

*City of Chino*  
*Community Services Department*

# Resource Directory

2020/2021



*Published by:*

Community Services Department  
Human Services  
13201 Central Avenue  
Chino, CA 91710

Phone: (909) 334-3259 ♦ Fax: (909) 334-3717

[www.cityofchino.org](http://www.cityofchino.org) ♦ [communityservices@cityofchino.org](mailto:communityservices@cityofchino.org)



# TABLE OF CONTENTS

(Published 10/5/20)

<b>PREFACE AND ACKNOWLEDGMENTS</b> .....	6
<b>CITY OF CHINO SERVICES</b> .....	7
<b>COMMUNITY SERVICES PROGRAMS</b> .....	8
<i>HUMAN SERVICES</i> .....	8
<i>SUPPORT GROUPS &amp; CLASSES</i> .....	9
<i>SCHOOL BASED PROGRAMS</i> .....	9
<i>RECREATION SERVICES</i> .....	11
<i>SENIOR CENTER (ADULTS 50+)</i> .....	11
<i>NEIGHBORHOOD SERVICES</i> .....	12
<b>ABUSED WOMEN &amp; CHILDREN</b> .....	12
<b>ADOPTIONS</b> .....	14
<b>AIDS/SEXUALLY TRANSMITTED DISEASES</b> .....	15
<b>ALCOHOL &amp; DRUG COUNSELING</b> .....	16
<i>INPATIENT SERVICES</i> .....	16
<i>OUTPATIENT SERVICES</i> .....	18
<i>EDUCATION</i> .....	19
<i>SUPPORT GROUPS</i> .....	19
<i>DRUG TESTING SERVICES</i> .....	20
<b>BEREAVEMENT COUNSELING SERVICES &amp; SUPPORT GROUPS</b> .....	20
<b>CHILD ABUSE AGENCIES</b> .....	21
<i>CHILD ABUSE COUNSELING AGENCIES</i> .....	21
<i>OTHER RESOURCES</i> .....	22
<b>CHILD CARE</b> .....	22
<b>CHILDREN SERVICES</b> .....	23
<i>INPATIENT CHILD/ADOLESCENT PSYCHIATRIC TREATMENT FACILITIES</i> .....	25
<i>IMMUNIZATION</i> .....	26
<b>COUNSELING SERVICES</b> .....	26
<i>BILINGUAL COUNSELING</i> .....	31
<b>DISABILITY RESOURCES</b> .....	33
<i>AUDIOLOGICAL SERVICES</i> .....	33
<i>DEAF COMMUNITY SERVICES</i> .....	33
<i>ORGANIZATIONS</i> .....	33
<i>MISCELLANEOUS DISABLED SERVICE</i> .....	34
<b>DIVORCE &amp; SEPARATION</b> .....	35
<b>DOMESTIC VIOLENCE SHELTERS AND HOTLINES</b> .....	35
<b>EATING DISORDERS</b> .....	38
<b>EDUCATION FOR ADULT RE-ENTRY AND PREGNANT TEENS</b> .....	38

<i>PREGNANT TEENS</i> .....	39
<b>EMPLOYMENT AGENCIES</b> .....	<b>40</b>
<b>HOSPICE</b> .....	<b>40</b>
<b>HOSPITALS AND MEDICAL INFORMATION</b> .....	<b>41</b>
<b>HOUSING AND HOMELESS SERVICES</b> .....	<b>42</b>
<i>PUBLIC HOUSING OFFICES</i> .....	45
<b>HOTLINES</b> .....	<b>46</b>
<b>LEGAL ASSISTANCE SERVICES</b> .....	<b>47</b>
<i>COURTS</i> .....	47
<i>IMMIGRATION SERVICES</i> .....	48
<b>LITERACY PROGRAMS</b> .....	<b>49</b>
<b>MEDIATION AND ARBITRATION</b> .....	<b>49</b>
<b>MEDI-CAL/MEDI-CARE INFORMATION</b> .....	<b>50</b>
<i>MEDI-CAL</i> .....	50
<i>MEDI-CARE</i> .....	50
<i>PHYSICIANS WHO ACCEPT MEDI-CAL</i> .....	50
<b>MEDICAL FACILITIES</b> .....	<b>51</b>
<i>TATTOO REMOVAL</i> .....	52
<i>DENTAL PROVIDERS</i> .....	53
<b>PARENTING COUNSELING AND CLASSES</b> .....	<b>53</b>
<b>PARENTING SERVICES: INFORMATION AND SUPPORT GROUPS</b> .....	<b>54</b>
<b>POLICE/SHERIFF DEPARTMENTS WESTERN SAN BERNARDINO COUNTY</b> .....	<b>55</b>
<b>PREGNANCY INFORMATION, ASSISTANCE &amp; HOTLINES</b> .....	<b>56</b>
<i>BREASTFEEDING</i> .....	57
<b>PRISONER &amp; PAROLEE SERVICES</b> .....	<b>58</b>
<i>PRISONS</i> .....	58
<b>RESIDENTIAL FACILITIES &amp; SUPPORT SERVICES</b> .....	<b>58</b>
<b>RUNAWAY HOTLINES, FOOD, CLOTHING &amp; SHELTERS</b> .....	<b>61</b>
<b>SENIOR SERVICES</b> .....	<b>63</b>
<b>SEXUAL ASSAULT/RAPE SERVICES</b> .....	<b>66</b>
<b>SUICIDE HOTLINE/ ASSESSMENT TEAMS</b> .....	<b>67</b>
<b>SUPPORT GROUPS</b> .....	<b>68</b>
<b>TEENAGE SERVICES</b> .....	<b>69</b>
<i>MILITARY SCHOOLS</i> .....	71
<b>VETERAN SERVICES</b> .....	<b>71</b>
<b>VICTIM ASSISTANCE</b> .....	<b>73</b>
<b>WEBSITES (RESOURCES)</b> .....	<b>74</b>

*ALCOHOL AND DRUG*.....74  
*COUNSELING AND MISCELLANEOUS SUPPORT GROUPS*.....74  
**WEBSITES (GOVERNMENT AGENCIES)**.....75  
**APPENDIX**.....77

## PREFACE AND ACKNOWLEDGMENTS

This resource directory has been compiled by the City of Chino Human Services. Listings in this directory do not constitute endorsement, nor do they reflect an evaluation of the services listed. Omission of an organization does not imply disapproval. The goal set for this directory is to list factual and up-to-date information about each agency so as to equip the staff at City of Chino Human Services to make beneficial and appropriate referrals for the persons with whom they come in contact.

All users of this directory are encouraged to submit new resources and changes in the listing when they arise.



### **CAROLYN OWENS COMMUNITY CENTER CITY OF CHINO HUMAN SERVICES**

13201 Central Avenue  
Chino, CA 91710  
(909) 334-3259 - Business  
(909) 628-1010 – Emergency  
[communityservices@cityofchino.org](mailto:communityservices@cityofchino.org)

[www.cityofchino.org](http://www.cityofchino.org)

*Published September 30, 2020*

## CITY OF CHINO SERVICES

### **CAROLYN OWENS COMMUNITY CENTER - RECREATION SERVICES (909) 334-3258**

Contact the Carolyn Owens Community Center for information about the after school programs, seasonal camps, facilities and pavilion rentals, recreation contract classes, special events, and Tiny Tots program.

### **CHINO EXPERIENCE TEEN CENTER (909) 334-3268**

The Chino Experience Teen Center is a safe place for teens in the 7th-12th grades that includes homework assistance/tutoring, intramural sports, visual and performing arts, intergenerational activities, and community service projects. Our program is designed to encourage and challenge participants to succeed in school, develop healthy attitudes and behaviors, gain life skills and develop community pride through community service. Membership is only \$5 per month, which allows participants full use of all center amenities.

### **CHINO VALLEY INDEPENDENT FIRE DISTRICT (909) 902-5260**

The Chino Valley Independent Fire District has a variety of programs that the residents of Chino can utilize, these include:

- Volunteer Explorers Program (ages 14-21)
- Reserve Fire Inspectors (18 and over)
- Fire Counseling for youths of all ages
- C.P.R. and First Aid Training
- Fire Counseling for youths found setting malicious fires within the Chino Valley and for court-ordered minors engaging in unlawful fire settings activities
- Safety Presentations
- Emergency and Disaster Preparedness Education

### **HOUSING PROGRAM (909) 334-3272**

The program helps provide funding for low-income homeowners with a zero percent interest, deferred payment rehabilitation loan. The loan is available to help correct code violations, address Health and Safety issues and improve an overall condition of the housing unit. Please call the Housing Division for more information. The City of Chino also participates in First Time Homebuyer program. Please call NPHS for information at (909) 988-5979.

### **NEIGHBORHOOD ACTIVITY CENTER (909) 334-3260**

This facility is designed to provide centralized recreation and human services programs for residents. All programs are free or low cost. Services include adult exercise, community outreach, case management, boxing, basketball leagues, specialty classes, educational workshops, and open gym.

### **POLICE DEPARTMENT (909) 334-3000**

Programs and resources offered by the Chino Police Department include:

- Citizen Academy Program (Adult/Youth)
- Neighborhood Watch Program
- Business Watch Program
- CPTED Survey's (Crime Prevention Through Environment Design)
- Safety Presentations
- Emergency and Disaster Preparedness Education
- Police Explorers Volunteer Program
- Crime Prevention Intern Volunteer Program
- Mounted Posse Volunteer Program

**SENIOR CENTER  
(909) 334-3271**

The Senior Center offers the following programs: case management, a variety of health and wellness classes, aid equipment program, information and referral, nutrition lunch program, computer classes, and recreational programs.

**UTILITY BILLING  
(909) 334-3264**

The Utility Billing Division is available to answer questions regarding the City utility bill and services. Please call (909) 334-3264 or visit our City website at [www.cityofchino.org](http://www.cityofchino.org). In addition, there are discounts available to residents who are 65 and older for some utility services.

**VOLUNTEER PROGRAM  
(909) 334-3261**

The City of Chino provides a variety of volunteering opportunities through the Community Volunteer Corps. Volunteers assist the City in providing quality, caring services to the Chino Community. For more information please visit [www.cityofchino.org/volunteer](http://www.cityofchino.org/volunteer).

**PRESERVE COMMUNITY CENTER  
(909) 334-3261**

Programs are low cost, include before and after school, recreation, open gym basketball, youth and adult sports leagues, and specialty classes for youth and adults.

**COMMUNITY SERVICES PROGRAMS**

***HUMAN SERVICES***

**COUNSELING SERVICES**

**Employee Counseling**

Free counseling to the City of Chino staff and their families.

**Family Counseling**

The Family Counseling Program provides counseling services to individuals and couples seeking assistance in such areas as resolving conflicts, improving communication, parenting issues, etc. Available for free to low income Chino residents through the CDBG program.

**Teen Counseling**

Provides counseling to junior high and high school students experiencing family difficulties, low self-esteem, social adjustment problems and/or behavior difficulties, crisis intervention, and conflict resolution.

**Youth Counseling Program**

Provides counseling and support services to elementary school-age children. Issues dealt with include low self-esteem, social adjustment problems, and/or behavior difficulties. On-site elementary school-based counseling is free to students who attend a CHINO VALLEY UNIFIED SCHOOL DISTRICT school.

**University Intern Counseling Program**

Many of the City of Chino, Human Services programs utilize graduate and bachelor degree level university students as interns. Full clinical supervision is provided to meet school and state requirements for fieldwork and licensing hours.



## ***SUPPORT GROUPS & CLASSES***

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### **Anger Management**

This program is designed for adults with difficulty managing and controlling anger. Participants are taught ways to identify these intense feelings and ways to successfully manage them. There is a fee for this service.

### **Batterers' Treatment/ CHOICES**

Batterers' Treatment courses are designed for men and women who identified that their anger has caused problems in relationships. Topics include: domestic violence dynamics, self-control/ self-awareness, improved communication, techniques to de-escalate arguments, and improved couple/family awareness. Enrollment can be voluntary or court mandated. There is a fee for this service.

## ***SCHOOL BASED PROGRAMS***

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### **Call It Quits (CIQ)**

CIQ is a collaborative effort between the School District and Chino Human Services. It is a confidential voluntary program.

- Meets as a group, weekly during class or after school to educate students with coping strategies, how to handle stress better and in a healthier way.
- Peer support while moving toward a sober lifestyle.
- Available throughout the school year at four Chino Valley Unified School District high schools, one learning academy and one continuation school.

### **Tobacco Use Prevention Education Program (TUPE)**

The TUPE program consists of two intervention/prevention programs:

- The Minnesota Smoking Prevention Program (MSPP) is designed to help sixth grade students resist the pressure to use tobacco. The program will help identify reasons kids smoke.
- Project ALERT is a substance abuse program designed to give junior high students insight, understanding, and practical skills for resisting substance abuse.

### **McKinney Vento Program, Children's Academic Recovery Education (CARE)**

The Children's Academic Recovery Education program provides assistance to homeless students and families in transition. Services include meeting with a case manager and counseling services.

### **HOPE Family Resource Centers**

The HOPE Family Resource Centers are school based service sites dedicated to preserving and strengthening students and their families in need of support. Their purpose is to help remove a student's nonacademic barriers to education by assisting children and families with much needed information and resources. For more information, please call (909) 628-1201 ext. 8960.

CalFresh/CalWorks Assistance • Food & Clothing • Child Care • Counseling • Parent Education • Tutoring Information • Housing Information • Preschool Referrals  
Medi-Cal/ Covered California Assistance

Centers are located at the following Chino Valley Unified Schools:

- Adult School: 12970 Third Street, Chino
- Alternative Education: 15650 Pipeline Ave., Chino Hills
- Don Antonio Lugo High School: 13400 Pipeline Ave., Chino
- Doris Dickson Elementary School: 3930 Pamela Dr., Chino
- Levi Dickey Elementary School: 2840 S. Parco, Ontario
- Walnut Elementary School: 5550 Walnut Ave., Chino
- Satellite Campuses
  - Ramona Junior High School
  - Newman Elementary school

### **Smokeless Saturdays**

Smokeless Saturday is a collaborative effort between the School District and Chino Human Services. It is conducted during Saturday School.

- Assists students in making healthy choices when it comes to smoking or using any tobacco product.
- Educates students on the long-term risks of smoking, smokeless tobacco (chew), and electronic cigarettes.
- Participatory activities and videos to help motivate adolescents against smoking.
- Teach skills and strategies needed to resist pro-smoking pressure.

### **Tobacco Advocacy Initiative (TAI)**

TAI is a collaborative effort between the School District and Chino Human Services. It is a confidential voluntary program that is offered to students with drug, alcohol, or smoking addictions.

- Weekly group sessions during school or after class.
- Educates students on various addictions.
- Students learn coping strategies, handle stress in a better healthier way.
- Peer support while moving toward a sober lifestyle.
- Program is available through the school year at four Chino Valley Unified School District high schools.

### **TYKES Family Resource Center CVUSD Adult School**

A collaboration among the City of Chino, the Chino Valley Unified School District, the Chino Valley YMCA, and the San Bernardino County Superintendent of Schools and First 5 San Bernardino. The program provides a multitude services including:

- Child Development Resource Center
- Early Childhood Recreation
- Case Management Services
- State Preschools and After School Day Care Referrals
- Parenting Classes (*English and Spanish Classes*)

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## **RECREATION SERVICES**

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### **Camps**

The City of Chino offers a safe, caring, and recreational environment during the school breaks for Fall (Thanksgiving), Winter (Christmas Holiday), Spring (Spring Break) and Summer. For more information, please call the City of Chino Recreation office at (909) 334-3258.

### **High Five**

High Five is a K\*-6<sup>th</sup> grade after school recreation program at Newman, Howard Cattle Elementary and K\*-8<sup>th</sup> grade Cal Aero Preserve Academy. Participants receive homework assistance, educational enrichment, and recreational activities.  
*(\*PM Kindergarten at Cattle and Cal Aero only.)*

### **Ramona After School Achievement Program (RAAP)**

RAAP is a free program for students attending Ramona Jr. High School. Participants enjoy a fun and safe after school environment while getting homework assistance, and participating in enrichment and recreational activities.

### **Recreation Classes**

The City of Chino offers a wide variety of classes for all ages, youth and adult in the following areas: Art, Computer Instruction, Dance & Movement, Enrichment, Finance & Career, Gymnastics, Fitness, Health & Wellness, Martial Arts, Special Interest, Sports, and Games.

### **Tiny Tots**

The Tiny Tot Program introduces participants ages 3-5 to a classroom style environment. Through this structured environment, your child will be introduced to sharing, choice making, and following directions through a creative play environment.

### **S.O.A.R.**

S.O.A.R. is a 1st-6th grade after school recreation and enrichment program at Anna Borba, Cortez, Dickson, Levi Dickey, Marshall, and Walnut Elementary. Participants receive homework assistance, educational/recreational enrichment, and learn cultural arts.

### **Sunrise Kids**

Sunrise Kids is a recreation based, before school program. Students are walked to the school campus before the morning bell. The program is for students in kindergarten (*a.m. classes only*) through 8<sup>th</sup> grade at the Cal Aero Preserve Academy. Participants enjoy a light snack, crafts, games and quiet time.

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## **SENIOR CENTER (Adults 50+)**

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### **Case Management**

Provides assessment and coordination of existing resources to address individual needs.

### **Classes/Special Events/Health & Wellness**

Programs offering activities for healthy living and well-being, such as Yoga, Zumba, and Aerobics.

**Lunch Program**

Provides seniors with a well-balanced meal M-F at a minimal cost. Homebound meals are also available.

**Transportation (S.M.A.R.T.)**

Transportation is available for Chino senior residents to participate/visit the Center, shopping/errands, and limited doctor appointments within the City of Chino limits. Vehicle is handicapped accessible.

**Trips/Tours**

Trips/Tours is open to all adults 18+, unless otherwise noted. Seniors can experience cultural and recreational travel with friends and have the opportunity to enjoy activities outside the community.

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## ***NEIGHBORHOOD SERVICES***

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**Case Management**

Case Managers provide information and referral services for low-income, families in transition, homeless, or Spanish-speaking clients. Case management is provided to link families and individuals with identified needs to available services. Assistance with Medi-Cal applications and assistance in applying for other public benefits. Case Management services are available at the Neighborhood Activity Center, Senior Center, Carolyn Owens Community Center, TYKES Family Resource Centers, CARE Center, and HOPE Family Resource Centers.

**Community Outreach**

Community Outreach promotes City services and programs and provides services to Chino residents who are low income, homeless, physically or mentally challenged, elderly or Spanish speaking. Case management is provided to link clients with services available throughout the City and county.

**Neighborhood Activity Center**

Youth Sports, Boxing Program, Specialty Classes, Case Management, and Community Outreach

**SPORTS -- ADULTS**

Softball

Women's Soccer

Basketball

**SPORTS – YOUTH**

Basketball

Pee-Wee

## **ABUSED WOMEN & CHILDREN**

**Catholic Charities - Home Office**  
**1450 N. D Street, San Bernardino**  
**(909) 388-1239**

- Counseling for San Bernardino/Riverside Counties
- Parenting Classes
- Anger Management
- Refugee and Immigration Services
- Family and Community Services

**Center for Healing Childhood Trauma**  
**101 South Olive Ave., Rialto**  
**(909) 258-9984**

- Victim therapy
- Parenting classes
- Child Family resource center
- Call for service fees
- Anger management for adolescents

**Desert Sanctuary**  
**PO Box 1781, Barstow**  
**(760) 256-3733**

- Assists woman and children
- Provides counseling/support groups, children's program, legal assistance and housing assistance.
- Walk-ins welcome
- Bilingual services
- Domestic Violence Victims General (Men included)
- Parenting Classes
- Community Resource Center

**Family Assistance Program**  
**16857 C Street, Victorville**  
**(760) 843-0701**

- Anger management counseling
- Parenting skills counseling
- Domestic violence counseling
- Assistance in receiving restraining orders
- Walk-ins accepted
- Run away shelter for kids in Redlands (909) 335-2676
- Nurturing and Parenting (*Victorville*)

**House of Ruth**  
**P.O. Box 459, Claremont**  
**(877) 988-5559 (24 HOUR HOTLINE)**

- Assists women and children who are victims of domestic violence by providing shelter, education, information, and referrals.
- Post-shelter services, group/individual counseling, and prevention programs.
- No services fees
- Admittance through new client orientation only
- Bilingual services

**LeRoy Haynes Center for Children and Family Services**  
**233 W. Baseline Rd., P.O. Box 400, La Verne**  
**(909) 593-2581**

- Residential treatment center for abused children
- Call for fee information
- Five major programs: Residential treatment for boys 10-17, emancipation for boys 16-18, non-public school, and a foster home program for boys.
- Mental Health Department
- Star Academic
- [www.leroyhaynes.org](http://www.leroyhaynes.org)

**Morongo Basin Unity Home**  
**PO Box 966, Yucca Valley**  
**(760) 366-9663 (Hotline)**

- Accepts clients from all areas
- Provides individual counseling, support group counseling for Domestic Violence.
- Emergency shelter for up to 30 days
- Legal aid and court support available
- Visitation with court ordered
- Outreach Office,  
7237 Joshua Lane, Yucca Valley 92284
- [www.unityhome.org](http://www.unityhome.org)

**Option House, Inc.**  
**813 North D, Suite A, San Bernardino**  
**(909) 383-1602**

- Provides services for domestic violence and their children
- 45-day shelter
- Food, clothing, and basic necessities
- In-house childcare
- Counseling/support groups (Once-on-One)
- Referral information
- Victim and Alleged Perpetrator
- Domestic violence education, and parenting program.
- Outreach program includes temporary restraining orders and child custody.
- Training 40-hour to be a domestic violence advocate

**Project Sister Family Services**  
**363 S. Park Ave., Suite 303, Pomona**  
**(909) 623-1619, (909) 626-4357**  
**(Hotline)**

- Counseling sessions for men, women, children survivors of sexual assault, as well as anyone else involved except for perpetrators of sexual assault.
- Referrals to legal services and hospital services also provided
- Walk-ins and appointments welcome, Monday-Thursday, 9:00 a.m. – 4:00 p.m., Friday, 9:00 a.m.-1:00 p.m.
- Workshops for preventive education
- Child abuse crisis services also provided
- Hotline: (909) 626-HELP (4367)
- Counseling services for children 17 and under.
- Homeless shelters and other referrals.
- Advocacy for bullying
- Advocacy for hospital examinations for sexual assault
- Advocacy for court appearance
- [www.projectsister.org](http://www.projectsister.org)

**San Bernardino County Child and Family Services**  
**412 W. Hospitality Lane, 1st Floor, San Bernardino**  
**(800) 827-8724 (Hotline)**

- Responds to referrals on child molestation, sexual abuse, physical abuse of children, and general neglect from all reporters
- Foster home licensing
- Adoptions

**Trinity Youth Services**  
**201 N. Indian Blvd., Suite A201, Claremont, Colton**  
**(909) 825-5588**

- STRTP Program and foster family placement agency from infants to age 21
- Operates own adoption agency
- Residential program includes individual and group therapy
- Short term residential treatment

## ADOPTIONS

**Bethany Christian Services - La Mirada and Riverside Branch**  
**16700 Valley View, Suite 210**  
**La Mirada, CA 90638**  
**(909) 465-0057 (Serving Chino Area)**

- Adoption Services
- Pregnancy counseling, post-adoption counseling
- Foster care services

**County of San Bernardino Children and Family Services**  
**150 S. Lena Rd., San Bernardino**  
**(909) 388-0242**

- Adoption services and foster services.
- Investigate allegations of child abuse.

