



**Click on any of the following links to access the flyers
for each resource.**

[24/7 Mental Health Urgent Care in Riverside, Perris, and Palm Springs](#)

[A Better Way Victor Valley Domestic Violence/Parenting/Peer Groups-Click to learn more](#)

[A Better Way Victor Valley Restraining Order Assistance](#)

[A Greater Hope Presents-All Clear Live Scan Fingerprinting Services-Click to learn more!](#)

[A Greater Hope Presents-Child Abuse Prevention and Treatment Services](#)

[Access to health care for undocumented immigrants ~ Click for more information](#)

[Accidental Suffocation and Strangulation During Infant Sleep](#)

[African American/Black Fathers Fatherhood Initiatives-Choose from Twelve Topics-Click to learn more](#)

[***Anaya Women's OB/GYN Group-Click to learn more!***](#)

[Angel View Outreach-FREE Services-Click to learn more](#)

[***Animal Samaritans Critter Camp 2022 For animal lovers! Click or call 760-601-3761 to learn more about camps***](#)

[Apple URGENT Care.com-Click for more details](#)

[Are you in need of essentials? Please contact Building Generation's Emergency Distribution \(By Appointment Only\)-Click for more information](#)

[Are you pregnant or have a baby one year old or younger? Click to learn how to get a \\$50 gift card](#)

[Are you ready to earn your HS Diploma/HiSET, Paid job training, Earn Certificates: in OSHA, CPR/First Aid, Forklift and more? Click to learn more](#)

[Are you ready to help your family stay healthy today? Click to learn more](#)

[Big Brothers Big Sisters of the Inland Empire-Join a free Mentorship Program for Kids-Open for youth ages 6-16 years old-Enroll your family today-Click to learn more](#)

[Bikers Against Child Abuse \(B.A.C.A.\)-Click to learn more](#)

[***Black Fathers Matter! We need your help strengthen Black Families! Click to learn more!***](#)

[Boundaries Around Your Health Worksheet-Click to print](#)

[Breastfeed Your Baby to Reduce the Risk of SIDS](#)

[Cal Fresh Benefits-Click for Assistance](#)

[CCS Services](#)

[Center Against Sexual Assault of Southwest Riverside County](#)

[CHC Family Dental Services-Riverside County-Bilingual](#)

[**Child Passenger Safety Program-Low Cost child safety seats are available to low income eligible Riverside County Residents! Click to learn more**](#)

[Child Support Services in your Neighborhood After Hours-Click to learn more](#)

[*SB Child Support Services wants to help! Click to learn more or schedule an appointment*](#)

[*SB Child Support Services Now Offering Virtual Interviews-Click to learn more*](#)

[SB Child Support Services-Thinking about Requesting Child Support Services? Click to learn more about the Mom and Dad Project in Crestline](#)

[Choose to be Healthy Register Today! Bilingual](#)

[Citizenship Workshop Bilingual-Click to learn more](#)

[Community Family Classes Building Nurturing Families and Relationships-Click to learn more](#)

[Community Health Worker-Indian Health Inc. San Bernardino and Riverside County](#)

[Connecting Families Workshops-Click to learn more!](#)

[Covered California! Are you eligible? Find out here.](#)

[Crisis? Suicidal Thoughts? Call 1-951-686-HELP](#)

[Desert Recreation District Join the Bagdouma Community Center Coachella Art & Music for a small fee-Click to learn more](#)

[Desert Recreation District-Bagdouma Community Center Kids in The Kitchen Youth Cooking Class-Click for cooking dates](#)

[Desert Recreation District-Mecca & North Shore Zumba-Join Us for a Fun Way To Stay Healthy and Fit! Click for details and fees](#)

[Dignity Health Community Health Navigators team helping: Click to learn more](#)

[Disaster Ready Guide](#)

[DPSS Self-Services at your Fingertips](#)

[Do you have uncontrolled Asthma? Breathe I.E. can help!! Click here to learn how!](#)

[Earthquake Warning for California-Get Earthquake Prepared-To Receive Earthquake Warnings Please download free MyShake App. or scan QR code](#)

[El Sol Healthy Children Resilient Families-The Home](#)

[El Sol Healthy Family America Maternal Health-Home Visiting Program for kids 0-3-click to learn more](#)

[Emergency Broadband Benefit Program-Click to learn more](#)

[FAFSA Assistance Now!](#)

[Federal Benefits for Veterans](#)

[Family, Friend and Neighbor \(FFN\) Provider Supports-Bilingual-Click for more information](#)

[Family Leadership Institute \(FLI\), SBCUSD and EAS Invites you to register](#)

[**FEMA-Emergency Supply Checklist-**](#)

[***Financial Literacy is Power-Personal Finance 101-Click to join Free 3-Day Educational Workshop***](#)

[Free Emergency Preparedness Training for your community! Click to learn more](#)

