mailto: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](http://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@safeschoolspsdc.org](mailto:info@safeschoolspsdc.org)

**Website:** <http://www.safeschoolsdc.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](mailto: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.

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Compiled by the Inland Health Professions Coalition



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](mailto:alyse@we-reachout.org)