**Extraordinary Families**  
**221 N. Ardmore, Los Angeles**  
**(213) 365-2900**

**[info@extraordinaryfamilies.org](mailto:info@extraordinaryfamilies.org)**

- Supports foster or adoptive parenting
- All families welcome to apply regardless of age, sex, race, ethnicity, religion, sexual orientation, gender identity, physical characteristics, marital or domestic partnership status, medical or disability status.

[www.extraordinaryfamilies.org](http://www.extraordinaryfamilies.org)

**Seneca Family of Agencies**  
**414 Tennessee Street, Suite Y, Redlands**  
**(909) 798-9547**

- Adoption and Foster Care services
- Mental Health and Educational Services
  - Specialized training for parents and individualized services for each child
  - 233 S. Quintana Drive, Anaheim (714) 202-2100
- [www.senecafoa.org](http://www.senecafoa.org)

## **AIDS/SEXUALLY TRANSMITTED DISEASES**

**Bienestar Human Services Inc.**  
**180 E. Mission Blvd., Pomona**  
**(909) 397-7600**

- Community Outreach
- Workshops & Presentations
- HIV Counseling & Testing
- Social & Cultural Events

**Disease Control Center Information**  
**(800) 232-4636**

- General information and referral line for HIV/STD testing
- No actual testing services provided, only referrals to clinics

**Los Angeles County Department of Public Health**  
**750 S. Park Ave., Pomona**  
**(213) 284-3200**

- Walk-ins only
- Free HIV testing when combined with testing for chlamydia, herpes, syphilis, and gonorrhea (Donations based clinic)
- HPV vaccinations available
- HIV testing is only done in combination with other tests
- Prenatal services

**Planned Parenthood of Los Angeles**  
**1550 N. Garey Ave., Pomona**  
**(800) 576-5544**

- Basic reproductive testing
- Sliding scale program cost
- All STD and HIV blood testing

**Project Inform**  
**(877) 435-7443**

- Informs on treatment, infection, and risk reduction methods
- Refer people with HIV to services
- Bilingual services available
- [www.projectinform.org](http://www.projectinform.org)

**San Bernardino Department of Public Health**  
**799 E. Rialto Ave., San Bernardino**  
**(888) 818-8988**

- Testing by appointment only, call for appointment
- [www.sbcounty.gov/dph/](http://www.sbcounty.gov/dph/)

**S.T.I. HOTLINE-American Social Health Association**  
**(800) 342-2437**

- Crisis hotline and general information
- Medical referrals; support group referrals
- [www.ashastd.org](http://www.ashastd.org)

**West Valley Department of Public Health**

**1647 Holt Blvd., Ontario**

**(888) 818-8988**

**(800) 782-4264 (SB County)**

- Testing by appointment only- call for appointment

## **ALCOHOL & DRUG COUNSELING**

### ***INPATIENT SERVICES***

**American Recovery Center  
1280 W. Valley Blvd., Pomona  
(909) 865-2336**

- Appointment only
- Inpatient detox
- 12-step support group
- Cash and most insurances accepted
- Financial assistance for those who qualify
- Outpatient treatment available
- Aftercare
- Group and individual counseling
- Long and short term residential treatment
- Day treatment and outpatient
- Single parent and children services
- Bilingual Staff
- Confidential referrals
- Nutritional Education
- Drug counseling services

**Loma Linda University  
Behavioral Medicine Center  
1710 Barton Rd., Redlands  
(909) 558-9275**

- Intensive outpatient drug counseling
- Psychiatric and mental health services for all ages, Inpatient/Outpatient
- Available Programs
  - Connection
  - Wisdom
  - Mends
  - Innovation/Suicide for Adults Focus
- Assist with structure and coping with illness
- By appointment only
- Insurance, cash, or Medi-Cal\*/Medi-Care combined only \*Minors only
- Inpatient detox and counseling for adults available with private insurance only
- [www.llubmc.org](http://www.llubmc.org)

**Canyon Ridge Hospital  
5353 G Street, Chino  
(909) 590-3700**

- Inpatient detox program 3-5 days
- Walk-ins welcome, appointment best
- Insurance and Medi-Care accepted for all ages, Medi-Cal accepted for adolescents
- Outpatient counseling
- No sliding scale
- Bilingual translator services



**Cocaine Anonymous Referral Service**  
**(800) 347-8998**  
**(310) 559-5833 – Business Office**

- References to local area chapters
- Literature, books, and etc.
- [www.ca.org](http://www.ca.org)

**Inland Valley Recovery Services**  
**Administrative Office**  
**1260 Arrow Hwy., Bldg. C, Upland**  
**(909) 932-1069**

- Medi-Cal/Insurance accepted for outpatient program
- Inpatient & Outpatient services
- Men, women, & children residential facility children age 12 and under
- Appointment only
- \$7,550 for 30-day residential program
- \$1,500 Admission fee
- Detox intake fee, sliding scale available
- Medi-cal and insurance accepted for outpatient program
- Upland Recover Center (909) 949-4667  
934 N. Mountain Ave., Suite A&B,  
Upland, CA 91768
- San Bernardino Recover Center  
(909) 889-6519, 939 N. D Street, San  
Bernardino, CA 92401
- [www.inlandvalleyrecovery.org](http://www.inlandvalleyrecovery.org)

**Prototype Women's Center**  
**831 E. Arrow Hwy., Pomona**  
**(909) 398-4383 / (909) 624-1233**

- Residential programs for women
- Outpatient and day treatment programs for both men and women
- Appointment only – call for intake
- Drug testing
- Medi-Cal accepted, but no private insurance
- Intake: (909) 634-2920

**Salvation Army-Adult Rehab Center**  
**363 S. Dolittle Rd., San Bernardino**  
**(909) 889-9605**

- Programs range from 6 months - 1 year
- Individual and group counseling
- AA/NA classes
- In-house and residential programs only, 6-month minimum
- Informational homework assignments
- No fees, all free
- Work therapy
- Spiritual based

**Sierra Vista**  
**3455 E. Highland Ave., Highland**  
**(909) 862-6454**

- No outpatient services provided
- Must be referred by the Department of Mental Health
- Group therapy provided, but not a specialty
- Residential psychiatric services that include drug rehabilitation

**VARP, INC. (Recovery Home)**  
**1100 N. D Street, San Bernardino**  
**(909) 884-0840 (Men)**  
**(909) 888-6956 (Women)**

- Appointment only by/with social worker
- Group/individual counseling for drug treat dependency
- Funding depends on services
- Residential, Outpatient, sober living
- Bed check daily
- 18 and older
- 24-hour residential
- Referrals only from San Bernardino or Riverside County

## ***OUTPATIENT SERVICES***

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### **Aegis Treatment Centers**

#### **Corporate office**

**7246 Remment Avenue, Canoga Park  
818) 206-0360**

- Appointments Only
- Heroin, opioid drug clients
- Substance abuse services
- Cash, Medi-Cal, private insurance
- Clinics
  - 1050 W. Garey Ave., Pomona  
(909) 986-4550, (626) 376-9736
  - 125 W. F St., Ontario  
(909) 986-4550
  - 11776 Maripose Road, Hesperia  
(760)956-2462
- [www.aegistreatmentcenters.com](http://www.aegistreatmentcenters.com)

### **Alcohol Education and Recovery Services**

**12560 Central Ave., Chino  
(909) 591-4761**

- DUI counseling services only
- Cost dependent on length of court ordered treatment
- No insurance or sliding scale available
- Walk-ins accepted

### **Inland Behavioral Services**

**1963 N. E Street, San Bernardino  
(909) 881-6146**

- IEHP, Medi-Cal, Medi-Care & Molina insurances accepted for counseling services
- PC1000 Drug Diversion Program- cash only
- Appointment only
- Drug and alcohol counseling- group/individual at medical facilities only
- Pre-natal program

### **Matrix Center**

**812 N. Euclid Ave., Ontario  
(909) 395-0888**

- Adolescent programs, crisis counseling, education/prevention information
- Drug Testing
- Adult outpatient treatment for drugs & alcohol
- 4-month intense program with individual and family group counseling
- Sliding scale used for fees
- Medi-Cal and other insurance is accepted
- CFS referrals for substance abuse only (*Children & Family Services*)

### **New Day Counseling Center**

**11790 Central Ave., Suite 100, Chino  
(909) 517-2020**

- Appointment/Walk-ins
- Closed on Fridays
- Sliding Scale
- Spanish, Arabic, Farsi, and Urdu services provided
- Individual, group, family, child, and couples counseling
- Anger management program
- Domestic Violence program
- Parenting groups (*12-24 weeks*)
- Counseling for sexual disorders and sexual perpetrators
- Monthly progress reports to probation and social workers
- Child abuse treatment

### **Prototypes Men and Women Center**

**831 E. Arrow Highway, Pomona  
(909) 398-4383**

- Residential programs for women
- Drug testing
- Outpatient and day treatment programs for both men and women
- Appointment only- call for intake
- Medi-Cal accepted but no private insurance

**Inland Valley Recovery Services**  
**934 N. Mountain Ave., Suite A-C,**  
**Upland**  
**(909) 949-4667**

- Substance abuse counseling
- Insurance accepted. Medi-Cal accepted for the outpatient program only
- Preventive services and 12 step programs
- Recovery homes
- Parenting classes
- Youth Services
- Anger Management classes
- Therapy

**Rialto Behavioral & Addiction Treatment Services**  
**850 E. Foothill Blvd., Rialto**  
**(909) 421-9495**

- Walk-ins accepted- Must attend evaluation prior to intake
- Outpatient 89-days once case is open
- Detox, prenatal, DUI, recovery, and drug court services information available
- Group drug & alcohol counseling

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## ***EDUCATION***

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**Reach Out West End, Inc.**  
**1126 W. Foothill Blvd., Ste. 250, Upland**  
**(909) 982-8641**

- Parenting Classes
- For new programs offered, please email [ariagna@we-reachout.org](mailto:ariagna@we-reachout.org)
- School
- Student services (School group)

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## ***SUPPORT GROUPS***

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**AL-ANON/AL-ATEEN**  
**1016 E. Cooley Dr., Suite C-2, Colton**  
**(909) 824-1516**

- Referrals to meeting locations in area

**Alcoholics Anonymous**  
**897 S. Via Lata, Colton**  
**(909) 825-4700**

- [www.inlandempireaa.org](http://www.inlandempireaa.org)

**Cocaine Anonymous Referral Service**  
**(310) 559-5833**

- Referrals to local area chapter meetings
- [www.ca.org](http://www.ca.org)

**MADD San Bernardino County**  
**242 E. Airport Dr., #205 San Bernardino**  
**(909) 888-6233**

- Call to sign up for meetings in your area
- [www.madd.org/sacrament/vip](http://www.madd.org/sacrament/vip)

**Narcotics Anonymous**  
**(909) 622-4274**

- Referrals to NA meetings
- [www.na.org](http://www.na.org)

**Triangle Club of Pomona, Inc.**  
**1655 N. Berkeley Ave., Pomona**  
**(909) 623-9070**

- AA meetings and social activities in an alcohol and drug free environment
- AL-Anon

## ***DRUG TESTING SERVICES***

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### **National Council on Alcoholism and Drug Dependence**

**656 N. Park Ave., Pomona**

**(909) 629-4084**

- Mondays: Family Reunification
- Tuesdays: Domestic Violence (*Men only*)  
Adolescent Treatment (*Friday*)
- Wednesdays: Anger and Domestic Violence
- Thursdays: Domestic Violence classes
- Fridays: Teen Anger Management
- Group counseling
- Drug testing, self-help meetings, parenting classes
- English classes only
- DUI (*Covina office*)

## **BEREAVEMENT COUNSELING SERVICES & SUPPORT GROUPS**

### **Fairfax Elementary Learning Center 1362 Pacific Street, San Bernardino (909) 381-1283**

- CAPS after school program
- Kinder-6<sup>th</sup> grade only
- Sun Rise (*morning program*)

### **Families and Friends of Murder Victims P.O. Box 1222, San Bernardino (909) 754-6969**

- Four different groups, Oakland, San Gabriel, Colton and West-end Rancho.
- Meets 3<sup>rd</sup> Monday of every month at 7:00 p.m.-8:30 p.m.
- Must call or email prior to Wednesdays
- Contact Rosa Madsen for other meeting times.
- Email at [mail4ffmv@yahoo.com](mailto:mail4ffmv@yahoo.com)

### **Grief Recovery After Substance Passing (GRASP)**

**8502 E. Chapman Ave., #156, Orange  
(714) 865-7879**

- Support for death due to a drug overdose
- [www.grasphelp.org](http://www.grasphelp.org)

### **Hope After Suicide Support Group Chino Hills Community Center 14250 Peyton, Chino Hills 2140 Grand Avenue, Suite #101, Chino Hills (909) 393-2563**

- Support for suicide loss survivors
- Meetings 1st and 3rd Wednesday of the month at 7:00 p.m.
- Non religiously connected meetings
- Free

**Inland Hospice Volunteers  
VNA Hospice & Palliative Care  
150 W First St., Suite 270, Claremont  
(800) 969-4862, (909) 624-3574**

- Adults, children (*All ages*)
- Ongoing support groups
- Free
- Spanish speaking group
- Bereavement program for terminally ill patients and their families.
- Insurance based
- [www.inlandhospice.org](http://www.inlandhospice.org)

**Loma Linda University  
Children's Health, Camp Good Grief  
11234 Anderson Street, Loma Linda  
(877) 558-6248**

- Camps and retreats for children ages 10-16 (*All children welcome*)
- Program focused on participants who have had 6 months pass since loss from illness, accident, homicide, parent or sibling suicide
- Special victim program
- Teen retreat for children ages 14-18, who already went to Camp Grief.
- Free
- [www.lluch.org](http://www.lluch.org)

**San Antonio Community Well Center  
7777 Milliken Ave., Rancho Cucamonga  
(909) 944-9355**

- Bereavement group Tuesday, 7:00-8:00 p.m.
- Other community services

**The Compassionate Friends  
5500 Francis Ave., Chino  
(626) 919-7206**

- Support for individuals/families needing support after death of a child
- Support for grandparents and siblings
- First Tuesday of every month 7:00-9:30 p.m.
- Free
- Spanish speaking

## CHILD ABUSE AGENCIES

### *Child Abuse Counseling Agencies*

**Child Abuse Hotline-L.A. County  
(800) 540-4000**

- 24-hour hotline to report suspected child abuse
- Bilingual staff available

**Child Abuse Hotline-San Bernardino  
412 Hospitality Ln. San Bernardino  
(800) 827-8724**

- File report on-line at:  
[www.ag.ca.gov/childabuse/forms.php](http://www.ag.ca.gov/childabuse/forms.php)  
Form SS 8572
- Reporting agency for child abuse, neglect, & exploitation. Hotline for making reports.
- Mailing address for child abuse reports
- Referrals regarding child abuse and neglect

*Note: Cannot accept reports of child abuse or neglect via the internet.*

**Children and Family Services of San Bernardino County**  
**P.O. Box 268, Colton CA 92304**  
**(909) 384-9233**

- Report Child Abuse
- [www.hs.sbcounty.gov/cfs](http://www.hs.sbcounty.gov/cfs)
- To report outside of San Bernardino County please call 1 (800) 827-8724.

**National Child Abuse Hotline**  
**(800) 422-4453**

- 24-hour crisis counseling / Bilingual staff
- Crisis intervention information, literature, referrals to emergency social services and support resources.
- Information and referrals in child abuse, suicide and battered women cases
- Bilingual staff

**Olive Crest (Safe families for Children)**  
**2130 E. 4<sup>th</sup> St., Suite 200, Santa Ana**  
**(714) 543-5437 (Office)**  
**(800) 550-CHILD (Hotline)**

- Early child abuse intervention
- Child abuse prevention
- Family support, stabilization, and reunification
- Day treatment
- Foster to adopt and fostering
- [www.olivecrest.org](http://www.olivecrest.org)

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## ***OTHER RESOURCES***

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**Steinberger, David, PH. D**  
**12598 Central Ave., #205, Chino**  
**(909) 591-4264**

- Counseling for victims of child sexual abuse

## **CHILD CARE**

**Child Time Child Care**  
**3656 Riverside Drive, Chino**  
**(909) 591-9169**

- Infants, toddlers, early preschool and pre-k
- 6 weeks to 12 years old
- Enrichment Programs
- Before and After school programs
- Transportation to local schools

**Chino Experience Teen Center**  
**13196 Monte Vista Ave., Chino**  
**(909) 334-3268**

- \$5 Monthly Dues
- Shuttle service available from school \$21 per month additional fee
- After school program for kids, 7<sup>th</sup>-12<sup>th</sup> grade in the Chino area
- Homework assistance
- College Resource Center
- Services free to youth ages 12-18
- Monthly workshops

**Chino Head Start/State Preschool**  
**5585 Riverside Dr., Chino**  
**(909) 627-0206**

- M-F, 8:00 a.m.-5:00 p.m.
- For low income families
- 18 months, full day program
- Ages 3-5, part-time program

**Jack Bulik Teen Center**  
**16581 Filbert Street, Fontana**  
**(909) 349-6984**

- Mon.-Thurs. 8:00 a.m.-8:00 p.m.,  
Friday 8:00 a.m.-5:00 p.m.,  
Saturday, 8:00 a.m.-noon.
- Drop-in program
- Lounge room,
- Classes and programs available.
- Free - only toddler time
- Hotline or more information call  
(909) 350-6585

**Micah House**  
**1006 Oxford Dr., Redlands**  
**(909) 747-0319, (909) 747-1440**

- Mon.-Thurs., 1:00-4:00 p.m.,  
Tue. & Wed., 1:00-5:00 p.m.
- Homework help and tutoring
- Literacy and life skills
- Focuses on educational, emotional, and  
social needs of high-risk children and  
youth
- Adult mentoring
- Nutritious snacks are provided for free to  
children and families
- [www.micahhousedredlands.org](http://www.micahhousedredlands.org)

**Preschool Services Dept.**  
**555 W. Maple, Ontario**  
**(909) 984-4117**  
**(909) 931-0147**

- Mon.-Fri., 7:00 a.m.-5:00 p.m.
- Ages 3 to 5, depending on kindergarten  
cut off

**YMCA-Chino Valley**  
**5665 Edison, Chino**  
**(909) 597-7445**

- Conducts programs at various school  
sites
- Tiny tots, ages 3-5
- [www.weymca.org/chino/](http://www.weymca.org/chino/)

**YMCA of Rancho Cucamonga**  
**10970 Arrow Rte. #106, Rancho**  
**Cucamonga**  
**(909) 986-5847**

- Before & After School Child Care
- Summer & School Break Day Camps
- Middle School Programs
- Youth Pom-Pom Cheerleading
- Summer Resident Camping – Camp  
Oakes
- [www.wmca.org/rancho](http://www.wmca.org/rancho)

**YMCA Of Upland**  
**1150 E. Foothill Blvd., Upland**  
**(909) 946-6120**

- Youth development programs
- Healthy living programs
- Gym, childcare services, pool
- [www.weymca.org/upland/](http://www.weymca.org/upland/)

## CHILDREN SERVICES

**Ability First**  
**480 S. Indian Hill Blvd., Claremont**  
**(909) 621-4727**

- Social/recreational programs for special  
needs children ages 5-21
- Monday – Friday (8:00 a.m.-6:00 p.m.)
- After school program hours available
- Private payments

- Regional Center
- Aquatics and exercise all week (Warm  
water and open to the public)

**Child Find of America**  
**(800) 426-5678**

- [www.childfindofamerica.org](http://www.childfindofamerica.org)

**Child Help USA  
(800) 422-4453**

- Child abuse hotline

**CFS (Children and Family Services)  
412 W. Hospitality Lane, 1st Floor, San Bernardino  
(800) 827-8724**

- Report child maltreatment

**Chino Boxing Club  
5201 D Street, Chino  
(909) 334-3260**

- Complete gym set-up with weights and cardio machines
- Professionally trained instructors
- Promotes human development and physical education through sports and supportive services
- Located inside the Neighborhood Activity Center

**CVUSD Health Center  
12970 third St., Chino  
(909) 628-1201 ext. 8935**

- Free shot clinic for student immunization
- School entry physical exams
- Sports Physicals
- WIC referrals for children under 5 years of age
- Well-Child check-ups and CHDP exams

**Department of Behavioral Health – West Valley  
1647 E. Holt Blvd., Ontario  
(909) 458-1517**

- Community based mobile crisis response program
- For children and adults experiencing a psychiatric emergency
- Responds to homicidal and suicidal calls
- Emergency pager (909) 535-1316
- Mental Crisis

**DMSELPA  
Desert/Mountain Children’s Center  
17800 Highway 18, Apple Valley  
(760) 552-6700, (760) 242-5363**

- Counseling center for children and adolescents
- Individual, family, and group counseling
- Services provided at child’s school site

**Easter Seals Child Development Center  
2999 S. Haven Ave., Ontario  
(909) 923-3352**

- Mon-Fri, 7:30 a.m. – 5:30 p.m.
- Parent workshops, training services, disability services, and individual consultation
- Children birth to five years of age
- Serves pregnant women and provides home-based early childhood education

**Inland Empire Family Life Institute and Rainbow Reading Club, San Bernardino  
(909) 999-5433**

- Parenting & Relationship education classes
- Free
- Email: [iefamilylifenstitute@gmail.com](mailto:iefamilylifenstitute@gmail.com)
- [www.familylifeinstituteie.com](http://www.familylifeinstituteie.com)

**Haynes Family of Programs  
233 West Baseline Box 400, La Verne  
(909) 593-2581**

- Residential treatment center for abused children
- Operates five major programs: residential treatment for boys 10-17, emancipation for boys 16-18, independent living for boys 18-20, non-public school, and a foster home program for boys and girls.
- Email: [info@ieroyhaynes.org](mailto:info@ieroyhaynes.org)



**Salvation Army**  
**490 E. La Verne Ave., Pomona**  
**(909) 623-1579**

- Provides emergency food, overnight shelter, counseling services, meals for the homeless, subsidies for utility bills, and preschool day care for ages 2 to 5.
- Youth Group, Fri, 7:00 p.m.