[Free English as a Second Language & Citizenship Prep Classes-Click to learn more](#)

[Find Free Household Products at the San Bernardino Reuse Store](#)

[Free Good morning Nature walks in Menifee on Fridays-Click to learn more](#)

[FREE Telemedicine Services for both Riverside and San Bernardino Counties-Medication-Assisted Treatment \(MAT\)-Click to learn more about 24/7 Admission](#)

[Friends of Family- Offering HIV Testing, PrEP Medication, and HIV Education-Click for location and contact information](#)

[Get a FREE Ride to Your Vaccine with Uber](#)

[Get HealthCare Coverage Now! Free or low-cost enrollment for you and your family! Call 760-241-9900 or email \[info@chanhd.org\]\(mailto:info@chanhd.org\) for assistance](#)

[Heart and Soul Line Dance-Click for locations and scheduling](#)

[HeRCARe Services-Riverside University Health System's High-Risk Care Access and Resources \(Bilingual\) -Click to learn more](#)

[Hope Family Resource Center is now offering Free Virtual Nurturing](#)

[Join our Moms and Babies Program! Click to learn more.](#)

[**Join us for a virtual discussion on Mental Health and Stigma reduction! Stand Against Stigma- Click to Scan QR Code to reserve your spot.**](#)

[**Know the Signs: Suicide is Preventable Ask. Listen. Act**](#)

[**Know your Labor Rights Event! Click to learn more about your rights**](#)

[Knowing the Symptoms of TYPE 1 Diabetes Saves Lives-Click to learn more](#)

[ICLS Consumer Rights Clinic-Monday's and Wednesday's Click to learn more!](#)

[IEHP Covers Transportation to Approved Medical Visits like COVID-19 Vaccination-Click for more details](#)

[Inland Counties Legal Services ICLS](#)

[Inland Counties Legal Services-Free Legal Assistance-City of Indio](#)

[Inland Counties Legal Services Housing Hotline-**888-245-4257**](#)

[Inland Counties Legal Services-Justice Serves Us All Brochure-Click to learn more](#)

[Inland Counties Legal Services-Want to Know More About The COVID-19 Eviction Laws?](#)

[Inland Empire Father Involvement Coalition IEFIC](#)

[Inland Empire Job Corps Center Virtual Orientation/QR Code](#)

[Inland Empire Job Corps Now Offering Online Learning that can work with your schedule-bilingual](#)

[**Learn Hands Only CPR for FREE with American Medical Responses- Schedule a class at your Business, School, or Event. To learn more about CPR from the Riverside County EMTs and Paramedics-Click here**](#)

[Learn more about the Children's Choice Dental Care-Click to learn more](#)

[Legal Aid Society of San Bernardino-Click to learn more!](#)

[Looking for Licensed Child Care Near You? Looking for Assistance Paying for Child Care Services? Click to see you qualify](#)

[Martial Arts at the YMCA-Click for more details](#)

[McKinley Foster Care ~ Who Can Be a Foster Parent? Click to see if you qualify](#)

[Mecca Community Center Desert Recreation District After School Clubhouse~ Click to learn more](#)

[Mecca Community Center Offering Art & Music-Express yourself through Guitar](#)

[Medi-Cal Covers Dental During Pregnancy-Bilingual-Click to learn more](#)

[Medical Insurance Assistance True Care-Click for more details](#)

[Medi-Cal Has Dental Covered-English](#)

[Medi-Cal Has Dental Covered-Spanish](#)

[Middle Eastern & North Africa \(MENA\) Will be meeting every 3rd Wednesday from 2:00 pm-3:30 pm-Click for zoom information](#)

[MIRUS Secondary School~ Click to learn more](#)

[More California students need more School-Based Health Centers-\(It's a Matter of Health and Education Equity\) Click to learn how](#)

[Music Changing Lives FREE Virtual Classes Ages 5-19-Click to learn more](#)

[**National Suicide Prevention Lifeline & Veteran Suicide Prevention and Crisis Hotline List**](#)

[Oasis House-Click for New Number and Email](#)

[Olive Crest Safe Families for Children-Click to learn more](#)

[Operation SafeHouse Offers Stress and Your Mood \(SAYM\) Treatment-Click for more Details](#)

[Organize Disaster Supplies List](#)

[Quick Reference Resource Guide for San Bernardino County](#)

[Preparing for Extreme Heat and Wildfire Risk-Click to learn more](#)

[Prison to Employment Program-Click to Register](#)

[Problems with the IRS? Free IRS Tax Assistance Available Low-Income Taxpayer Clinic \(LITC\)-Click to learn more](#)

[Project K.I.N.D. Kinds in Need of Doctors](#)

[Reach Out Presents-Community Health Worker Programs-Click to learn more](#)

[**Receive a \\$20 Gift Card upon Completion FREE 8-week Classes Ages 26-59 Seeking Strength-Click to scan QR Code to reserve your spot**](#)