**South Coast Community Services**  
**9500 Haven Avenue, Suite 100, Rancho Cucamonga**  
**(909) 980-6700**

- Counseling
- Mental health services for children, teens, young adults, and their families

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## ***INPATIENT CHILD/ADOLESCENT PSYCHIATRIC TREATMENT FACILITIES***

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**Arrowhead Regional Medical Center - Behavioral**  
**400 N. Pepper Ave., Colton**  
**(909) 580-1800, (909) 580-1000**

- Medi-Cal beds
- Short term average 3-day stay while looking for another placement
- Inpatient & outpatient

**Loma Linda University**  
**1710 Barton Rd., Redlands**  
**(866) 884-2334**

- Behavioral Medicine Center
- Insurance, cash, or Medi-Cal/Medi-care
- Psychiatric facility for adolescents and adults
- Email: [bmc-info@llu.edu](mailto:bmc-info@llu.edu)

**Canyon Ridge Hospital**  
**5353 G Street, Chino**  
**(909) 590-3700**

- Adolescent treatment programs
- Support groups
- Insurance, private pay, Kaiser, Medicare—Adults, Medical—Adolescents

**Saint Bernardine's Medical Center**  
**2101 N. Waterman, San Bernardino**  
**(909) 883-8711**

- Medi-Cal beds for ages 12+
- Maximum 10-14 day stay

**San Antonio Regional Hospital**  
**999 San Bernardino Rd., Upland**  
**(909) 985-2811**

- Inpatient for 18+ years
- Insurance, Medi-Cal, Medicare
- Suicide Assessment – (909) 920-4890

**Dignity Health**  
**San Bernardino Community Hospital**  
**1805 Medical Center Dr.,**  
**San Bernardino**  
**(909) 887-6333**

- Inpatient psychiatric services for adolescents, children and adults

**West End Family Counseling Services**  
**855 N. Euclid Ave., Ontario**  
**(909) 983-2020**

- Child, teen, adult, and family services available
- For development concerns such as aggression, short attention span, intense shyness, speech difficulties, motor skills, bonding, communication, feeding
- Free screening, assessment, referrals, and treatment
- Older adults

## **IMMUNIZATION**

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**CVUSD Health Services Department  
12970 Third St., Chino  
(909) 628-1201, Ext. 8935**

- Free shot clinic for student immunization
- School entry physical exams
- Sports Physicals
- WIC referrals for children under 5 years of age
- Well-Child check-ups and CHDP exams

**Department of Public Health San Bernardino Immunization Clinic  
606 E. Mill St., San Bernardino  
150 E. Holt Blvd., Ontario  
(800) 722-4777**

- Immunizations, Monday–Friday (8:00 a.m.-5:00 p.m.)

## **COUNSELING SERVICES**

**A.C.T. Family Counseling Services  
2545 S. Euclid Ave., Ontario  
(909) 983-5575**

- Individual counseling, family counseling, marriage counseling, and hypnosis

**American Recovery Center/BHS  
2180 W. Valley Blvd., Pomona  
(909) 865-2336**

- Medical detoxification
- Inpatient services
- Court related services
- Residential short-term treatment (*60 days or less*)
- Day treatment
- Substance abuse treatment services
- Co-occurring mental and substance abuse disorders
- Gay and lesbian
- Pregnant/post-partum women
- Residential beds for clients' children
- Cash and most insurance accepted
- Financial assistance available

**Andrade, Maria, MFCC  
680 Napa Court, Claremont  
(909) 624-2813**

- Sliding scale (no Medi-Cal)
- Victim witness
- Pre-marital & relationship classes
- Served children, couples, and family
- Stress management
- Panic and anxiety
- Bilingual counseling

**Arrowhead Regional Center-Behavioral Health  
400 N. Pepper, Colton  
(909) 580-1000**

- Assessments determine client need for hospitalization or medication

**Asian American Christian Counseling  
2550 W. Main Street, Suite 202, Alhambra  
(626) 457-2900, (800) 970-1112**

- Individual, couple, and family counseling
- Children and adolescent counseling
- Pre-marital counseling
- <http://aaccs.org>

**Associated Counseling Services  
(800) 564-8007**

- Referral to local services.
- Mental health services.

**Canyon Ridge Hospital**  
**5353 G Street, Chino**  
**(909) 590-4001**

- Assessment team
- Inpatient care: chemical dependency, detox, adult and adolescent units, involuntary and voluntary admissions
- Outpatient care: adult partial and intensive outpatient programs, adult chemical dependency outpatient programs
- Adolescent IOP intensive outpatient

**Catholic Charities Counseling**  
**1265 La Cadena, Suite 4, Colton**  
**(909) 763-4970**

- Victim- witness
- Anger management
- Divorce and separation
- General groups
- Sliding scale
- Bilingual services- Spanish and English

**Central Access—San Bernardino County**  
**(888) 743-1478**

- Provides referrals and/or assistance for all mental health patients on Medi-Cal in the San Bernardino County area
- Los Angeles County: (800) 854-7771
- Riverside County: (800) 706-7500

**Chino Hills Counseling**  
**3833 Schaeffer Ave., Suite K, Chino**  
**(909) 590-2260**

- Marriage and family
- Christian counseling
- Anger management
- Parenting skill enhancement
- Youth anger management
- Chemical dependency
- Sliding scale
- Individual and couples counseling

**Chino Valley Community Health Center**  
**13193 Central Ave., Ste 200, Chino**  
**(909) 902-9111**

- Medi-Cal, IEHP
- Medicare
- Appointment Only
- MFT, Psychologists, Psychiatrists

**Chino Valley Psychological Center**  
**12530 10th Street, Suite 3D, Chino**  
**(909) 591-4264**

- MFCC, individual, and group counseling
- Sliding scale

**City of Chino Human Services**  
**13201 Central Ave., Chino**  
**(909) 334-3259**

- Family Counseling
- Youth Counseling
- Teen Counseling
- Domestic Violence Counseling
- Batterers' Treatment

**Cypress Clinic**  
**1169 Fairway Drive, Suite 205, Walnut**  
**(909) 468-0900**

- Marriage and family counseling
- Neurofeedback and neuromapping
- Psychotherapy
- Counseling for children and adults with ADD
- Appointment only
- Bilingual services- English and Korean
- No insurance accepted, but Master Bill Reimbursement program is in place to help clients receive reimbursement from their insurance companies
- Accepts Blue Shield and Blue Cross

**Dayna L. Tevis, M.S**  
**12598 Central Ave., Suite 205, Chino**  
**(909) 228-0302**

- Marriage and Family Therapist
- Play therapy
- Children and adolescents

**Diamond Bar Psychological and Family Services**  
**21660 Copley Drive, Suite 210,**  
**Diamond Bar**  
**(909) 396-6888**

- MFCC, adolescents, groups, and hospital consultation
- Sliding scale
- Accepts most major insurances

**Encouragers Counseling & Training Centers**  
**(951) 900-4414**

- Individual and group counseling services
- Specializing in Military, Law Enforcement, Foster Families dealing with PTSD, Domestic Violence, and other forms of trauma.
- Locations in Murrieta and Corona
- [www.encouragersUSA.org](http://www.encouragersUSA.org)

**Family Service Agency of San Bernardino**  
**1669 N. E Street, San Bernardino**  
**(909) 886-6737**

- Medi-Cal insurance 0-21
- Family and child counseling
- Appointment only / IEHP, referrals
- Domestic Violence classes
- Suicide Hotline: (800) 273-8255

**Foothills Psychological Services**  
**9089 Baseline Rd., Suite 200, Rancho Cucamonga**  
**(909) 980-3567**

- Individual, group, family therapy
- Treatment of depression/anxiety, adolescent issues, substance abuse, victims of violent crime, school adjustment issues, weight control/eating problems, stress management, rape survivors, women's issues, anger management, domestic violence
- Women's support group

**Guthrie Perry, T., Clinical Psychologist**  
**10737 Laurel St., Suite 230, Rancho Cucamonga**  
**(909) 989-5556**

- Individual, family, and couples Psychotherapy
- Pain management services (*All ages*)
- Substance abuse services (*All ages*)
- Sleep services (*Adults*)
- [www.aspenpsychological.com](http://www.aspenpsychological.com)

**Joyce Tessier, MFCC**  
**1150 N Mountain Ave., Suite 211, Upland**  
**(909) 920-3200**

- Attention deficit and attachment disorders

**Lidia Escobar, LCSW 23163**  
**(909) 957-8277**

- Services provided at client's residence
- Individual and group counseling of all ages
- Medicare, private insurance, and victim of crime compensation
- Sliding Scale
- Appointment only
- Bilingual services- Spanish and English

**Loma Linda University Behavioral Medicine Center**  
**1710 Barton Rd., Redlands**  
**(909) 558-9275**

- Inpatient/ outpatient care and medication management
- Addiction therapy
- Individual, family, child, and marriage counseling

**Mariposa Community Counseling**  
**2940 Inland Empire Blvd., Ontario**  
**934 N. Mountain, Suite C, Upland**  
**(909) 458-1350**

- Drug and alcohol services, mental disorders
- Groups, medication, CalWORKs
- Medical, no insurance
- Mon. - Fri., 8:00 a.m.-5:00 p.m.

**MESA Clinic**  
**850 E. Foothill Blvd., Rialto 92376**  
**(909) 421-9200**

- Outpatient mental health facility

**Montclair Community Care Center**  
**Health Servant Alliance**  
**5050 San Bernardino St., Montclair**  
**(909) 281-5800**

- 8:00 a.m.-5:00 p.m. – Walk-in
- Psychiatric evaluation
- Counseling by appointments,  
Monday-Friday, 8:00 a.m.-8:00 p.m.  
Saturday/Sunday, 9:00 a.m.-1:00 p.m.

**Mountain View Behavioral Health**  
**585 N. Mountain Ave., Ste. B, Upland**  
**(909) 931-3388**

- Medication management
- Treatment of depression and post-traumatic stress disorder
- No medical, other insurances accepted
- Family counseling and child therapy

**New Day Institute**  
**11780 Central Ave., Ste 100, Chino**  
**(909) 517-2020**

- Appointment and Walk-in
- Individual, group, family, child, and couples counseling
- Parenting groups (court approved 12-24 weeks)
- Anger management
- Domestic Violence
- Victim of Crime
- Counseling for sexual disorders and sexual perpetrators
- Sliding scale for fees
- Most insurance, Medi-Cal, Medi-care accepted
- Spanish, Arabic, Farsi, and Urdu services provided
- Closed Fridays

**Ontario One-Stop Tay Center**  
**316 East E Street, Ontario**  
**(909) 983-4466**

- Drop-In services for San Bernardino County residents ages 16-25
- Support Groups
- Case Management services
- Counseling services
- Therapy and Medication Management
- Movie/TV/Game Room
- Field Trips and Activities
- Basic needs assistance and other additional services as needed
- [www.mhsing.org/ontario](http://www.mhsing.org/ontario)

**Pacific Lifeline Upland**  
**(909) 931-2624**

- Long term transitional shelter for women and children ages 1-2
- Counseling for residents of shelter
- Case management and therapy
- Tutoring
- Referral from prior agency only

**Pasadena Pacific Clinic**  
**800 South Santa Anita Ave., Arcadia**  
**(877) 722-2737**

- Outpatient mental health
- Counseling

**Pomona Prototype**  
**831 E. Arrow Hwy., Pomona**  
**(909) 398-4383**

- Family therapy, child therapy, group therapy, counseling, medication, and drug rehabilitation
- Mental health and substance abuse

**R.C Family Resource Center**  
**9791 Arrow Route, Rancho Cucamonga**  
**(909) 477-2781**

- All ages
- Gives referrals to shelters and help with utilities
- Gives food, clothing, bus passes, and job resumes, etc.
- Taxes

**Restored Hope Counseling**  
**305 N. Harbor Blvd., Ste. 307, Fullerton**  
**(714) 738-1134**

- Individual, couple, and family counseling

**Sac Health System-Norton**  
**1455 E. Third Street, San Bernardino**  
**(909) 382-7100**

- Counseling for Mental Health concerns
- Substance abuse treatment

**Samaritan Counseling Center**  
**1126 W. Foothill Blvd., Ste.110, Upland**  
**(909) 985-0513**

- Appointment only
- BEAMS Therapy Children
- MFCC, individual, premarital, couple, child, adolescent, and family counseling
- Psychological assessments
- Attention deficit disorder counseling
- Most CPO and PPO insurances accepted
- Parenting Classes

**Shield Program for Adolescent Self-Injury**

**Loma Linda University Behavioral Medicine Center**  
**1710 Barton Rd., Redlands**  
**(800) 752-5999**

- Helps teens learn ways to cope with extreme emotions without resorting to self-injury

**South Coast Community Services**  
**11780 Central Ave., Suite 205, Chino**  
**(877) 527-7227 ext. 4770**

- Individual and family therapy
- Behavioral modification
- Redlands, Rancho Cucamonga, Colton, Yucaipa, Chino, and Upland
- [www.sccs4kids.org](http://www.sccs4kids.org)

**Stuart Kaplowitz, LMFT**  
**12598 Central Ave., Suite 205, Chino**  
**(909) 576-3889**

- Provides mental health services for abuse, anxiety, and depression
- Marriage, family and child therapist, crisis management with children, families, victim work, and victim of crime (*free*)
- IEHP accepted
- Sliding scale

**Tri-City Mental Health**  
**2008 N. Garey Ave., Pomona**  
**(909) 623-6131**

- Medi-Cal
- Sliding scale
- Individual and group counseling
- Services only for residents of Pomona, La Verne, and Claremont
- Day treatment for teens
- Parenting classes
- Psychiatrist on premises
- Victim-witness counseling

**University of Phoenix Counseling Skills Center**  
**3110 E. Guasti Road, Ste. #130, Ontario**  
**(909) 472-3798**

- Child, individual, marital, and family counseling
- Marriage and family therapy

**Via Verde Counseling Association**  
**1115 Via Verde Ave., San Dimas**  
**(909) 599-8800**

- Child, individual, marital, and family counseling

**Vista Community Counseling**  
**17053 W. Foothill Blvd., Building B, Fontana**  
**(909) 347-1300**

- Children seen by appointment only
- Walk-Ins for adults M, T, W, Th 8-10 am
- No court ordered services
- No insurance accepted, only Medi-Cal

**West End Family Counseling**  
**855 N. Euclid Ave., Ontario**  
**(909) 983-2020**

- Psychotherapy and counseling services
- Medi-Cal accepted
- Free screening and reference
- [www.wefcs.org](http://www.wefcs.org)

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***BILINGUAL COUNSELING***

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**Asian American Christian Counseling**  
**2550 E. Main Street, Ste 202, Alhambra**  
**(626) 457-2900, (800) 970-1112**

- Individual, couple, and family counseling
- Children & Adolescent counseling
- Other locations available
- <http://aaccs.org>

**Catholic Charities Counseling**  
**1265 La Cadena, Suite 4, Colton**  
**(909) 763-4970**

- Victim-witness
- Anger management
- Divorce/separation counseling
- General groups
- Sliding scale
- Bilingual services- Spanish and English
- Office closed Tuesday and Friday

**Central Access**  
**San Bernardino County Department of**  
**Mental Health**  
**(888) 743-1478**

- Provides referrals and/or assistance for all mental health patients on Medi-Cal
- Bilingual services- Spanish and English

**City of Chino Human Services**  
**13201 Central Ave., Chino**  
**(909) 334-3259**

- Family Counseling
- Youth Counseling
- PC1000
- Domestic Violence counseling
- Teen counseling

**Chino Valley Psychological Center**  
**David Steinberger, PhD**  
**12530 10th Street, Suite 3D, Chino**  
**(909) 591-4264**

- MFCC, individual and group counseling
- Sliding scale for fees

**Cypress Clinic**  
**1169 Fairway Drive, Suite 205, Walnut**  
**(909) 468-0900**

- Marriage and Family counseling
- No insurance accepted, but Master Bill Reimbursement program in place
- Appointment only
- Neurofeedback and neuromapping
- Psychotherapy
- English and Korean services

**Family Services Agency of San Bernardino**  
**1669 N. E Street, San Bernardino**  
**(909) 886-6737**

- Family and children counselors
- Domestic violence & anger management
- Parenting classes
- Appointment only
- Domestic Violence
- Hotline: (800) 273-8255

**Lidia Escobar, LCSW 23163**  
**9681 Business Center Dr., Bldg. 14,**  
**Ste. E, Rancho Cucamonga**  
**(909) 957-8277, (909) 466-6939**

- Services provided at client's residence
- Individual, group and bilingual counseling
- Evening and weekends, by appointments only
- Accepts Medi-Cal, private insurance, and victim of crime compensation
- Sliding scale
- Groups (26 & 52 week)
- Drug testing and alcohol program
- Spanish and English Services

**New Day Institute**  
**11780 Central Ave., #100, Chino**  
**(909) 517-2020**

- Individual, group, family, child, and couples counseling
- Parenting groups (Court approved 12-24 weeks)
- Anger Management
- Stress management
- Domestic Violence
- Victim of crime counseling
- Spanish, Arabic, Farsi
- Sliding scale
- Insurance accepted
- Medi-Cal

**Tri-City Mental Health**  
**2008 N. Garey Ave., Pomona**  
**(909) 623-6131**

- Sliding scale, Medi-Cal
- Services for Residents of Pomona, La Verne and Claremont ONLY\*
- Individual and group counseling
- Day treatment for teens
- Parenting classes
- Psychiatrist on premises
- Victim-witness
- Spanish, Chinese, and other.

**Via Verde Counseling Association**  
**1115 Via Verde Ave., San Dimas**  
**(909) 599-8800**

- MFCC, Christian counseling

**Vista Community Counseling**  
**17053 W. Foothill Blvd., Bldg. D,**  
**Fontana**  
**(909) 854-3420**

- Children seen by appointment only
- Walk-Ins available for adults on Monday, Tues. and Wed., 8:00–10:00 a.m.
- No insurance accepted, only Medi-Cal
- No court ordered services
- No anger management or substance abuse services
- Spanish

**West End Family Counseling**  
**855 N Euclid Ave., Ontario**  
**(909) 983-2020**

- Counseling for all ages
- Low Cost
- Medi-Cal accepted



## DISABILITY RESOURCES

### *AUDIOLOGICAL SERVICES*

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**House Ear Institute**  
**2100 W. 3rd Street, Suite 111, Los Angeles**  
**(213) 483-4431**

- Medi-Care, Medi-Cal

**Rolling Start**  
**1955 Hunts Lane, Suite 101, San Bernardino**  
**(909) 890-9516**

- Counseling referrals
- Independent Living Skills, Transition Services
- Assistance with SSI paperwork for disabled clients
- Men, women, and youth peer support group
- Help with assistive technology
- Device lending library
- Housing referrals
- [www.rollingstart.com](http://www.rollingstart.com)

**San Bernardino Department of Rehabilitation**  
**464 W. 4th Street, Suite 152, San Bernardino**  
**(909) 383-4401**

**US Veterans Administration,**  
**Loma Linda Medical Center,**  
**Audiology and Speech Pathology**  
**11201 Benton Street, Loma Linda**  
**(909) 825-7084**

### *DEAF COMMUNITY SERVICES*

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**Center on Deafness, Inland Empire**  
**1737 Atlanta Avenue, Suite 113A,**  
**Riverside**  
**(951) 275-5000**

- Advocacy
- Peer counseling
- Independent Living skills
- Parenting and Anger Management classes in ASL

- Job and Housing placement
- FREE
- Bilingual counselors
- Videophone: (951) 801-5674

### *ORGANIZATIONS*

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**Inland Regional Center**  
**1365 S. Waterman Ave, San Bernardino**  
**(909) 890-3000**

- General referral and assistance for developmentally disabled
- Birth to Adulthood

**San Gabriel/ Pomona Valley Regional Center**  
**75 Rancho Camino Dr., Pomona**  
**(909) 620-7722**

- Early Start
- Therapy for handicap
- Programs

## **MISCELLANEOUS DISABLED SERVICE**

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**Ability First- Claremont Center**  
**480 S. Indian Hill Blvd., Claremont**  
**(909) 621-4727**

- Recreational, socialization, and employment program for children and adults
- Adult Social recreation
- Aerobics program
- After School Program
- Aquatic program, ages 5-21

**Anthesis**  
**4650 Brooks Street, Montclair**  
**(909)624-3555 ext. 221**

- Private vocational rehabilitation facility for disabled adults-job and living skills and paid work activity.
- Monday-Friday, 7:30 a.m.-4:00 p.m.

**Blindness Support Services**  
**3696 Beatty Drive, Riverside**  
**(951) 341-9244**

- School serving the needs of blind and visually impaired persons
- Customization to the needs

**CA Arthritis Foundation**  
**4020 Jefferson Street, Riverside**  
• Provides exercise programs for individuals with arthritis  
• [www.arthritis.com](http://www.arthritis.com)

**CA Developmental Services**  
**1600 9<sup>th</sup> Street, Sacramento**  
**(916) 654-1690**  
• [www.dds.ca.gov](http://www.dds.ca.gov)

**Casa Colina Centers for Rehabilitation**  
**255 E. Bonita Ave., Pomona**  
**(909) 596-7733**  
• Comprehensive inpatient and outpatient medical rehabilitation  
• Emphasis on spinal cord injury, stroke, chronic pain, brain injury and pulmonary rehabilitation  
• Appointments only

**Department of Rehabilitation**  
**464 W 4th St., Ste. 152, San Bernardino**  
**(909) 383-4401**  
**Riverside: (951) 782-6651**

- Job employment services for people with disabilities
- [www.dor.ca.gov](http://www.dor.ca.gov)

**First Street Gallery Art Center**  
**134 N. 2<sup>nd</sup> Avenue, Upland**  
**(909) 626-5455**

- Public Gallery, Monday-Friday, 9:30 a.m.-6:00 p.m.
- Must be referred by regional center to enroll in program
- Trains adults with developmental disabilities in the fine arts and markets their work in professional galleries.
- Public workshops available year-round.

**Lutheran Braille Workers**  
**13471 California Street, Yucaipa**  
**(909) 795-8977**

- Makes bibles in Braille and large print

**OPARC**  
**9029 Vernon Ave., Montclair**  
**(909) 985-3116**

- Provide vocational, employment, independent living skills and training
- Monday-Friday, 8:15 a.m.-4:45 p.m.

**Service Center for Independent Life**  
**107 S. Spring Street, Claremont**  
**(909) 621-6722**

- For disabled adults and senior citizens who desire to live independently.
- Advocacy, attendant care referral, information and referral, peer counseling and housing referral.
- Assisted technology
- Benefit assistant
- Brailing
- Brail greeting cards

**Visiting Nurses Association-Private  
Duty Care**

**1317 W. Foothill Blvd., #130, Upland**

**(909) 621-3961**

- Provide private duty home care
- Non-Medical Care

## **DIVORCE & SEPARATION**

**Foothills Psychological Services**

**9089 Baseline Rd., Ste. #200, Rancho**

**Cucamonga**

**(909) 980-3567**

- Appointment only
- Domestic Violence group services-court ordered
- Individual, group, and family therapy
- Psychological testing

**Community Baptist Church**

**9090 19th Street, Rancho Cucamonga**

**(909) 945-5001**

- Lifeline divorce recovery groups Monday nights at 7:00 PM
- AA groups
- AI-Anon groups

**West Coast Mediation, INC**

**15338 Central Ave., Chino**

**(909) 548-2171**

- Divorce mediation
- Collaborative divorce
- Child / Spouse support
- Custody/Visitation
- Peace divorce resolution without going to court.
- [www.chinoadivorcemediation.com](http://www.chinoadivorcemediation.com)

## **DOMESTIC VIOLENCE SHELTERS AND HOTLINES**

**Adult Protective Services of San Bernardino**

**686 E. Mills Street, 2nd floor, San Bernardino**

**(909) 891-3900**

- Dependent adults and senior citizens only
- Reporting agency for adult abuse, neglect, and exploitation
- Hotline: (877) 565-2020

**Catholic Charities**

**1450 N. D Street, San Bernardino**

**(909) 388-1239**

- Counseling Services for men and women
- Refugees and immigration services
- Family and community services

**Center for the Pacific-Asian Family-  
Emergency Shelter  
3424 Wilshire Blvd, Ste. 1000, Los  
Angeles  
(323) 653-4045**

- Outreach education programs
- Emergency and transitional shelter for victims of domestic violence and sexual abuse
- Counseling services provided
- Space for 10 families up to 2-3 months for emergency shelter
- Crisis Hotline: 1-800-339-3942
- [www.nurturingchange.org](http://www.nurturingchange.org)

**Domestic Violence Hotline  
House of Ruth**

**(877) 988-5559/(909) 623-4364**

- Shelter for men, women and children
- Counseling
- Case management
- Domestic violence group and classes
- Parenting Classes
- Various housing programs
- Legal advocacy

**D.O.V.E.S.**

**41943 Big Bear Blvd., Big Bear  
(909) 866-1546**

- Educational information
- No fee for services
- Restraining order assistance
- Outreach groups for domestic violence.
- 60 days shelter program and safe housing
- Children and individual counseling
- Parenting classes
- Legal advocacy
- Emergency food and clothing
- Court accompaniment
- Emergency services
- [www.doves4help.org](http://www.doves4help.org)
- Hotline: (800) 851-7601

**Foothills Psychological Services  
9089 Baseline Rd., Ste. 200, Rancho  
Cucamonga  
(909) 980-3567**

- Domestic Violence Group for men and women

**Friends of the Family  
16861 Partinia, North Hills  
(818) 988-4430**

- Appointment only
- Domestic Violence and anger management support group
- Individual counseling
- Fees based on income  
*(Checks and Cash only)*

**Good Shepard Shelter  
(323) 737-6111**

- Transitional Shelter for battered women and children
- Must be referred by an emergency shelter
- Two or more children under age twelve (12)
- Case management
- Therapy
- Legal Assistance

**House of Ruth  
P.O. BOX 459, Claremont  
(909) 623-4364**

- No service fee
- Admittance through new client orientation only
- Help with Domestic Violence
- Bilingual services
- Hotline: (877) 988-5559

**National Coalition Against Domestic  
Violence "Face to Face" Program  
(800) 842-4546**

- Reconstructive plastic surgery services for victims of domestic violence
- Face and Neck reconstruction

**National Domestic Violence Hotline  
(800) 799-SAFE (2233)**

**Option House Inc.**  
**813 N. D Street, Ste. A, San Bernardino**  
**(909) 381-3471**

- Provides services for battered men, women and their children
- 45 Day shelter
- Food, clothing, childcare, counseling/support, referrals, domestic violence information, and parenting program
- Must call for screening before being admitted
- Outreach program includes temporary restraining orders, court support, child custody, and anger diversity

**Salvation Army/Ontario Only**  
**1412 S. Euclid Ave., Ontario**  
**(909) 986-6748**

- Emergency short-term assistance to resident families and transients including food and lodging.

**San Bernardino County Children and Family Services**  
**412 W. Hospitality Ln., Room #412,**  
**2<sup>nd</sup> Floor, San Bernardino**  
**(909) 384-9233**

- Responds to referrals on child molestation, sexual abuse, physical abuse of children, general neglect
- Foster home licensing and adoptions
- Children and adult abuse hotline

**San Bernardino County 211**  
**(888) 435-7565**

- 24/7 services
- Food, clothing, shelter, counseling, health/dental care, job services, elder assistance, and crisis services, etc.
- 211 Provides free confidential information and referrals
- Additional services: Please see San Bernardino Victim Assistance Unit information.

**San Bernardino Victim Assistance Unit**  
**316 N. Mt. View Ave., San Bernardino**  
**(909) 387-6540**

- Referrals for counseling
- Emergency assistance for short term needs
- State victim compensation
- Support for victims and their families
- Services for victims of sexual assault and domestic violence
- Transportation services

**Victims of Crime Resource Center**  
**(800) 842-8467**

- Statewide referral service
- Legal services
- Referrals

**Victor Valley Domestic Violence**  
**14114 Hesperia Rd., Victorville**  
**(760) 955-8723**

- Hotline, referrals, and counseling
- Support groups
- Shelter for victims and their children

**Women's Transitional Living Center**  
**PO Box 916, Fullerton**

- Emergency transitional shelter and support services for men, women and children victims of domestic violence
- Must call hotline for shelter information
- Outreach and advocacy programs
- Services for Human Trafficking Victims
- Legal filing for restraining orders
- Hotline: (877) 531-5522

**YWCA - Wings Domestic Violence Program**  
**943 N. Grand Ave., Covina**  
**(626) 967-0658**

- Referrals for shelters
- Hotline: (626) 967-0658

## EATING DISORDERS

**Associated Counseling Services**  
**(800) 564-8007**

- Referral for local services

**Brea Mental Health Wellness Center**  
**285 E. Imperial Hwy., Suite #105,**  
**Fullerton**  
**(714) 578-9330**

- All forms of counseling, eating disorders, psychiatry
- Mental health only

**Overeaters Anonymous**  
**PO Box 44727**  
**Rio Rancho, NM 87174-4727**  
**(505) 891-2664**

- Meetings available at various cities.
- [www.oa.org](http://www.oa.org)

**Pacifica Recovery Services**  
**415 W. Foothill Blvd., Suite #210,**  
**Claremont**  
**(909) 447-5081**

- Specializes in the treatment of addictive and obsessive-compulsive disorders
- Private insurance/Cash
- Dietary support provided
- Evening IOP
- Eating disorder support
- Substance abuse

**Valenta Eating Disorder Clinic**  
**9479 Haven Ave., Rancho Cucamonga**  
**(909) 771-8023**

- Individual and family therapists, art therapy, yoga, educational groups, and nutrition services
- Day treatment program for eating disorders
- [www.valentaonline.com](http://www.valentaonline.com)

## EDUCATION FOR ADULT RE-ENTRY AND PREGNANT TEENS

**Chaffey Adult School**  
**1802 E. 7th Street, Ontario**  
**(909) 391-5365**

- GED, ESL, high school diploma are available
- 18 years +
- Computer courses
- Vocational courses
- CPR/First Aid (*Once a month*)
- [www.chaffeyadultschool.org](http://www.chaffeyadultschool.org)

**Chino Valley Adult School**  
**12970 3rd Street, Chino**  
**(909) 627-9613**

- Career Center
- Chaffey College classes
- High school diplomas, GED, and ESL/specific employer training needs
- 18 years +
- CBEST, CCET, RICA, and etc.

**Crossroads Inc.**  
**250 West 1st Street, Suite #254,**  
**Claremont**  
**(909) 626-7847**

- Shelter, 6-month program, room, board, assistance in job placement, vocational training and education, residential and therapeutic community
- Women on parole only (*LA County*)

**Head Start****555 W. Maple Street, Ontario  
(909) 984-4117**

- Pre-school head start for low income family.
- Some programs available for over income families
- 3 - 5 years old

**Inland Empire Job Corps Center****3173 Kerry Street, San Bernardino  
(909) 887-6305**

- GED preparation and ESL available
- Skills training
- College program
- Ages 16–24
- High school diploma

**Options for Youth****7011 Schaefer Ave., Suite C-F, Chino  
(909) 465-9529**

- Independent study public charter school (free)
- Serving students ages 14-19

**San Bernardino City Unified School District: Inland Career Education Center****1200 N. E Street, San Bernardino  
(909) 388-6000**

- High School diploma, GED test prep, ESL, business and computer education, medical education
- 18 years or older

**University of La Verne: Campus Accelerated Programs for Adults****1950 3rd Street, La Verne  
(909) 448-4151**

- 17+ various degrees
- Over 25 years old

**YWCA****(Youth Women Christian Association)  
8172 Magnolia Ave., Riverside**

- Water exercise classes
- Arthritis aerobics, kids swim program, karate, cheerleader, and teen A&A meetings
- No services for teen parents
- Childbirth preparation classes

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***PREGNANT TEENS***

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**Buena Vista High School****13509 Ramona Ave., Chino  
(909) 628-9903**

- Parenting classes
- Counseling
- Free Child Care (*for students only*)

**Younglife****P.O. Box 1018  
Chino, CA 91708**[www.ChinoValley.YoungLife.org](http://www.ChinoValley.YoungLife.org)

Shannon Fuller, LCSW, PPSC

[chinovalleyyounglives@gmail.com](mailto:chinovalleyyounglives@gmail.com)

## EMPLOYMENT AGENCIES

**California Conservation Corps. Center**  
**3530 W. Pomona Blvd., Bldg. #3,**  
**Pomona**  
**(909) 594-4206**

- For ages 18-25
- High School Diploma
- Scholarships
- Paid Jobs program
- Emergency response

**Inland Empire Job Corps Center**  
**3173 Kerry Street, San Bernardino**  
**(909) 887-6305**

- Trade School

**San Bernardino County Workforce**  
**658 E. Brier Dr., #100, San Bernardino**  
**(909) 382-0440**

- Job search/ Job training

**San Bernardino County Workforce**  
**Investment Board**  
**10722 Arrow Rte., Suite #808, Rancho**  
**Cucamonga**  
**(909) 481-0270**

- Career institute

## HOSPICE

**Emanate Home Care**  
**820 N. Phillips Ave., West Covina**  
**(626) 859-2263**

- Home health services
- Short-term inpatient care for symptom control
- Social Services
- Therapy
- [www.cvhp.org](http://www.cvhp.org)

**Inland Hospice Volunteers**  
**2151 E. Convention Center Way, #100,**  
**Ontario**  
**(909) 624-3574**

- Volunteer companionship, and bereavement counseling services
- Support for family 12 months after
- Referrals for nursing, health care, and medical equipment

**Kaiser Permanente Hospice Program**  
**Palm Court II, 17284 Slover Ave.,**  
**Ste. #105, Fontana**  
**(909) 609-3838**

- Home health and hospice care
- Provides palliative and supportive home care to terminally ill patients and their families.
- Bereavement services



## HOSPITALS AND MEDICAL INFORMATION

### ALL EMERGENCY SITUATIONS CALL: 911

**American Cancer Society**  
**6355 Riverside Ave., Riverside**  
**(800) 227-2345**

- Provides patients with transportation for medical appointments
- Sends volunteers to visit patients in hospital
- Breast cancer, Reach to Recovery
- Look Good, Feel Better Cancer Program
- Free wigs and hats

**American Red Cross (Inland Empire)**  
**202 W. Rialto Ave., San Bernardino**  
**(909) 888-1481**

- Disaster organization, disaster training, and disaster relief
- CPR, first aid, and certified nurse assistant classes
- Not for hospital treatment

**Arrowhead Regional Center Behavioral Health**

**400 N. Pepper Street, Colton**  
**(909) 580-1800**

- Hospital aftercare program
- Homeless placement
- Case management
- CSU Crisis Stabilization Unit

**Assure Pregnancy Clinics**

**17057 Foothill Blvd., #200, Fontana**  
**(909) 398-4838**

- Pregnancy tests, ultrasounds, options counseling, and health information
- Free

**Augustus F. Hawkins Mental Health Hospital**

**1720 E. 120th Street, Los Angeles**  
**(310) 668-4272**

- Case management, community outreach, medication, mental health services
- Outpatient mental health services

**Casa Colina Centers for Rehabilitation**  
**255 E. Bonita Ave., Pomona**  
**(909) 596-7733**

- Comprehensive inpatient and outpatient medical rehabilitation
- Emphasis on spinal cord injury, stroke, chronic pain, brain injury and pulmonary rehabilitation

**Chino Valley Medical Center**  
**5451 Walnut Ave., Chino**  
**(909) 464-8600**

- General Medical Services: surgery, critical care, emergency services, and rehabilitation services, etc.

**Family Health Center**

**1770 N. Orange Grove Ave., Suite #101., Pomona**  
**(909) 469-9494**

- Medi-Cal services

**Free Drug Card**

[www.freedrugcard.us](http://www.freedrugcard.us)

**Kaiser Permanente Hospital**  
**9961 Sierra Ave., Fontana**  
**(909) 427-5000**

- Emergency services, urgent care, and pharmacy

**Martin Luther King Jr. Multi Service Ambulatory Care Center**

**12021 S Wilmington Ave., Los Angeles**  
**(310) 668-4321**

- Urgent Care
- Various clinics
- Pharmacy
- Rehabilitation

**Medical Assistance Tool**

**(888) 4PPA-NOW**  
**[www.pparx.org](http://www.pparx.org)**

**Montclair Hospital Medical Center**  
**5000 San Bernardino St., Montclair**  
**(909) 625-5411**

- Medi-Cal, surgery

**Robert and Beverly Lewis Family**  
**Cancer Care Center**  
**1910 Royalty Dr., Pomona**  
**(909) 865-9555**

- Support groups
- Wellness programs
- Library about cancer
- Wig program

**San Antonio Community Hospital**  
**999 San Bernardino Rd., Upland**  
**(909) 985-2811**

- Full-Service hospital

**San Bernardino County Dept. Of Health**  
**1647 E. Holt Blvd., Ontario**  
**(909) 458-9716**

- Full-Service hospital

**True Rx Savings**

- Print card to get discounts on FDA approved prescription/generic Medications.
- [www.rxfreecard.com/true/](http://www.rxfreecard.com/true/)

**Visiting Nurses Association**  
**2151 E. Convention Center Way, #100,**  
**Ontario**  
**(800) 969-4862**

- Health care at home for ill and disabled persons.
- RN, physical, occupational and speech therapists; medical social workers, dietitians, and home health aides.
- Medi-care/Medi-Cal

**West Covina Medical Center**  
**725 S. Orange Avenue, West Covina**  
**(626) 338-8481**

- Medi-Cal, surgery

## HOUSING AND HOMELESS SERVICES

**Abundant Living Family Church**  
**9269 Utica Ave., Rancho Cucamonga**  
**(909) 987-7110**

- Community outreach center
- Provides food and clothing
- Monday-Friday, 8:30 a.m.-5:00 p.m.
- Tues. and Thurs., 4:00 – 6:00 p.m.
- Saturday, 11:00 a.m. – 1:00 p.m.
- Sunday, 9:00 and 11:00 a.m. service for children

**Assissi House / Mercy House**  
**(909) 460-6768**

- Transitional shelter
- Case manager available
- Single Mom/Dad

**Caring for the Hills**  
**15554 Cecilia Street, Chino Hills**  
**(909) 597-1454**

- Food provided
- Only Chino Hills residents

**Catholic Charities**  
**1450 N. D Street, San Bernardino**  
**(909) 388-1239**

- Food vouchers
- Temporary shelter
- Transportation assistance
- Counseling
- Immigration services

**Chino Neighborhood House**  
**13130 Sixth Street, Chino**  
**(909) 628-5608**

- Food, clothing, books, and toys
- Monday-Saturday, 9:00 a.m.-2:00 p.m.
- Closed Thursdays and Sundays

**City of Chino Housing Program  
(909) 334-3272**

- Home improvement program
- Low interest loans for home repair
- First time home buyer program

**Corona-Norco Rescue Mission  
420 W. Harrison Street, Corona  
(951) 493-2091**

- Transitional living
- 12-24 Month programs, not emergency shelter
- Walk-in Monday-Friday,  
8:00 a.m.–4:00 p.m.
- [www.inlandempirerescuemission.org](http://www.inlandempirerescuemission.org)

**Community Action Partnership of San Bernardino County  
696 S. Tippecanoe Ave., San Bernardino  
(909) 723-1500**

- Food bank
- Eviction Prevention Program
- Assistance with utilities
- Family Development
- Workfare program
- Rental Assistance
- Job referral
- Toll Free number: (800) 635-4618
- Monday-Friday, 8:00 a.m.-5:00 p.m.
- [www.sbcounty.gov/capsbc](http://www.sbcounty.gov/capsbc)

**Department of Social Services  
1637 Holt Blvd., Ontario  
(877) 410-8829**

- CalWorks
- Childcare
- Cash aid
- Food Stamps

**Domestic Violence Help-Line  
(800) 548-2722**

**Downtown Women's Center  
442 S. San Pedro Street, Los Angeles  
(213) 680-0600**

- Drop-in center, meals, showers, receive mail, housing and counseling
- [www.downtownwomenscenter.org](http://www.downtownwomenscenter.org)

**Fair Housing Board  
225 W. Hospitality Lane, Suite #207,  
San Bernardino  
(909) 984-2254**

- Housing, counseling, provides mediation in relation to housing
- Help with mortgage, fraud and senior help
- Provide information to low moderate income

**Foothill Family Shelter  
1501 W. 9th Street, Suite D, Upland  
(909) 920-0453**

- Transitional housing for 120 days
- Food, clothing, diapers, and counseling
- Must qualify
- Service area: Clairmont, Montclair, Ontario, Pomona, Rancho, Upland,

**Friends Outside Hospitality Center  
14901 Central Ave., Chino  
(909) 597-5428**

- Drop-in center, meals, showers, and counseling
- Saturdays and Sundays, call for questions on Tuesdays
- <http://www.friendsoutside.org/>

**Haven House (Jewish)  
(626) 564-8880**

- Provides 30-day shelter for women and children of domestic violence
- Counseling
- Prevention & Education Program
- Residential & Children's Programs
- Crisis Line: (323) 681-2626
- [www.jfsla.org/havenhouse](http://www.jfsla.org/havenhouse)

**High Desert Homeless Services**  
**14049 Amargosa Rd., Victorville**  
**(760) 245-5991**

- 90-day homeless shelter
- Job and career training
- Job search
- Clothing donations
- Free showers
- Background check
- [www.highdeserthomelesservices.org](http://www.highdeserthomelesservices.org)

**Home Again Program**  
**612 Lawton Street, Redlands**  
**(909) 792-9626**

- Family activities
- Rental assistance for families with children, elders and disabled
- Food and clothing
- Only for Redlands, Loma Linda, Yucaipa, Highland, Grand Terrace, and Mountain Cities residents

**Housing Authority of San Bernardino**  
**672 S. Waterman Ave., San Bernardino**  
**(909) 890-0644**

- Provide affordable housing
- Home Ownership program
- Waiting list available
- Ontario: (909) 890-9533  
424 N. Lemon Ave, Ontario

**I Care Shelter Home**  
**P.O. Box 92502, Riverside**  
**(951) 354-2273, (951) 359-8350**

- Emergency shelter, 3 days
- On-site classes
- Food, clothing
- Extended transitional living
- [www.icareshelterhome.org](http://www.icareshelterhome.org)

**Inland Fair Housing & Mediation**  
**1500 S. Haven Ave., Ste. 100, Ontario**  
**(909) 984-2254**

- Landlord/Tenant Mediation
- Information and education to low-moderate income housing
- Assistance with housing discrimination

**Inland Housing Solutions**  
**P.O. Box 239, Loma Linda**  
**(909) 796-6381**

- Rapid Housing
- Families with children under 17
- Case management
- Rental assistance

**Inland Valley Hope Partners Sova Program Center/Catholic Charities**  
**904 E. California Street, Ontario**  
**(909) 391-4882**

- Emergency food
- Utility assistance
- Proof of income
- ID required
- Mon-Thur, 9:00 a.m.-3:00 p.m.