[RESTOAR-Court Relief-Click to Register](#)

[Restraining Order Services](#)

[Riverside County Needs Your Help! Become a Zero Waste Hero- Click for more details](#)

[Riverside County Office of Aging-Are you a grandparent taking responsibility for parenting your grandchildren? Please call 1-800-510-2020 or 951-867-3800](#)

[Riverside County Whole Person Care \(WPC\) Contact Information](#)

[RUHS-BH Take-My-Hand Chat with us! Scan, or takemyhand.co ~ Let us help!](#)

[Safe Families Justice Centers Support Group-Girls Circle Call 951-587-3900 to register](#)

[Safe Family Justice Centers Young Pal Youth Programming-Click to learn more](#)

[Safe to Sleep for your baby Reduce the Risk of Sudden Infant Syndrome \(SIDS\) and other Sleep-Related causes of Infant Death](#)

[Safety Around Water Free Swimming Lessons San Bernardino YMCA-Click for more details](#)

[Samaritan Counseling Center B.E.A.M.S. Program Behavior Education and Management Services-Click to learn more](#)

[Samaritan Counseling Center-Click to schedule an appointment](#)

[San Bernardino Child Passenger Safety Class \(Car Seat Program\) Click for more details](#)

[San Bernardino County Child Support Services](#)

[San Bernardino Community Action Partnership Resource Guide](#)

[San Bernardino County Community Employment Pathways Program-Click to learn more](#)

[San Bernardino County Black Infant Health Program-Click to learn more](#)

[San Bernardino County Public Health-Oral Health Resources for Schools-Click to learn more](#)

[San Bernardino County Renter Assistance-Click to see if you qualify](#)

[San Bernardino Fatherhood Resources, Belief and Values-Click to learn more](#)

[San Bernardino-Needle Disposal Locations](#)

[San Bernardino Public Authority is Recruiting Qualified Caregivers](#)

[SB Household Hazardous Waste Collection Facility Location](#)

[Schedule your dental appointment today with the Children's Choice Victorville, San Bernardino or Moreno Valley Offices-Click for contact information](#)

[Second Chance of Hope Resources-Click to learn more](#)

[Sex Ed: The Basics with Planned Parenthood](#)

[Seven Steps to Earthquake Safety Tips](#)

[Shelter for Homeless Men-Click for requirements](#)

[Sickle Cell Disease Fact Sheets and Resources-Bilingual](#)

[Sobering Center Riverside-Click to learn more](#)

[Social Services Assistance for the Community at no cost](#)

[Sound the Alarm-Save a Life-American Red Cross Click for more details-Bilingual](#)

[Special Health Care Enrollment-Bilingual Click to learn more](#)

[Start your Adult Education Today & Build for a Better Tomorrow-Click to Sign up Now](#)

[Stay Connected with IEHP-Sign up for text alerts TODAY! TEXT Healthy to 90902-Click for details](#)

[Steps to Enroll in Medi-Cal Dental](#)

[Suicide True or False Myths](#)

[Survivors Need You! Volunteer As A Crisis Hotline Counselor! Click for more details](#)

[TAYBA Foundation-Freedom Through Education- Offering Education, Life skills, Reentry Services for Formerly Incarcerated Men and Women- Click to learn about Services and Resources](#)

[Together. One Community What is a Community Health Worker?](#)

[TOY Drive-Family Service Association looking for toy donations! Click to learn more](#)

[Trinity Lutheran Church-Shower of Hope Shower Truck Every Thursday](#)

[UC Riverside Mini Medical School at the UCR School of Medicine ~ Click to learn more](#)

[United States Postal Services is doing something new- Fact Sheet-Click for more details](#)

[Universal Screening for Maternal Mental Health Disorders-Click to read more Vaccine Finder](#)

[Veterans Virtual Rally Point 2nd Wednesday of every month-Click to register](#)

[Victor Valley Rescue Mission Program Information-Click to learn more](#)

[Virtual Zumba-Click to register](#)

[Walden Family Services Community Family Classes-Building Nurturing Families & Relationships-Click to learn more](#)

[Walk-In Cash Clinic Open Wednesday's 1pm-5pm-Click to schedule an appointment](#)

[Walk with Sally-Mentoring Children of Loved Ones Affected by Cancer-Click for more details](#)

[Want to Become a Community Health Worker? Click to see how](#)

[Want to make a difference in your community? Join the Peer Ambassador Program-Click to learn more](#)

[Warning Signs of Type 1 Diabetes-Bilingual](#)

[We need Your Help to Strengthen Black Families! Click to learn how!](#)

[West Coast Call Center for Custodians of Unaccompanied Immigrant Minors-Bilingual-Click to learn more or if you have questions about the immigration court process!](#)

[What the San Bernardino Sheriff Department want you to know about Teen Opioid Abuse and Illegal Cultivation of Marijuana-Click to learn more](#)