**Isaiah's Rock**  
**13031 7th Street, Chino**  
**(909) 628-8808**

- Food distribution: Lunch 12:30 p.m.;  
Dinner 5:30 p.m.
- Groceries: Mon/Fri, 10:30 a.m.
- Youth and adult activities
- Community service (*Hours available for school or as needed*)
- Emergency shelter

**Mercy House Walk-In Center**  
**435 S. Bon View Ave., Ontario**  
**(909) 391-2630**

- Homeless prevention, emergency services
- Transitional housing or permanent housing with supportive services

**New Hope Christian Fellowship Church**  
**1333 Ramona Ave., Chino**  
**(909) 628-8612**

- Food Only – No shelter
- Open 1st & 2nd Sat of every month

**Our Lady of Guadalupe**  
**5048 D Street, Chino**  
**(909) 591-9402**

- Delivers hot meals on Sunday only,  
7:00-10:00 a.m.

**PHOP  
(Pomona Homeless Outreach)  
Access and Outreach Center  
2040 N. Garey Ave., Pomona**

- Linkage housing
- Case Management services
- Sober living referrals
- [www.voala.org](http://www.voala.org)
- [rclark@voala.org](mailto:rclark@voala.org)

**Pomona Inland Valley Council of  
Churches (PIVCC Beta Center)  
209 W. Pearl, Pomona  
(909) 622-3806 ext. 301**

- Family shelter and daycare
- Job and housing placement
- Support groups
- Motel vouchers
- Pantry
- Development program

**Rate Assistance-Edison  
P.O. Box 788, Rialto  
(800) 447-6620**

- Offers discounted rates through CARE and FERA programs

**Salvation Army  
490 E. La Verne Ave., Pomona  
(909) 623-1579**

- Emergency food and shelter
- Counseling
- Informal education, preschool
- Limited utility assistance
- Licensed childcare
- Holiday gifts
- Bus Tokens
- Donations
- [www.salvationarmyusa.org](http://www.salvationarmyusa.org)
- Ontario: 1412 S. Euclid Ave., Suite #406, Ontario (909) 986-6789

**San Bernardino County Housing  
820 E. Gilbert St., San Bernardino  
(909) 387-8619**

- Housing and employment for the mentally ill.
- Case management

**Southern California Gas  
Energy Savings Assistance Program  
P.O. Box 2295, Santa Fe Springs  
(800) 331-7593**

- AFDC & SSI

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***PUBLIC HOUSING OFFICES***

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**Advantage Property Management  
13088 Monte Vista Avenue, Chino  
(909) 628-3413**

- Loma Linda, Yucaipa, Redlands, San Bernardino, Waterman Gardens

**Crossroads Inc.  
P.O. Box 15, Claremont  
(909) 626-7847**

- Services for female parolees re-entering the community
- Residential therapeutic community

**East San Gabriel Valley Coalition  
(626) 333-7204**

- Winter shelter open every night December 1st- March 15
- Transitional services
- Homeless Shelter

**Empire Management  
13088 Monte Vista Ave., Chino  
(909) 628-3413**

- Bloomington, Chino, Montclair, Ontario, Rancho Cucamonga

**Fresh Start Housing Program**  
**2008 N. Garey Ave., Pomona**  
**(909) 623-6131**

- Transitional housing for adults with psychiatric disabilities, actively enrolled
- Mon., Tues., and Thurs., 8:00 a.m.-5:00 p.m., Friday until 5:00 p.m.
- Community Advocate
- Service Area: Claremont, La Verne, Pomona

**Housing Authority**  
**803 West Brockton Ave., Redlands**  
**(909) 890-5320**

- Serves Highland, Redlands, Yucaipa, and Loma Linda

**Pacific Clinic**  
**1020 S. Arroyo Pkwy., Pasadena**  
**(626) 403-4888**

- Intake and referrals to shelter  
Intake Phone Number: (877) 722-2737
- Mental health services
- Prevention and early intervention to recovery and wellness
- Case Managers
- [www.pacificclinics.org](http://www.pacificclinics.org)
- [info@pacificclinics.org](mailto:info@pacificclinics.org)
- 800 S. Santa Anita Avenue, Arcadia

**SOLVA (Inland Valley Hope Partners Program)**  
**904 E. California Street, Ontario**  
**(909) 391-4882**

- Utility assistance (*Wait List*)
- Food Bank,  
Monday-Thursday, 9:00 a.m. – 3:00 p.m.

**Southern California Edison**  
**(800) 447-6620**

- Discounted rates through CARE program which is based on income and people in household

**Southern California Gas Company**  
**(877) 238-0092**

- Discounted rates through CARE program which is based on income and people in household

## HOTLINES

**BHC Alhambra Hospital**  
**(800) 235-5570**

- 24 Hour intake services

**California Youth Crisis Hotline**  
**(800) 843-5200**

- Crisis counseling, referral system, patch-through services
- Text, chat, email services for teens and young adults.
- [www.yourligeyourvoice.org](http://www.yourligeyourvoice.org)

**Canyon Ridge Hospital Assessment Hotline**  
**(909) 590-4001**

- Monday-Friday, 8:00 a.m. – 5:00 p.m.
- Assessments by appointment only

**Community Crisis Response Team**  
**West Valley Office (909) 458-1517**  
**Pager (909) 535-1316**  
**Kaiser Permanente**  
**(800) 900-3277**

- After-hours help line
- Behavioral health assessment
- Referrals
- Crisis intervention
- Guidance

**Psychiatric Assessment Triage**  
**(800) 235-5570**

- Intake service offered to the community 24/7
- Trained professionals under the direction of a psychiatrist

**Regional Drug & Poison Center**  
**(800) 876-4766**

## LEGAL ASSISTANCE SERVICES

### COURTS

**Department of Child Support Services:**  
**San Bernardino**  
**10417 Mountain View Ave., Loma Linda**  
**(866) 901-3212**

**House of Ruth**  
**P.O. Box 459, Claremont**  
**(909) 623-4364**

- Restraining orders for Domestic Violence
- Hotline: (877) 988-5559

**Inland Counties Legal Services**  
**10565 Civic Center Dr., Suite 200,**  
**Rancho Cucamonga**  
**(909) 980-0982, (800) 977-4257**

- Family law services
- Free legal clinics
- Guardianships, tenant defense
- Free legal assistance 60+
- [www.inlandlegal.org](http://www.inlandlegal.org)
- 715 N. Arrowhead Ave, San Bernardino
- 1040 Iowa Ave., Suite 109, Riverside

**Inland Empire Latino Lawyers**  
**Association Inc.**  
**2060 University Avenue, Riverside**  
**(951) 369-3009**

- Court ordered
- Youth program: Just4U
- Educate teen parents on their rights
- Domestic violence
- Civil restraining orders
- Evictions & Tenant rights

**Inland Valley Volunteer & Resource**  
**Center**  
**436 W. Fourth St., Suite #201, Pomona**  
**(909) 629-1187**

- Assigns misdemeanor offenders to a community volunteer in lieu of fine or jail time
- Court ordered / Community Service program
- Youth program: Just4U

**Law Offices of Bill LaTour**  
**1420 E. Cooley Drive, Colton**  
**(877) 694-9065**

- Social Security Disability Benefits (SSDI)
- Supplementary Security Income (SSI)
- [www.drbillatouratty.com](http://www.drbillatouratty.com)

**Legal Aid Clinics  
(866) 889-7328**

Please bring all existing orders. There is limited space therefore absolutely no children or guests will be permitted. Non-legal residents must provide proof of eligibility. (Bring a copy of both sides)

- San Bernardino Clinic 588 West Sixth Street, San Bernardino
- Every Mon., Tue., & Thu. at 9:00 a.m. Wednesday at 4:00 p.m.
- Victorville Clinic  
13911 Park Ave., Suite 210  
Victorville, CA
- Every Thursday at 2:00 p.m.
- Legal Help
- Help with existing cases, documents needed
- ID needed, proof of income of every member

**Legal Aid Society of San Bernardino  
588 W 6th Street, San Bernardino  
(909) 889-7328**

- Free consultation, advice, and preparation of legal documents

**Rancho Cucamonga Courthouse  
8303 Haven Ave., Rancho Cucamonga  
(909) 350-9764**

- Resources available
- [www.sb.court.org](http://www.sb.court.org)

**San Bernardino Superior Courts  
Fontana Courthouse  
17780 Arrow Blvd., Fontana  
(909) 350-9322**

- Resources available
- [www.sb.court.org](http://www.sb.court.org)

**Victim Witness Advocacy Program  
Rancho Cucamonga  
(909) 945-4241**

- Employer intervention
- Restitution assistance
- Victim compensation claims
- Offers services for victims and witnesses of crimes
- Court information
- Property return
- Credit intervention
- Mon.-Fri., 8:00 a.m.-5:00 p.m.

**West End San Bernardino  
Bar Association  
412 E. State Street, Redlands  
(909) 885-1986 / (909) 888-6791**

- Lawyer referral and legal aid services for low cost

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***IMMIGRATION SERVICES***

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**U.S. Citizenship & Immigration  
Services  
995 Hardt Street, San Bernardino  
(800) 375-5283**

- Must make appointment before visiting office
- Schedule appointment at <http://uscis.gov>

**U.S. Department of State  
(603) 334-0700**

- <http://nbc.state.gov>

**US Immigration and Legalization  
2130 N. Arrowhead Ave., Ste. 201A,  
San Bernardino  
(909) 521-0601**

- Document preparation
- Renew Green Card/Citizenship
- Renewal of Deferred Action
- Payment plans available
- [www.usimmigrationcorporation.com](http://www.usimmigrationcorporation.com)

**Diplomatic Missions**

- <http://usembassy.gov>



## LITERACY PROGRAMS

**California Literacy Program - Chino Library**  
**13180 Central Avenue, Chino**  
**(909) 465-5280**

- Matches volunteer tutors with students in need of literacy skills.
- Adults only
- Pomona Library: 625 S. Garey Ave., Pomona (909) 620-2047
- Upland Library: 450 N. Euclid Ave., Upland (909) 931-4211
- Monday - Wednesday, 11:00 a.m. - 7:00 p.m.
- Thursday-Friday, 10:00 a.m.-6:00 p.m.
- Saturday, 9:00 a.m.-5:00 p.m.
- Sunday, closed

**International Dyslexia Association**  
**5225 Canyon Crest Dr., #71-308, Riverside**  
**(951) 686-9837**

- Inland Empire chapter
- Adults & children
- Assistance with reading, writing, and language
- [www.dyslexia-ca.org](http://www.dyslexia-ca.org)

## MEDIATION AND ARBITRATION

**Holstrom Block + Parke**  
**15338 Central Ave., Chino**  
**(909) 275-7763**

- Mediation to stay married
- Family law
- Collaborative attorney
- Divorce mediation
- Mon.-Thurs., 9:00 a.m.-5:00 p.m.
- Friday and Saturday, Appointment only  
(closed lunches, 12:00-1:00 p.m. and Sunday)
- [www.chinocadiorcemediation.com](http://www.chinocadiorcemediation.com)

**Inland Fair Housing and Mediation Board**  
**1500 S. Haven Ave., Ontario**  
**(909) 984-2254**

- Information on fair housing, discrimination cases, senior services/shared housing, default and foreclosure counseling, and mobile home mediation.
- Serves low to moderate income population
- Mon.-Fri., 8:00 a.m.-5:00 p.m. (closed lunches, 12:00-1:00 p.m.)
- [www.IFH&B.com](http://www.IFH&B.com)

## MEDI-CAL/MEDI-CARE INFORMATION

### *MEDI-CAL*

Medi-Cal is a State of California medical assistance program. The federal counterpart for all other states is Medicaid. Medi-Cal takes about 30 days to process. There are no emergency cards. Medi-Cal will pay retroactively although it is up to you to find a hospital that will allow that arrangement. You may also transfer from a placement such as Ward-B once you get your card. A letter from Medi-Cal stating that the client will receive benefits has helped clients get admitted into the hospital the same day they applied for Medi-Cal. They also had a psychiatrist sign papers that day for Medi-Cal.

For more information contact:

**Arrow Regional Medical Center**  
**400 N. Pepper Ave., Colton**  
**(909) 580-1000**

**Victim Witness Advocacy Program**  
**8303 Haven Ave., 4th floor, Rancho**  
**Cucamonga**  
**(909) 945-4214**

**Ontario Public Health**  
**150 E. Holt Blvd., Ontario**  
**(800) 722-4777**

- Immunization clinic
- Accepts Medi-Cal and IEHP

### *MEDI-CARE*

**San Bernardino County**  
**(800) 848-7713 or (800) 675-2266**  
Medi-Care is a Federal medical assistance program. Medi-Care is given only to people

over the age of 65 and to some who are disabled (2+ years). More hospitals are likely to take Medi-Care and people who have both Medi-Cal and Medi-Care over just Medi-Cal.

### *PHYSICIANS WHO ACCEPT MEDI-CAL*

#### Family Practice

**Frank Chen, M.D.**  
**1435 S. Grove Ave., #8, Ontario**  
**(909) 983-0027**

- Must be assigned to insurance

**King Yee Yu, M.D.**  
**1902 Royalty Dr., #100, Pomona**  
**(909) 620-4048**

- Medi-Cal and assigned by insurance

#### Hematology/Oncology

Treats problems involving the blood or blood-forming organs.

**Kyu D. Ahn, M.D.**  
**1900 Royalty Dr., #205, Pomona**  
**(909) 620-0389**

- Must be assigned to insurance

**Naveen Gupta, M.D.**  
**360 E. 7th Street, #B, Upland**  
**(909) 946-6792**

### Internal Medicine

General treatment of internal disorders

#### **Nephrology`**

Sub specialist of internal medicine who deals with disorders of the kidney.

All doctors at this location  
**1317 W. Foothill Blvd., Ste. 148, Upland  
(909) 981-5882**

- Medi-Cal and assigned by insurance

### OB/GYN

Provides health care during pregnancy and delivery and sees patients for general medical and surgical treatment of the female reproductive systems.

**Frank L. Chiang, M.D.  
160 E. Artesia St., Suite #330, Pomona  
(909) 622-5654**

**Thomas T. Lee, M.D.,  
4950 San Bernardino Street, #106,  
Montclair  
(909) 625-0615.**

### Pediatrician

Cares for the health of children from birth through adolescence.

**Bharati Ghosh, M.D.,  
9645 Monte Vista Ave., #304, Montclair  
(909) 625-3396**

**Ching-Chih D. Huang  
160 E. Artesia Street, Suite #235,  
Pomona  
(909) 397-5205**

### Podiatry

Involves the medical and surgical treatment of disorders and injuries of the bones.

**Family Foot Center  
Brad Katzman, DPM  
728 N. Euclid Ave., Ontario  
(909) 984-5614**

- Accepts Medi-Cal for clients 20 and under

## **MEDICAL FACILITIES**

**Arrowhead Fontana Family Health Center  
16854 Ivy Ave., Fontana  
(909) 580-1000**

- Inpatient care and outpatient care
- Part of Arrowhead Regional Medical Center

**Assistance League of the Foothill Communities  
(909) 987-2813  
Dental (909) 920-4766**

- Non-medical
- K-8th grade
- Mon.-Fri., 8:30 a.m.-12:00 p.m.

**California Children's Services  
150 E Holt Blvd., Ontario  
(909) 458-1637**

- Medical assistance to handicapped children
- Financial assistance for medically eligible conditions
- Therapy for 21 and under
- Fax: (909) 986-2970

**CVUSD Health Services  
12970 3rd Street, Room 18, Chino  
(909) 628-1201, ext. 8935**

- Free shot clinic for student immunization
- Health clinic

**Community Health Systems, Inc.  
18601 West Valley Blvd., Bloomington  
(909) 546-7520**

- Care for adults and children
- Optometric services
- Maternal services
- Teen counseling

**County of San Bernardino: Department  
of Behavioral Health**

**303 E. Vanderbilt Way, San Bernardino  
(909) 388-0801 / (888) 743-1478**

- Referrals for mental health services
- Alcohol and drug abuse
- Anger management
- Parenting issues
- Questions about medications or side effects
- <http://wp.sbcounty.gov/dbh/>

**Department of Public Health San  
Bernardino Immunization Clinic**

**351 N. Mountain Ave., San Bernardino  
(800) 722-4777**

- Immunization services

**East Valley Community Health Center**

**1555 S. Garey Ave., Pomona  
(909) 620-8088**

- Low Income Clinic
- Adult Medicine
- Pediatric
- Prenatal
- Behavioral Health
- Dental

**Moreno Valley Health Center  
22675 Alessandro Blvd., Moreno Valley  
(951) 571-2350**

- Family practice
- Internal Medicine
- Optometry
- Dentistry
- Pediatric healthcare
- Women's health services
- Immunizations
- Physicals
- Pediatrics
- Medi-Cal/Medi-Care accepted
- Sliding scale fees if no insurance

**Park Tree Community Health Center**

**1556 S. Sultana Ave., Ontario  
(909) 469-9017**

- Care for uninsured or underinsured children ages 0-17
- Adults 18+
- Immunizations
- Vision
- Hearing
- Dental

**Western University Medical Center**

**795 E 2nd Street, Pomona  
(909) 865-2565**

- Family medicine
- Physical medicine
- Dental
- Eye care
- Limb preservation
- Pharmacy

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***TATTOO REMOVAL***

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**El Monte Police Department  
11333 Valley Blvd., El Monte  
(626) 580-2100**

**Tattoo Removal  
[www.tattooremoval.org](http://www.tattooremoval.org)**

## ***DENTAL PROVIDERS***

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**Bloomington Dental Clinic**  
**18601 Valley Blvd., Bloomington**  
**(909) 546-7530**

- Optometry
- Medical
- Dental
- Medi-Cal
- Low cost services
- [www.dentalclinics.org](http://www.dentalclinics.org)

**SAC Clinic**  
**1455 E. 3rd Street, San Bernardino**  
**(909) 382-7120**

- Low cost services
- Accepts Medi-Cal
- Sliding Scale

**Tri County Dental Society**  
**3993 Jurupa Ave., Ste. #104, Riverside**  
**(951) 787-9700**

- Represents dentists from Riverside and San Bernardino County
- Non-medical
- Referrals
- [www.tcds.org](http://www.tcds.org)

**Whitney Young Clinic**  
**1755 Maple Street, San Bernardino**  
**(909) 386-7600**

- Low cost services
- Accepts Medi-Cal

## **PARENTING COUNSELING AND CLASSES**

**Caritas Counseling Catholic Charities**  
**(909) 763-4970**

- Marriage, family, child, parenting, and anger management counseling for free
- Monday-Friday, 8:30 a.m.-5:30 p.m.
- Closed Tuesdays

**Chaffey Adult School**  
**1802 E. 7th Street, Ontario**  
**(909) 391-5365**

- Parent/child classes
- High School Diploma, GED, ESL, computer courses
- 18+

**Hope Family Resource Center**  
**TYKES Program**  
**12970 Third St., Chino**  
**(909) 628-1201, ext. 8960**

- Free parenting classes for parents with children 0-5 years of age.
- 16-week program
- English and Spanish available
- Childcare provided.

**New Parent Information Kit**  
**735 E. Carnegie Dr., Ste. 150, San Bernardino**  
**(909) 386-7706**

- Free kit includes information on child safety, nutrition, early learning, and childcare
- Must be a California resident and provide proof of address
- For parents with children 0-5 years old
- [www.first5californai.com](http://www.first5californai.com)

**San Bernardino Valley College**  
**701 S. Mt. Vernon Ave, San Bernardino**  
**(909) 384-4400**

- Positive discipline workshops
- Family literacy activities
- Health & wellness information
- College courses available
- Counseling Services

**West End Family Counseling**  
**855 N. Euclid Ave., Suite 3, Ontario**  
**(909) 983-2020**

- Counseling 0-5 start program
- Various psychiatric problems
- Hotline: (888) 743-1478
- After Hours Hotline: (909) 983-5632

**PARENTING SERVICES:  
INFORMATION AND SUPPORT GROUPS**

**AARP** (*American Association of Retired Persons*)  
**(888) 687-2277**

- Access to health insurance, automobile insurance, homeowners insurance, and other services from AARP
- Discounts on travel
- Learn more about healthy living, financial planning, consumer protection, and caring for parents
- [www.aarp.org](http://www.aarp.org)

**Family Services Counseling Agency of San Bernardino**  
**1669 N. E Street, San Bernardino**  
**(909) 886-6737**

- Counseling for Child Protective Services (CPS) cases
- Monday-Thursday, 9:00 a.m.-9:00 p.m.

**Families Anonymous**  
**(800) 736-9805**

- [www.familiesanonymous.org](http://www.familiesanonymous.org)
- 12 Step Fellowship for the family and friends of those individuals with drug, alcohol, or behavioral related issues.

**Grandparents as Parents**  
**174 Victory Blvd., Van Nuys**  
**(818) 264-0880**

- Support group
- Referral service
- Social Services
- Legal Advice
- Access to clothing and diapers
- [www.grandparentsasparents.org](http://www.grandparentsasparents.org)

**Helping Hands Ontario**  
**316 East E Street, Ontario**  
**(909) 986-9710**

- Assessment and Case Management services
- Counseling services
- Parenting workshops and Support Groups
- Advocacy, Mentoring, and Tutoring
- Healthcare, Dental and Vision
- Legal Aid
- Basic needs assistance and other additional services as needed
- [www.mhsing.org/helping](http://www.mhsing.org/helping)

**New Day Counseling Center**  
**11780 Central Ave., Suite #100, Chino**  
**(909) 517-2020**

- Parenting Classes (Court Approved)
- Parenting on Domestic Violence and Child Abuse
- Therapy for family and children through referral or cash patients, if needed.
- Sex offenders program; must be referred
- 52-week programs
  - Child Prevention Treatment
  - Batterers Intervention
- Anger Management
- Co-parenting
- Couples counseling
- [www.newdayinstitute.org](http://www.newdayinstitute.org)

**Parents Anonymous**  
**250 W. 1<sup>st</sup>. St., Ste. 250, Claremont**  
**(909) 621-6184**

- Self-help group for parents who physically, verbally, emotionally, or neglectfully abuse their children.
- Parent insured leadership
- Donations accepted

**The Access Unit**  
**303 E. Vanderbilt Way, San Bernardino**  
**(888) 743-1478**

- Telephone service with professional counselors for behavioral health clients, families, and providers. Call to get crisis help.
- Can help clients with medical or no insurance
- Provides screenings and referrals to the entire system of care including fee-for service, contract, and department of behavioral health provides
- Access to all languages

*\*Note: This is a referral department.*

**United Fathers of America**  
**1651 E. 4th Street, Suite #107, Santa Ana**

**(714) 558-7949**

- Advocate for father's rights
- Case management and organization
- General education and information about family court
- [www.unitedfathers.org](http://www.unitedfathers.org)

**POLICE/SHERIFF DEPARTMENTS WESTERN  
SAN BERNARDINO COUNTY**

**Emergency Number Only 9-1-1**

**California Highway Patrol**  
**9530 Pittsburgh Street, Rancho Cucamonga**  
**(909) 980-3994 Business**

**Chino Police**  
**5450 Guardian Way, Chino**  
**(909) 334-3000 NON-EMERGENCY**

**Chino Hills Police Station**  
**14077 Peyton Dr., Chino Hills**  
**(909) 364-2000 NON-EMERGENCY**

**Colton Police**  
**650 North La Cadena Dr., Colton**  
**(909) 825-2211 EMERGENCY**  
**(909) 370-5000 Business**

**Fontana Police**  
**17005 Upland Ave., Fontana**  
**(909) 822-1121 EMERGENCY**  
**(909) 350-7740 Business**  
**(909) 350-7700 Non-emergency**

**Montclair Police**  
**4870 Arrow Hwy., Montclair**  
**(909) 621-4771 Dispatch**  
**(909) 448-3600 Business**

**Ontario Police**  
2500 S. Archibald Ave., Ontario  
(909) 395-2001 Front Desk  
(909) 986-6711 Dispatch

**Pomona Police**  
490 W. Mission Blvd., Pomona  
(909) 620-2155 Business  
(909) 622-1241 Non-emergency

**Rancho Cucamonga Police Department**  
10510 Civic Center Dr., Rancho Cucamonga  
(909) 941-1488 NON-EMERGENCY

**Rialto Police**  
128 N. Willow Ave., Rialto  
(909) 820-2578 Business  
(909) 875-3210 Business

**San Bernardino Police Department**  
710 N. D Street, San Bernardino  
(909) 384-5742 Business  
(909) 383-5311 Non-emergency

**San Bernardino County Sheriff**  
655 E. 3rd Street, San Bernardino  
(909) 884-0156  
(909) 988-6571 Central Dispatch

- Serves unincorporated areas of Chino, Chino Hills, Claremont, Upland, Montclair, Ontario and Fontana.

**Upland Police**  
1499 W. 13th Street, Upland  
911 EMERGENCY  
(909) 946-7624 Business

## **PREGNANCY INFORMATION, ASSISTANCE & HOTLINES**

**ASSURE Pregnancy**  
17057 Foothill Blvd. #204, Fontana  
(909) 232-8460

- Pregnancy tests
- Ultrasounds
- Options counseling
- Health information
- [www.assurepregnancy.org](http://www.assurepregnancy.org)

**Bethany Christian Services**  
1700 Iwoa Ave. Suite 200, Riverside  
(800) 238-4269 / (951) 342-0201

- Free Crisis and Pregnancy Counseling
- ADOPTS program
- Adoption services
- Post adoption counseling
- Client must call for services
- Licensed foster care while making decision for one month
- Provide resources for women
- [www.bethany.org](http://www.bethany.org)

**Family Planning Associates Group**  
1996 Indian Hill Blvd., Pomona  
(909) 626-2463

- Fees for medical services
- Free pregnancy testing
- Abortions performed, tubal counseling, no tubal ligation
- Annual exams
- STD testing
- [www.familyplanning.org](http://www.familyplanning.org)

**LDS Family Services**

- Counseling
- Marriage and Family Counseling
- Locations:
  - 15501 San Fernando Mission Blvd. #302 Mission Hills (818) 781-5511
  - 791 S. Pepper Avenue, Colton (909) 824-0480
- [www.providentliving.churchofjesuschrist.org](http://www.providentliving.churchofjesuschrist.org)



**Planned Parenthood**  
**1873 Commercenter W, San Bernardino**  
**(909) 890-5511**

- Counseling, contraceptives, pregnancy testing, abortions (*Through Family Planning Department*)
- Sliding scale
- Covering San Bernardino and Orange Counties
- [www.plannedparenthood.org](http://www.plannedparenthood.org)

**Planned Parenthood**  
**918 W. Foothill Blvd., Upland**  
**(909) 890-5511, (909) 985-0065**

- Counseling, contraceptives, pregnancy testing, abortions
- STI/STD/HIV Testing
- Sliding scale
- Medicare accepted

**St. Anne's**  
**155 N. Occidental Blvd., Los Angeles**  
**(213) 381-2931**

- Residence for pregnant teens
- Must be single and 14-23 years old
- No cost if single, under 18, and mother commits
- Foster care available
- S.C. counseling center
- Early Learning Center
- [www.stannes.org](http://www.stannes.org)
- <mailto:stannes@stannes.org>

**WIC – Food Program for Pregnant Women & Children**  
**4774 Riverside Drive, Chino**  
**(888) 942-2229**

- The WIC food packages provide supplemental foods designed to meet the special nutritional needs of low income pregnant, breastfeeding, non-breastfeeding, postpartum women, and children up to five years of age.
- Breast feeding clinics
- Referrals
- [www.phfewic.org](http://www.phfewic.org)

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## ***BREASTFEEDING***

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**Breastfeeding National Network Breast Feeding Network Medela Inc.**  
**P.O Box 660, McHenry, IL**  
**(800) 835-5968**

- Information Services
- Nursing Bras
- Milk Banks & Special Needs
- Videos & Books
- [www.breastfeedingnetwork.org](http://www.breastfeedingnetwork.org)

**La Leche League**  
**(877) 452-5324**

- Breastfeeding assistance

## PRISONER & PAROLEE SERVICES

### **Crossroads Inc.**

**250 W. 1<sup>st</sup> St., Ste., 254 Claremont  
(909) 626-7847**

- Home for female parolees re-entering the community
- Residential therapeutic community

## *PRISONS*

**California Institution for Men Chino  
14901 Central Ave., Chino  
(909) 597-1821**

**California Institution for Women Chino  
16756 Chino Corona Rd., Chino  
(909) 597-1771**

- CIW houses inmates with special needs such as pregnancy, psychiatric care, methadone, and medical problems such as HIV infection

## RESIDENTIAL FACILITIES & SUPPORT SERVICES

### **Boys Republic**

**1907 Boys Republic Dr., Chino Hills  
(909) 628-1217**

- Group/family counseling for students in placement.
- Education, vocational/work experience
- ILP and after care programs
- Must be a ward or dependent of the court
- Community based residential

**Casa Colima Centers for Rehabilitation  
255 E. Bonita Ave., Pomona  
(909) 596-7733**

- Comprehensive inpatient and outpatient medical rehab. With emphasis on spinal cord injury, stroke, chronic pain, brain injury, and pulmonary rehab.
- Physician Services
- [www.casacolima.com](http://www.casacolima.com)

### **D.O.V.E.S.**

**41943 Big Bear Blvd., Big Bear  
(909) 866-1546**

- Bilingual Services
- Walk-ins welcome
- Domestic Violence Educational classes
- No fee for services
- Child/individual counseling
- Legal advocacy
- Educational information
- Emergency food and clothing
- 60-day shelter available depending on circumstances

**David & Margaret Home  
1350 3rd Street, La Verne  
(909) 596-5921**

- Adoption assistance
- Foster Family Agency
- Vocational skills training for foster youth
- Intakes

**Family Assistance Program**  
**15075 7<sup>th</sup> St., Victorville**  
**(760) 843-0701**

- Domestic violence counseling
- Assistance in receiving restraining orders
- Walk-ins are accepted for the outreach program
- Anger management counseling
- Parenting skills counseling
- Nurturing and Parenting programs
- [www.familyassist.org](http://www.familyassist.org)

**Family Services Association of Redlands**  
**612 Lawton Street, Redlands**  
**(909) 793- 2673**

- Provides rental assistance
- Food and clothing
- Emergency food assistance by appointment
- Childcare
- Hygiene kit
- Services provided to service area only

**Foothill Family Shelter**  
**1501 W. 9<sup>th</sup> St., Ste. D, Upland**  
**(909) 920-5568**

- Transitional housing for families
- Pay stub, proof of enrollment in school, and drug test required
- Clothing Bank
- Food Bank (*Once a month*)
- Support services, basic necessities
- Services offered for homeless individuals with unresolved misdemeanors (*food*)
- Emergency food assistance
- Open Tues-Fri, 9:00 a.m.-5:00 p.m. (*closed lunches, 12:00-1:00 p.m.*)
- Must call for appointment
- Adults must have picture ID
- Service area: Claremont, Montclair, Ontario, Pomona, Rancho Cucamonga, Upland
- [www.foothillfamilyshelter.org](http://www.foothillfamilyshelter.org)

**God Cares and Opens Doors**  
**2646 E. Base Line Rd., Rialto**  
**(909) 938-9856**

- Provides assistance to men on parole with meals, shelter, and help finding a job

**Haley House**  
**703 E. Main Street, Barstow**  
**(760) 256-3733**

- Assists women and children from all areas
- Bilingual services available
- Provides domestic violence outreach services for women and children, as well as legal assistance, and housing assistance
- Walk-ins welcome
- Hotline: (760) 256-3441

**House of Ruth**  
**599 N. Main St., Pomona**  
**(909) 623- 4364**

- Serves LA & SB Counties
- Up to 30 day stay for women & children with domestic violence issues
- Can call collect if no money
- Counseling for children/teens
- Monday-Friday, 9:00 a.m.-5:00 p.m.
- 24-hour hotline: (877) 988-5559

**Housing Authority, County of SB**  
**715 E. Brier Drive, San Bernardino**  
**(909) 890-0644**

- Low income housing and section 8 program
- Mon.-Thurs., 9:00 a.m.-5:00 p.m.
- Fri., 9:00 a.m.-4:30 p.m. (*Closed every other Friday*)
- [www.hacsb.com](http://www.hacsb.com)

**Inland Housing Solutions**  
**P.O. Box 239, Loma Linda**  
**(909) 796-6381**

- Email: [info@ithomes.org](mailto:info@ithomes.org)
- Rapid Rehousing Program for homeless families with at least one child under the age of 17
- Designed to place families in permanent housing
- Support services, job skills assessment
- Counseling, food, and clothing assistance
- Mon.-Thurs., 9:00 a.m.- 4:00 p.m.  
Friday, 9:00 a.m.-1:00 p.m.
- Case Management
- Assessment required to receive services
- [www.ithomes.org](http://www.ithomes.org)

**Inland Valley Hope Partners**  
**1753 N. Park Ave., Pomona**  
**(909) 622-3806**

- Food Security Program: Locations in Ontario, Pomona, Claremont, Upland, Chino and San Dimas
- Housing programs: Our House Shelter, Rapid Rehousing, and Claremont Homeless Advocacy Program
- Healthy Living Programs: Hope Partners @ Amy's Farm, Gleaning Hope and the Pomona Valley Certified Farmers Market
- Monday-Thursday, 8:00 a.m.-6:00p.m.
- <http://inlandvalleyhopepartners.org/>

**Le Roy Haynes Center**  
**233 W. Baseline Road, Box 400,**  
**La Verne**  
**(909) 593-2581**

- Operates five major programs: Residential treatment for boys 10-17, emancipation for boys 16-18, non-public school, and a foster home program for boys
- Home for abused, abandoned and neglected boys who have emotional and/or behavioral problems
- Referred by parent, DPSS, probation or volunteer basis
- [www.leroyhanes.org](http://www.leroyhanes.org)

**McKinley Children's Center**  
**762 W. Cypress Street, San Dimas**  
**(909) 599-1227**

- Adolescent residential treatment program for boys for ages 7-15
- Emotional/behavioral problems
- Referred by Dept. of Children & Family Services
- Adoption services
- Development office

**Olive Crest - Strong Families, Safe Kids**  
**555 Technology Court, # 300, Riverside**  
**(951) 686-8500**

- Long-term placement for boys and girls ages 2-18
- For abused, neglected and troubled children
- Foster care, adoption programs
- Transitional housing for ages 18-21
- Group home for males for ages 11-18
- Mon.-Fri., 8:30 a.m.-5:00 p.m.
- [www.olivecrest.org](http://www.olivecrest.org)

**Operation Safe House**  
**9685 Hayes St., Riverside**  
**(951) 351-4418**

- Emergency shelter, intervention, and outreach programs to run away, homeless, and youth in crisis.
- Only service teens, ages 11-17
- [www.operationsafehouse.org](http://www.operationsafehouse.org)

**Option House Inc.**  
**813 North D St., Ste. A, San Bernardino**  
**(909) 381-3471**  
**(909) 383-1602 – 24 Hour Line**

- Services for battered women and children
- 45-Day shelter
- Food, clothing, childcare, counseling, referral information, domestic violence education, parenting program
- Outreach program includes temporary restraining orders, court support, child custody, and anger diversity
- Bilingual services provided

**Path of Life****2530 3rd Street, Riverside  
(951) 275-8755**

- Shelter
- 30-60-day program
- Aid in employment and housing  
Section 8
- Intakes by appointment only
- [www.thepathoflife.com](http://www.thepathoflife.com)

**Salem Christian Homes In.****6921 Edison Ave., Chino  
(909) 614-0575**

- Residential services for adults who have primary diagnosis of mental retardation.
- [www.salemchristianhomes.org](http://www.salemchristianhomes.org)

**Section 8 Housing****505 S. Garey Ave., Pomona  
(909) 620-2368****The Access Unit****(909) 381-2420**

- Provides screenings and referrals to the entire system of care
- Professional counselors answer your call
- Access to all languages

**Trinity Youth Services****201 N. Indian Hill Blvd., Ste. A-201,  
Claremont****(800) 964-9811**

- Foster Care and Adoption Placement
- Residential Programs-Temporary
- Community-Based Mental Health Services
- Appointment only
- Email: [info@trinityys.org](mailto:info@trinityys.org)
- <http://trinityys.org/>

**RUNAWAY HOTLINES, FOOD, CLOTHING & SHELTERS****Angels Flight****357 S. Westlake Ave., Los Angeles  
(213) 318-5730**

- Shelter services for ages 10-17
- 24-hour crisis (800) 833-2499
- Transportation home, food, clothing
- Temporary shelter, 16-21 days or more if necessary
- Free
- Bilingual staff
- Counseling
- Schooling

**California Youth Crisis Line****(800) 843-5200**

- 24-hour hotline
- Crisis intervention counseling for ages 12-24
- Information and referrals to services in every county of California
- Homeless youth shelters, youth-serving medical clinics, and on-going counseling services

**Casa Youth Shelter****10911 Reagan Street, Los Alamitos  
(562) 594-6825, (800) 914-2272**

- Runaway and homeless youth, ages 12-17
- Fees based on sliding scale
- Males and females, day-day
- Cannot accommodate youth with physical disabilities, substance abuse problems, or who are violently or mentally ill
- Parenting classes, Monday only, 7:00-8:00 p.m.
- Resident only counseling available for groups, individual and families.

**Chino Neighborhood House**  
**13130 6th Street, Chino**  
**(909) 628-5608**

- Food provided to families on referral basis
- Toys and food provided to needy families at Christmas
- Mon.-Sat., 9:00 a.m.-2:00 p.m.

**City of Chino Housing Department**  
**Housing Division**  
**13220 Central Ave., Chino**  
**(909) 334-3272**

- Deferred interest loans
- Home Improvement Grant and Loan Program
- Chino Housing Authority: 13088 Monte Vista Ave, Chino (909) 628-3413

**Covenant House California**  
**1325 N. Western Avenue, Los Angeles**  
**(323) 461-3131**

- Confidential crisis counseling to parents and youth for clients only
- Ages 18-24
- Transitional housing program
- [www.covenanthousecalifornia.org](http://www.covenanthousecalifornia.org)

**Crossroads**  
**250 W. 1<sup>st</sup>. St., Ste. 254, Claremont**  
**(909) 626-7847**

- Transitional home for women on parole
- Anger management counseling
- Life skills training
- Up to 6 month stay

**Missing Children's Hotline**  
**(800) 843-5678**

- 24-hour service
- Bilingual assistance

**National Runaway Safeline**  
**(800) 786-2929**

- Referrals for runaways and parents
- Issues free bus tickets home to returning runaways
- 24-hours / 365 days

**Ontario One-Stop Tay Center**  
**316 East E Street, Ontario**  
**(909) 983-4466**

- Drop-In services for San Bernardino County residents ages 16-25
- Support groups and Counseling services
- Case Management services
- Therapy and Medication Management
- Movie/TV/Game Room
- Field Trips and Activities
- Basic needs assistance and other additional services as needed
- [www.mhsing.org/ontario](http://www.mhsing.org/ontario)

**Operation Safehouse**  
**9685 Hayes Street, Riverside**  
**(951) 351-4418**

- Emergency shelter for at risk youth ages 11-17
- Emergency counseling, substance abuse counseling, food, shelter, and education services provided
- 21-day program includes life skills, STD, and substance abuse awareness

**Pomona Homeless Outreach**  
**2040 N. Garey Ave., Pomona**  
**(909) 593-4796**

- Emergency shelter referrals
- Vouchers for utilities and rent when available
- Rapid Rehousing

**Pomona Inland Valley Council of Churches**

**1753 N. Park Ave., Pomona**  
**(909) 622-3806**

- Emergency food, shelter, and supportive services

**Runaway Adolescent Project-RAP**  
**16360 Rascoe Blvd., Van Nuys**  
**(323) 466-7776**

- Services for ages 14-17
- Assistance in finding shelter and permanent placement in foster home or group home
- Food, clothing, brief counseling

**Salvation Army**  
**490 E. La Verne Ave., Pomona**  
**(909) 623-1579**

- Food, clothing, shelter, and other services
- Before and after school program
- [www.salvationarmyusa.org](http://www.salvationarmyusa.org)

**Shelter Info Line-211 Los Angeles**  
**(800) 339-6993**

**Traveler's Aid Society of Inland Empire**  
**2500 E. Airport Dr., Ontario**  
**(909) 544-5378**

- Assistance for travelers experiencing crisis situations, including homeless persons, runaways, and persons new in the area
- Bilingual and free
- [www.travelersaidie.org](http://www.travelersaidie.org)

**Youth Crisis Line**  
**(800) 843-5200**

- 24 hours Statewide
- Crisis intervention counseling, confidential phone line
- Text and chat
- [www.calyouth.org](http://www.calyouth.org)

## SENIOR SERVICES

**Adventist Community Team Services**  
**24914 Barton Rd., Loma Linda**  
**(909) 796-8357**

- Provides Meals on Wheels for senior citizens.
- [www.ureachlluc.com](http://www.ureachlluc.com)

**Age Wise Program**  
**686 E. Mill Street, San Bernardino**  
**(800) 451-5633, (909) 798-8455**

- Senior/peer counseling
- In-home and on-site mental health counseling
- Case management to seniors 60+
- Age Wise-Circle of Care  
11951 Hesperia Road, Hesperia  
(760) 956-2434

**Alzheimer's Association Helpline**  
**(800) 272-3900**

- Sponsors family support groups for care givers
- Provides information on medical, nursing, and respite care
- Treatment planning
- Many different languages available
- Confidential care consultation provided
- 24-hour, 7-day help line
- [www.alz.org](http://www.alz.org)

**Arrowhead United Way**  
**646 North D Street, San Bernardino**  
**(909) 884-9441**

- Referral services
- Mon.-Fri., 8:00 a.m.-5:00 p.m.

**Catholic Charities**  
**1450 N. D Street, San Bernardino**  
**(909) 391-4882, (909) 481-7196,**  
**(909) 388-1239**

- Gas utility assistance
- Call to make an appointment
- San Bernardino/Riverside Counties
- Mon.-Fri., 9:00 a.m.-5:00 p.m.

**Chino Senior Center**  
**13170 Central Ave., Chino**  
**(909) 334-3271**

- Case management
- Nutrition information
- Senior companionship program
- Recreational activities, medical Equipment availability
- Trips
- Transportation, 7:30 a.m. – 12:30 p.m.
- Mon.-Sat., 8:00 a.m.-8:00 p.m.
- Sun., 10:00 a.m.-6:00 p.m.

**City of Montclair Senior Services**  
**5111 Benito Street, Montclair**  
**(909) 625-9483**

- Recreation, counseling, and medical clinic programs
- Counseling line: (909) 983-2020 ext. 2231

**Aging Next**  
**141 S. Spring Street, Claremont**  
**(909) 621-9900**

- Programs, services, and support for senior citizens, aging adults, and caregivers
- Mon.-Fri., 10:00 a.m. 4:00 p.m.
- Ride and Go
- Memory Care Center
- Care partners
- [www.agingnext.org](http://www.agingnext.org)

**Department of Aging & Adult Services**  
**686 E. Mills Street, San Bernardino**  
**(909) 891-3900**

- Info. and referral service for seniors and others
- Advocate for residents of Fontana, Chino, Chino Hills, Upland, Ontario, Montclair, Alta Loma and Rancho Cucamonga.
- Rancho Cucamonga: (909) 948-6200

**Elder Abuse Hotline**  
**(877) 565-2020**  
**(800) 392-0210**

**Fountains at Sierra Apartments**  
**16946 Ceres Ave., Fontana**  
**(909) 854-8783**

- Senior housing for ages 55 and older
- Monday-Friday, 10:00 a.m.-5:00 p.m.

**HICAP-Health Insurance Counseling and Advocacy Program**  
**(800) 434-0222**

- Medi-Care
- Counseling
- Free
- Legal help and representation
- Monday – Friday, 9:00 a.m. – 4:00 p.m.

**Highland Senior Center**  
**3102 E. Highland Ave., Patton**  
**(909) 862-8104**

- Companion program
- Weight loss program
- Trip program
- Monday – Friday, 8:00 a.m. – 4:00 p.m.

**Inland Christian Home Inc.**  
**1950 Mountain Ave., Ontario**  
**(909) 983-0084**

- Provides comprehensive retirement and health care services for the elderly
- Independent and Assisted Living
- Skilled Nursing
- Memory Care
- In-Home Care Services
- [www.ichome.org](http://www.ichome.org)

**Inland Fair Housing & Mediation Board**  
**1500 S. Haven Ave. Suite 100, Ontario**  
**(800) 321-0911**

- Default and foreclosure counseling
- Senior services/ shared housing
- Information and workshops on fair housing
- Mobile home mediation
- Monday-Friday, 8:00 a.m.- 5:00 p.m.  
(Closed lunches 12:00-1:00 p.m.)
- [www.ifhmb.com](http://www.ifhmb.com)



**Inland Valley Volunteer & Resource Center**

**436 W. Fourth Street, Ste. 201, Pomona  
(909) 623-1284**

- Recruitment and referral of volunteer retirees to over 350 non-profit partners
- Monday-Thursday, 8:30 a.m.-4:00 p.m.
- Fri., 8:00 a.m.-1:00 p.m.
- Evenings and Thursday by appointments only
- Email: [ivvrcoffice@gmail.com](mailto:ivvrcoffice@gmail.com)
- [www.SoCalServiceCorps.org](http://www.SoCalServiceCorps.org)

**Joslyn Senior Center**

**660 N. Mountain Ave., Claremont  
(909) 399-5488**

- Lunch program
- Information and referrals
- Exercise classes
- Health screening
- Case management
- Social activities

**Long Term Care Ombudsman Program**

**686 E. Mill Street, San Bernardino  
(866) 229-0284**

- Advocates for residents of long-term care facilities such as nursing homes, and board-and-care

**Meals on Wheels**

- Ontario (909) 983-0203
- Claremont (909) 621-4018
- Pomona Office (909) 620-2301
- Montclair Office (909) 625-9456
- Upland Office (909) 981-0377
- La Verne Office (909) 596-1828
- [www.mealsonwheelsamerica.org](http://www.mealsonwheelsamerica.org)

**Mt. San Antonio Gardens**

**Congregational Homes Inc.  
900 E. Harrison Ave., Pomona  
(909) 624-5061**

- Provides comprehensive and secure life care services, housing, meals, and health care to 470 residents on a 30-acre garden site.

**Neighborhood Partnership Housing Services**

**9551 Pittsburg Ave.,  
Rancho Cucamonga  
(909) 988-5979**

- Safe home for senior programs
- Foreclosure prevention
- First time buyer down payment assistance
- Affordable Solar panels
- [www.nphsinc.org](http://www.nphsinc.org)

**Perris Hill Senior Center**

**780 E. 21st Street, San Bernardino  
(909) 384-5436**

- Senior Wellness
- Board games and bingo
- Lunch program
- Line dancing, Yoga, Tai chi
- Ice cream social
- Food distribution, 3<sup>rd</sup> Wednesday of the month, 10:00 a.m.

**Pomona Community Services**

**499 E. Arrow Hwy., Pomona  
(909) 620-2324**

- Nutrition education
- Trips
- Health assessments
- Volunteer opportunities

**San Bernardino County Aging Services**

**Adult Protective Services  
686 Mills Street, San Bernardino  
(909) 891-3900**

**(909) 338-6718 Fax  
(877) 565-2020 24-hour hotline**

- Health and human care

**Social Security Office**

**1100 E. Holt Blvd., Ontario  
(866) 331-2216**

**The Orchards Active Senior Living Apartments**

**8185 Palmetto Ave., Fontana  
(909) 356-8526**

- Senior housing for ages 55 and older

**YWCA of San Gabriel Valley**  
**943 N. Grand Ave., Covina**  
**(626) 960-2995**

- Provides services that enables and empowers seniors of diverse cultural and economic backgrounds to enrich their lives and live in their own homes with independence, quality of life, and dignity.
- [www.yw.casgv.org](http://www.yw.casgv.org)

## SEXUAL ASSAULT/RAPE SERVICES

**House of Ruth Community Center**  
**599 Main Street, Pomona**  
**(909) 623-4364, (800) 656-4673**

- Emergency Shelter
- Outreach programs
- Community education
- National Sexual Assault Hotline
- Mon.-Fri., 9:00 a.m.-5:00 p.m.
- Domestic Violence Hotline:  
(977) 988-5559
- <http://houseofruthinc.org/>

**Pacific - Asian Family and Women's  
Emergency Shelter**  
**3424 Wilshire Blvd., Ste. 1000, Los  
Angeles**  
**(323) 966-4590**

- Domestic violence, spouse abuse, sexual assault, child sexual abuse, etc.
- Space for 18 families
- Boys, under 12 years
- Girls any age (*Open*)
- 2-4 week stay
- Emergency transitional shelter
- Non-residential counseling
- Support groups for sexual assault
- 24-hour hotline - 1 (800) 339-3940

**Project Sister Pomona/San Bernardino  
County**

**363 S. Park Ave. Suite #303**  
**(909) 623-1619**

- Sexual assault counseling
- Referrals
- Crisis counseling, awareness education, and other programs
- Accompany to hospital, court, and police
- Self-defense workshops
- Rape survivors support group
- Services are free
- Services for children who have been exposed to any type of abuse.
- Hotline - (909) 626-4357

**Rape Crisis Hotline, 24 hours**  
**(714) 957-2737**

**Riverside Rape Crisis Center**  
**845 Chicago Ave. Suite A, Riverside**  
**951) 686-7273**

- Counseling, hospital, and court advocacy
- Support groups
- Community education
- Bilingual staff
- Referrals
- Mon.-Fri., 8:00 a.m.-5:00 p.m.

**San Bernardino District  
Sexual Assault Services  
444 N. Arrowhead Ave., Suite #101,  
San Bernardino  
(909) 885-8884**

- 24-Hour Crisis Hotline
- Sexual Assault Services Hotline:  
(909) 656-4673
- Rape Crisis Hotline: (909) 626-4357
- Counseling
- Emergency response
- Court/Police accompany
- Sexual assault and domestic violent resources
- Services are free
- [www.sbsas.org](http://www.sbsas.org)

**Victims of Violent Crimes**

- Assistance with court procedures  
Victims must report crime to police
- LA County/ Pomona - (909) 620-3381
- Rancho Cucamonga - (909) 945-4241
- Ontario - (909) 395-2713
- San Bernardino - (909) 387-6540
- Victorville - (760) 243-8619

**SUICIDE HOTLINE / ASSESSMENT TEAMS**

**Aurora  
1161 E. Covina Blvd., Covina  
(626) 966-1632**

- Inpatient Detoxification
- Residential Treatment
- Partial Hospitalization
- Intensive Outpatient Services
- On-site Chemical Dependency support groups

**BHC Alhambra Hospital  
4619 Rosemead Blvd., Rosemead  
(626) 286-1191**

- Free psychiatric Assessment Services
- Can assess children, adolescents, and adults experiencing: Depression, Anxiety, Suicidal ideation, stress, and threatening or destructive behavior.

**Canyon Ridge Hospital  
5353 G Street, Chino  
(909) 590-3700**

- 24-hour crisis hotline
- Chemical dependency
- Mental health care

**Community Crisis Response Team (CCRT)**

**Available 24 hours, 365 days**

**Pager: (909) 535-1316**

- West Valley: (909) 458-1517  
Mon.-Fri., 8:00 a.m.-5:00 p.m.
- Assist with: Mental health assessments, relapse prevention, intense follow-up services, on-site crisis intervention community based mobile crisis team.

**Loma Linda University Behavioral Medicine Center**

**Mobile Assessment and Referral Team  
(800) 752-5999, (866) 884-2334**

- Mobile team only available if open bed exists
- Free assessment

**National Hope-Line Network  
(800) 784-2433**

- [www.hopeline.com](http://www.hopeline.com)

**National Suicide Help-Line  
(800) 273-8255**

- Provides 24/7 free and confidential support for people in distress, prevention and crisis resources for you or loved ones.
- [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**San Antonio Regional Hospital  
Crisis Assessment Team  
999 San Bernardino Rd., Upland  
(909) 985-2811**

- Adults only (18 or older)
- No fee for evaluation and referrals

## SUPPORT GROUPS

**Al-Anon & Alateen (*Service Center*)  
1016 E. Cooley Dr. Suite #C2, Colton  
(909) 824- 1516**

- 12-Step Program
- Family and friends of alcoholic fanatics
- All services free

**Canyon Ridge Hospital  
5353 G Street, Chino  
(909) 590-3700**

- Narcotics Anonymous
- Al-Anon
- Over-eaters Anonymous
- Alcoholics Anonymous
- Gamblers Anonymous
- Call for schedules

**Del Sol Psychological Center  
397 N. Central Ave., Upland  
(909) 608-9222**

- Domestic Violence
- Anger Management
- Family Counseling
- Individual/ couples counseling

**Depression and Bipolar Support  
Alliance**

**9800 Baseline Rd., #1, Alta Loma  
(800) 826-3632**

- 1st & 3rd Wednesday each month

**Divorced Fathers  
(909) 625-5077**

Cyndi Stadler, Ph.D. - Private practice

- Support and Counseling

**Helping Hands Ontario  
316 East E Street, Ontario  
(909) 986-9710**

- Assessment and Case Management services
- Counseling services
- Parenting workshops and Support Groups
- Advocacy, Mentoring, and Tutoring
- Healthcare, Dental and Vision
- Legal Aid
- Basic needs assistance and other additional services as needed
- [www.mhsing.org/helping](http://www.mhsing.org/helping)

**Sex Addicts Anonymous  
ISO Office P.O 70949, Houston TX  
(800) 477-8191**

- National Service Organization of SAA
- [www.saa-recovery.org](http://www.saa-recovery.org)

## TEENAGE SERVICES

### **Blue Fire Wilderness Treatment Center (844) 423-1999**

- Assistance for teens struggling with a range of emotional and behavioral issues, such as:
  - Depression
  - Substance abuse
  - Anxiety
  - And many other issues.
- Individual, group, or family Therapy
- [www.bluefirewilderness.com/b/wilderness-treatment-center/california/](http://www.bluefirewilderness.com/b/wilderness-treatment-center/california/)

### **Buena Vista High School For Pregnant Teens**

**13509 Ramona Ave., Chino  
(909) 628-9903**

- Credit recovery
- English and Spanish services
- [www.chino.k12.ca.us/Page/65](http://www.chino.k12.ca.us/Page/65)

### **California Youth Crisis Line (800) 843-5200**

- Assists 12-24 years of age including family members
- Crisis counseling by phone
- Family conflict, depression/ referral system
- Based in Sacramento, CA
- <http://youthcrisisline.org/>

### **California Youth Connection 3530 Willshire Blvd. Suite 411, Los Angeles (213) 514-5663**

- Promotes the participation of foster youth in policy development and legislative change to improve the foster care system, and strives to improve social work practice and child welfare policy

### **Chaffey College Re-Entry Program 5885 Haven Ave., Rancho Cucamonga (909) 652-6000**

### **David and Margaret Youth and Family Services**

**1350 Third Street, La Verne  
(909) 596-5921, (909) 957-1346**

- Residential home for teenage girls ranging from ages 11-18
- Foster care program
- Mental health therapist available
- Both walk-ins and appointments
- English and Spanish services
- No service fees
- Mon.-Fri., 8:30 a.m.-5:30 p.m.
- 13151 Palomares Avenue, La Verne (909) 480-8901 ext. 3177, 10:00 a.m.-4:00 p.m.
- [www.davidandmargaret.org](http://www.davidandmargaret.org)

### **Focus West**

**211 W. 5th Street, Ontario  
(909) 467-5203**

- No insurance needed
- Ages 13-18
- Anger Management
- Petty Theft
- Drug/ alcohol

### **Grit Program**

**1019 Orange Tree Lane, #360, Redlands  
(909) 793-7746**

- Anger management
- Drug/Alcohol classes
- Call for appointment
- Joseph Rodriguez - Program coordinator

**House of Ruth**  
**599 N. Main St., Pomona**  
**(909) 623-4364**

- Counseling for teens
- Teen dating violence
- Spanish and English services, other translators upon request
- Hotline: (877) 988-5559

**Juvenile Intervention Program**  
**655 E. 3rd Street, San Bernardino**  
**(909) 387-3700**

- Ages 13-17
- Juvenile must not have been to Juvenile Hall or currently involved in any ongoing criminal proceedings.
- Must have parent or guardian who is capable and willing to attend.
- Families must reside in San Bernardino County
- Hotline: (909) 387-3676

**Loma Linda Hospital Intake Facility**  
**1710 Barton Rd., Redlands**  
**(909) 558-9275**

- Individual therapy
- Eating disorders
- Cutting
- English and Spanish services, other translators available

**Ontario One-Stop Tay Center**  
**316 East E Street, Ontario**  
**(909) 983-4466**

- Drop-In services for San Bernardino County residents between 16-25 years of age
- Support Groups
- Case Management services
- Counseling services
- Therapy and Medication Management
- Movie/TV/Game Room
- Field Trips and Activities
- Basic needs assistance and other additional services as needed
- [www.mhsing.org/ontario](http://www.mhsing.org/ontario)

**The Olive Branch**  
**4041 Brockton Avenue, Riverside**  
**(909) 989-9030**

- Sliding scale for services
- Victim awareness
- Anger management
- Parenting/ co-parenting classes
- [www.olivebranchcounseling.org](http://www.olivebranchcounseling.org)

**RAP (Rehabilitation Alcohol Program)**  
**17205 Arrow Blvd., Fontana**  
**(909) 356-9390**

- Appointments only
- DUI only
- Mon.-Fri., 8:00 a.m.-10:00 p.m.

**Reach Out**  
**1126 W. Foothill Blvd., Ste. 250, Upland**  
**(909) 982-8641**

- Ages 13-21 youth mentor program for foster and probation youth
- Bilingual services along with walk-ins/appointments
- Mentor program for youth and parenting classes

**San Bernardino City Unified School District/ Adult School**  
**1200 N. E Street, San Bernardino**  
**(909) 388-6000**

- 18 years or older
- Counseling
- Computer assistance/ tutoring classes

**San Bernardino County Sheriff's Dept.**

- Parent Project - (909) 477-2625
- Young Visionaries - (909) 881-3382
- Insight Treatment Program (800) 599-8820
- Homeless Program through DBH (909) 388-5600
- Gang Reduction Intervention Team (909) 793-7746
- [www.ngycp.prg/state/ca2](http://www.ngycp.prg/state/ca2)

**Shield Program for Adolescent Self-Injury**

**1710 Barton Rd., Redlands**

**(800) 752-5999**

- Helps teens learn ways to cope with extreme emotions without resorting to self-injury

**Teen Line Online**

**(800) TLC-TEEN**

**(310) 855-HOPE (4673)**

- [www.teenlineonline.org](http://www.teenlineonline.org)

**YJC- Youth Justice Center**

**900 E. Gilbert Street, Bldg. 31, San Bernardino**

**(909) 387-7358, (909) 387-7359**

- 12-18 years old
- Anger management
- Drug/alcohol
- Gang awareness
- Parenting
- Petty theft
- Truancy program

**Youth and Family Club of Pomona**

**1420 S. Gary Ave., Pomona**

**(909) 242-1110**

- Social and recreation facility age 6 and older
- No insurance needed and appointments only

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***MILITARY SCHOOLS***

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**Youth Alternative Solution Program (YASP)**

**(909) 558-4077**

- Drug and alcohol education program
- All teens between 13-18 years old
- Referrals accepted

**VETERAN SERVICES**

**The American Legion Post 299**

**13759 Central Ave., Chino**

**(909) 628-2080**

- Nonprofit veterans club
- Service officer available to help with VA claims and claims regarding health issues
- Community service projects available
- Various youth outreach programs
- Recreation hall available for public rental of private events
- \$45/year membership required

**The American Legion Post**

**11201 Benton Street, Loma Linda**

**(909) 825-7084**

**Department of Veteran Affairs**

**8575 Haven Ave., Rancho Cucamonga  
(909) 948-6470**

- Mon.-Thurs., 8:00 a.m.-4:00 p.m.
- Closed Fridays

**East Los Angeles Outpatient Clinic**  
**5426 E. Olympic Blvd., Los Angeles**  
**(323) 725-7372**

- General mental health
- Only for veterans in combat with honorable discharge
- PTSD treatment
- Purple heart owners are free
- Mon.-Fri., 7:70 a.m.-4:00 p.m.

**East Los Angeles Vet Center**  
**5400 E. Olympic Blvd., Ste. 140,**  
**Commerce**  
**(323) 728-9966**

- Counseling services
- Cost is free for all services
- Veterans with trauma
- Combat veterans only

**Gardena Outpatient Clinic**  
**1149 W. 190<sup>th</sup> St., Gardena**  
**(310) 851-4705**

- Audiology and lab services
- Mental health
- Veterans only
- 2 years of active service requirement
- Sliding scale cost
- VA apply for benefits first

**Lancaster Community Based**  
**Outpatient Clinic**  
**340 E. Ave. I, Ste. 108, Lancaster**  
**(661) 729-8655**

- Primary care
- X-ray lab & dietitian
- Audiology
- Veterans only with honorable discharge
- Sliding scale cost

**Loma Linda Medical Center**  
**11201 Benton Street, Loma Linda**  
**(909) 825-7084**

- No pediatrics
- Full-service hospital for all needs and medical services
- Provides medical services to veterans
- DOD triactive-Dependence active retired

**Los Angeles Veterans Resource Center**  
**1045 W. Redondo Beach Blvd.,**  
**Suite 150, Gardena**  
**(310) 767-1221**

- PTSD counseling
- Marriage counseling
- Trauma and Medical referrals
- Homeless Services
- Domestic Violence
- Have to have been in a war but not specifically combat

**Oxnard Outpatient Clinic**  
**1690 Universe Cir., Oxnard**  
**(805) 204-9135**

- Primary Care
- Psychologist/Psychiatrist
- Veterans only with honorable discharge
- Mental Health Services
- Sliding Scale Costs

**San Luis Obispo-Pacific Medical Plaza**  
**1941 Johnson Ave., San Luis Obispo**  
**(805) 543-1233**

- Veteran Clinic
- Application required
- Primary and Audiology Care
- Co-pay for Primary care is \$15- Specialty is \$50

**Ventura Vet Center**  
**790 E. Santa Clara Street, Suite 100,**  
**Ventura**  
**(805) 585-1860**

- Re-adjustment Program
- Vocational rehab
- Career Services
- Services free for all veterans
- Counseling
- Call first for appointments, walk-ins available
- Services are only for Veterans and Veteran's dependents
- Must be a combat veteran or have MST (Military Sexual Trauma)



**Veteran of Foreign War**  
**1341 E. D Street, Ontario**  
**(909) 986-9066**

- Services are for Veterans and Veteran's dependents
- Transition to civilian life
- Financial services
- Insurance benefits
- End of life services
- Travel services
- Contact Johnny Dunkin

**Vetlink (Veteran Services)**

- [www.211sb.org](http://www.211sb.org)
- Extensive database with a broad source of resources, including veteran assistance information

**West Los Angeles Medical Center**  
**11301 Wilshire Blvd., Los Angeles**  
**(310) 478-3711**

- Mental health services
- Pharmacy, Veteran research, teaching
- Full-service hospital
- Veterans only

**West Los Angeles Vet Center**  
**5730 Uplander Way, Ste. 100, Culver City**  
**(310) 641-0326**

- PTSD Counseling Service
- Available to veterans or dependent spouses
- Free on all levels

## VICTIM ASSISTANCE

**Bridge Community, LLC**  
**12554 Central Ave., Chino**  
**(714) 458-3976**

- Sliding scale for fees
- Counseling and Case Management
- Provide individual and group therapy for victims of crime resulting in: grief/loss, anxiety, post-traumatic stress disorder, depression, and anger.
- Appointments only
- English/Spanish services

**Victim's Witness Advocacy Program**  
**8303 Haven Ave., Rancho Cucamonga**  
**(909) 945-4241**

- Court escorts
- Crisis intervention
- Counseling
- Referral to community agencies

**Victims Witness Assistance Program**  
**400 Civic Center Plaza, Room 201,**  
**Pomona**  
**(909) 620-3381**

- Aid in obtaining reimbursement for medical expenses, loss of income/support, therapy, and funeral expenses.
- No service fee
- Both walk-in and appointments are available.
- English/Spanish services

## WEBSITES (RESOURCES)

### *ALCOHOL AND DRUG*

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#### [www.ca.org](http://www.ca.org)

- Cocaine Anonymous website provides references to local area chapters.

#### [www.casacolumbia.org](http://www.casacolumbia.org)

- The National Center on Addiction and Substance Abuse at Columbia University. Provides informative studies, articles and statistical information.

#### [www.drugfree.org](http://www.drugfree.org)

- Take Action Against Substance Abuse and Gun Violence. Join together is a project of the Boston University School of Public Health. Information, studies and articles against substance abuse and gun violence.

#### [www.madd.org](http://www.madd.org)

- Mothers Against Drunk Drivers (MADD) website.

#### [www.samhsa.gov](http://www.samhsa.gov)

- US Department of Health and Human Services for Alcohol & Drug Information (fact sheets).

#### [www.womenforsobriety.org](http://www.womenforsobriety.org)

- Self-help program for women with drinking problem

### *COUNSELING AND MISCELLANEOUS SUPPORT GROUPS*

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#### [www.adaa.org](http://www.adaa.org)

- Anxiety Disorders Association of America

#### [www.add-adhdinfo.com](http://www.add-adhdinfo.com)

- ADHD information.

#### [www.allaboutcounseling.com](http://www.allaboutcounseling.com)

- Provides general information, discussions, therapist directory, other counseling site links and professional resources.

#### [www.griefshare.org](http://www.griefshare.org)

- Provides grieving people throughout the internet community a place to access information, exchange idea, and share their own personal experiences in regards to the grieving process as well as provides list of local support groups.

#### [www.gamblersanonymous.org](http://www.gamblersanonymous.org)

- Helpful information and links to support groups.

#### [www.kidsturn.org](http://www.kidsturn.org)

- A non-profit organization to help kids and parents through divorce.

#### [www.marriagebuilders.com](http://www.marriagebuilders.com)

- Helpful tips and information to help build a happy marriage.

#### [www.mediate.com](http://www.mediate.com)

- Family Mediators

#### [www.mentalhealthscreening.org](http://www.mentalhealthscreening.org)

- Depression screening

#### [www.nhpco.org](http://www.nhpco.org)

- Hospice Care/Grief Counseling (800) 658-8898 National Hotline.

[www.ncpgambling.org](http://www.ncpgambling.org)

- Referrals to mental health professionals trained to work with gamblers and their families.

[www.peaceathome.com](http://www.peaceathome.com)

- Domestic Violence: The Facts (under "products").

[www.pflag.org](http://www.pflag.org)

- Parents, Families and Friends of Lesbians & Gays.

[www.psychologytoday.com](http://www.psychologytoday.com)

- Search for a Therapist, self-tests, advice and general information.

[www.sa.org](http://www.sa.org)

- Helpful information and links to support groups for
- Sexaholics Anonymous.

[www.selfinjury.com](http://www.selfinjury.com)

- SAFE (Self Abuse Finally Ends) Alternatives to self-
- mutilation.

[www.stepfam.org](http://www.stepfam.org)

- National step family resource center.

[www.steptogether.org](http://www.steptogether.org)

- Online support for step families.

[www.survivorsofselfharm.com](http://www.survivorsofselfharm.com)

- Helpful information and links to support groups.

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

- Suicidal prevention hotline.

[www.thetrevorproject.org](http://www.thetrevorproject.org)

- Support to gay, lesbian, bisexual and transgender youth.

[www.autismsupportnetwork.com](http://www.autismsupportnetwork.com)

- Dedicated to resources concerning autism.

[www.teenhelp.com](http://www.teenhelp.com)

- Advice for parents and teens.

## WEBSITES (GOVERNMENT AGENCIES)

### City of Chino

[www.cityofchino.org](http://www.cityofchino.org)

- City of Chino homepage provides City history, information on departments, services, and community programs available throughout the city.

### City of Chino Police Department

[www.cityofchino.org/police](http://www.cityofchino.org/police)

- City of Chino Police homepage provides links and information to department bureaus, specialty units and volunteer programs.

### California, State of (Homepage)

[www.ca.gov](http://www.ca.gov)

- Homepage provides links to all statewide programs, services, aid, and resources available in California.

### California Department of Education (CDE)

[www.cde.ca.gov](http://www.cde.ca.gov)

- Provides leadership, assistance, oversight, and resources so that every Californian has access to an education that meets world-class standards.

**California Department of General Services**

[www.dgs.ca.gov](http://www.dgs.ca.gov)

- To ensure quality, cost-conscious, and timely assistance and support to state and other public agencies so they can efficiently deliver necessary and essential services to citizens.

**California Department of Social Services**

[www.cdss.ca.gov](http://www.cdss.ca.gov)

- To serve, aid, and protect needy and vulnerable children and adults in ways that strengthen and preserve families; encourage personal responsibility; and foster independence.

## APPENDIX

<b>A.C.T. Family Counseling Services</b> .....	26	<b>Buena Vista High School</b> .....	39, 69
<b>AARP</b> ( <i>American Association of Retired Persons</i> ).....	54	<b>CA Arthritis Foundation</b> .....	34
<b>Ability First</b> .....	23, 34	<b>CA Developmental Services</b> .....	34
<b>Abundant Living Family Church</b> .....	42	<b>California Children’s Services</b> .....	51
Abused Women & Children .....	12	<b>California Conservation Corps. Center</b> .....	40
Adoptions.....	14	<b>California Highway Patrol</b> .....	55
<b>Adult Protective Services</b> .....	35, 65	<b>California Institution For Men Chino</b> .....	58
<b>Adult Protective Services of San Bernardino</b> .....	35	<b>California Literacy Program- Chino Library</b> .....	49
<b>Advantage Property Management</b> .....	45	<b>California Youth Connection</b> .....	69
<b>Adventist Community Team Services</b> .....	63	<b>California Youth Crisis Hotline</b> .....	46
<b>Aegis Treatment Centers</b> .....	18	<b>California Youth Crisis Line</b> .....	61, 69
<b>Agewise Program</b> .....	63	<b>Canyon Ridge Hospital</b> .....	16, 25, 27, 46, 67, 68
AIDS/Sexually Transmitted Diseases .....	15	<b>Caring for the Hills</b> .....	42
<b>Al-Anon &amp; Alateen</b> .....	68	<b>CAROLYN OWENS COMMUNITY CENTER</b> .....	7
<b>AL-ANON/AL-ATEEN</b> .....	19	<b>Casa Colina Centers for Rehabilitation</b> ..	34, 41, 58
Alcohol & Drug Counseling.....	16	<b>Casa Youth Shelter</b> .....	61
ALCOHOL AND DRUG.....	74	<b>Catholic Charities</b> .....	12, 27, 31, 35, 42, 53, 63
<b>Alcohol Education and Recovery Services</b> .....	18	<b>Center For Healing Childhood Trauma</b> .....	12
<b>Alcoholics Anonymous</b> .....	19, 68	<b>Center for the Pacific-Asian Family- Emergency Shelter</b> .....	36
<b>Alta Loma Psychological Associates</b> .....	28, 35, 36	<b>Center on Deafness, Inland Empire</b> .....	33
<b>Alzheimers Association Helpline</b> .....	63	<b>Central Access—San Bernardino County</b> .....	27
<b>American Cancer Society</b> .....	41	<b>Chaffey Adult School</b> .....	38, 53
<b>American Recovery Center</b> .....	16, 26	<b>Chaffey College Re-Entry Program</b> .....	69
<b>American Red Cross</b> .....	41	Child Abuse Agencies .....	21
<b>Andrade, Maria, MFCC</b> .....	26	<b>Child Abuse Hotline</b> .....	21, 22
<b>Angels Flight</b> .....	61	Child Care.....	22
<b>Arrow Regional Medical Center</b> .....	50	<b>Child Find of America</b> .....	23
<b>Arrowhead Regional Center Behavioral Health</b> .....	41	<b>Child Help USA</b> .....	24
<b>Arrowhead Regional Center-Behavioral</b> .....	25, 26	<b>Child Protective Services</b> .....	22, 24
<b>Arrowhead United Way</b> .....	63	<b>Child Time Child Care</b> .....	22
<b>Asian American Christian Counseling</b> .....	31	Children Services.....	23
<b>Assissi House</b> .....	42	<b>Ching-Chih D. Huang</b> .....	51
<b>Assistance League of the Foothill Communities</b> .....	51	<b>Chino Boxing Club</b> .....	24
<b>Associated Counseling Services</b> .....	26, 38	<b>Chino Experience Teen Center</b> .....	7, 22
<b>ASSURE Pregnancy</b> .....	56	<b>Chino Head Start/ State Preschool</b> .....	23
<b>Assure Pregnancy Clinics</b> .....	41	<b>Chino Hills Counseling</b> .....	27
AUDIOLOGICAL SERVICES .....	33	<b>Chino Hills Sheriff Station</b> .....	55
<b>Aurora</b> .....	67	<b>Chino Human Services</b> .....	6, 27, 31
<b>Behavioral Medicine Center</b> .....	16, 28, 30, 67	<b>Chino Neighborhood House</b> .....	42, 62
Bereavement Counseling.....	20	<b>Chino Police</b> .....	55, 75
<b>Bethany Christian Services</b> .....	14, 56	<b>Chino Senior Center</b> .....	64
<b>Bharati Ghosh, M.D.,</b> .....	51	<b>Chino Valley Adult School</b> .....	38
<b>BHC Alhambra Hospital</b> .....	46, 67	<b>CHINO VALLEY INDEPENDENT FIRE DISTRICT</b> .....	7
<b>Bienestar Human Services Inc.</b> .....	15	<b>Chino Valley Medical Center</b> .....	41
BILINGUAL COUNSELING.....	31	<b>Chino Valley Psychological Center</b> .....	27, 31
<b>Blindness Support Services</b> .....	34	<b>Citrus Valley Hospice</b> .....	40
<b>Bloomington Dental Clinic</b> .....	53	<b>City of Chino Housing Department Housing Division</b> .....	62
<b>Boys &amp; Girls Club</b> .....	71	<b>City of Chino Housing Program</b> .....	43
<b>Boys Republic</b> .....	58	City of Chino Services.....	7
<b>Brad Katzman, DPM</b> .....	51	<b>City of Montclair Senior Services</b> .....	64
<b>Breastfeeding National Network</b> .....	57	<b>Cocaine Anonymous Referral Service</b> .....	17, 19
<b>Bridge Community, LLC</b> .....	73	<b>Colton Police</b> .....	55

<b>Community Action Partnership of San Bernardino County</b> .....	43
<b>Community Baptist Church</b> .....	35
<b>Community Crisis Response Team</b> .....	47
<b>Community Crisis Response Team (CCRT)</b> .....	67
<b>Community Health Systems, Inc.</b> .....	52
<b>Corona-Norco Rescue Mission</b> .....	43
<b>COUNSELING AND MISCELLANEOUS SUPPORT GROUPS</b> .....	74
Counseling Services .....	26
<b>COUNSELING SERVICES</b> .....	8
<b>County of San Bernardino</b> .....	14, 52
<b>County of San Bernardino Children and family Services</b> .....	14
<b>COURTS</b> .....	47
<b>Covenant House California</b> .....	62
<b>Crisis Assessment Team</b> .....	68
<b>Crossroads</b> .....	38, 45, 58, 62
<b>Crossroads Inc.</b> .....	38, 45, 58
<b>CVUSD Health Services</b> .....	24, 26, 51
<b>CVUSD Health Services Department</b> .....	26
<b>Cypress Clinic</b> .....	27, 31
<b>D.O.V.E.S</b> .....	36, 58
<b>David &amp; Margaret Home</b> .....	58
<b>David and Margaret Youth and Family Services</b> .....	69
<b>Dayna L. Tevis, M.S.</b> .....	27
<b>DEAF COMMUNITY SERVICES</b> .....	33
<b>Del Sol Psychological Center</b> .....	68
<b>Department of Aging and Adult Services</b> .....	64
<b>Department of Behavioral Health –</b> .....	24
<b>Department Of Child Support Services</b> .....	47
<b>Department of Public Health San Bernardino Immunization Clinic</b> .....	26, 52
<b>Department of Rehabilitation</b> .....	34
<b>Department of Social Services</b> .....	43
<b>Department of Veteran Affairs</b> .....	71
<b>Depression and Bipolar Support Alliance</b> .....	68
<b>Desert Sanctuary</b> .....	13
<b>Desert/Mountain SELPA Children’s Center</b> .....	24
<b>Diamond Bar Psychological and Family Services</b> .....	28
<b>Diplomatic Missions</b> .....	48
<b>Disability Resources</b> .....	33
<b>Disease Control Center Information</b> .....	15
<b>Divorce &amp; Separation</b> .....	35
<b>Divorced Fathers</b> .....	68
<b>Domestic Violence Help-Line</b> .....	43
<b>Domestic Violence Shelters and Hotlines</b> .....	35
<b>Downtown Women’s Center</b> .....	43
<b>East Los Angeles Outpatient Clinic</b> .....	72
<b>East Los Angeles Vet Center</b> .....	72
<b>East San Gabriel Valley Coalition</b> .....	45
<b>East Valley Community Health Center</b> .....	52
<b>Easter Seals</b> .....	24
<b>Eating Disorders</b> .....	38
<b>Education for Adult Re-Entry</b> .....	38
<b>El Monte Police Department</b> .....	52
<b>Elder Abuse Hotline</b> .....	64

<b>Empire Management</b> .....	45
Employment Agencies .....	40
<b>Fair Housing Board</b> .....	43
<b>Fairfax Elementary Learning Center</b> .....	20
<b>Families and Friends of Murder Victims</b> .....	20
<b>Families Anonymous</b> .....	54
<b>Family Assistance Program</b> .....	13, 59
<b>Family Health Center</b> .....	41, 51
<b>Family Planning Associates</b> .....	56
<b>Family Service Agency of San Bernardino</b> .....	28
<b>Family Services Agency of San Bernardino</b> .....	31
<b>Family Services Association of Redlands</b> .....	59
<b>Family Services Counseling Agency of San Bernardino</b> .....	54
<b>First Street Gallery Art Center</b> .....	34
<b>Focus West</b> .....	69
<b>Fontana Courthouse</b> .....	48
<b>Fontana Police</b> .....	55
<b>Foothill Family Shelter</b> .....	43, 59
<b>Foothills Psychological Services, Inc.</b> .....	27
<b>Frank Chen, M.D.</b> .....	50
<b>Frank L. Chiang, M.D.</b> .....	51
<b>Free Drug Card</b> .....	41
<b>Fresh Start Housing Program</b> .....	46
<b>Friends of the Family</b> .....	36
<b>Friends Outside Hospitality Center</b> .....	43
<b>Gardena Outpatient Clinic</b> .....	72
<b>Good Shepard Shelter</b> .....	36
<b>Grandparents As Parents</b> .....	54
<b>Grit Program</b> .....	69
<b>Guthrie Perry, T., Clinical Psychologist</b> .....	28
<b>Haley House</b> .....	59
<b>Haven House</b> .....	43
<b>Head Start</b> .....	23, 39
<b>Helping Hands Ontario</b> .....	54, 68
<b>HICAP-Health Insurance Counseling and Advocacy Program</b> .....	64
<b>High Desert Homeless Services</b> .....	44
<b>Highland Senior Center</b> .....	64
<b>Home Again Program</b> .....	44
<b>Hope After Suicide Support Group</b> .....	20
<b>Hospice</b> .....	40
<b>Hospitals and Medical Information</b> .....	41
<b>Hotlines</b> .....	46
<b>House Ear Institute</b> .....	33
<b>House of Ruth</b> .....	13, 36, 47, 59, 66, 70
<b>Housing and Homeless Services</b> .....	42
<b>Housing Authority</b> .....	44, 46, 59, 62
<b>Housing Authority of San Bernardino</b> .....	44
<b>HOUSING PROGRAM</b> .....	7
<b>HUMAN SERVICES</b> .....	8
<b>I Care Shelter Home</b> .....	44
<b>IMMIGRATION SERVICES</b> .....	48
<b>IMMUNIZATION</b> .....	26
<b>Inland Behavioral Services</b> .....	18
<b>Inland Christian Home Inc.</b> .....	64
<b>Inland Counties Legal Services</b> .....	47
<b>Inland Empire Family Life Institute</b> .....	24
<b>Inland Empire Job Corps Center</b> .....	39, 40

<b>Inland Empire Latino Association Bernardino</b> .....	47	<b>MILITARY SCHOOLS</b> .....	71
<b>Inland Fair Housing &amp; Mediation</b> .....	44, 64	<b>Missing Children’s Hotline</b> .....	62
<b>Inland Fair Housing and Mediation Board</b> .....	49	<b>Montclair Police</b> .....	55
<b>Inland Hospice Volunteers</b> .....	21, 40	<b>Moreno Valley Health Center</b> .....	52
<b>Inland Housing Solutions</b> .....	60	<b>Morongo Basin Unity</b> .....	13
<b>Inland Regional Center</b> .....	33	<b>Mountain View Behavioral Health</b> .....	29
<b>Inland Temporary Home</b> .....	60	<b>Mt. San Antonio Gardens-Congregational</b>	
<b>Inland Temporary Homes</b> .....	44	<b>Homes Inc.</b> .....	65
<b>Inland Valley Hope Partners Sova</b> .....	44	<b>Narcotics Anonymous</b> .....	19, 68
<b>Inland Valley Recovery Services</b> .....	17	<b>National Coalition Against Domestic Violence</b>	
<b>Inland Valley Volunteer &amp; Resource Center</b> .....	47, 65	<b>“Face to Face” Program</b> .....	36
<b>International Dyslexia Association</b> .....	49	<b>National Council on Alcoholism and Drug</b>	
<b>Isaiah’s Rock</b> .....	44	<b>Dependence</b> .....	20
<b>Jack Bulik Teen Center</b> .....	23	<b>National Domestic Violence Hotline</b> .....	36
<b>Joslyn Senior Center</b> .....	65	<b>National Hope-Line Network</b> .....	67
<b>Joyce Tessier, MFCC</b> .....	28	<b>National Runaway Safeline</b> .....	62
<b>Juvenile Intervention Program</b> .....	70	<b>National Suicide Help-Line</b> .....	68
<b>Kaiser Permanente</b> .....	40, 41, 47	<b>Naveen Gupta, M.D.</b> .....	50
<b>Kaiser Permanente Hospice Program</b> .....	40	<b>NEIGHBORHOOD ACTIVITY CENTER</b> .....	7
<b>Kaiser Permanente Hospital</b> .....	41	<b>NEIGHBORHOOD SERVICES</b> .....	12
<b>Kids Come First Community Clinics</b> .....	52	<b>New Day Counseling Center</b> .....	18, 54
<b>King Yee Yu, M.D.</b> .....	50	<b>New Day Institute</b> .....	29, 32
<b>Kinship Center</b> .....	15	<b>New Hope Christian Fellowship Church</b> .....	44
<b>Kyu D. Ahn, M.D.</b> .....	50	<b>New Parent Information Kit</b> .....	53
<b>La Leche League</b> .....	57	<b>Olive Crest</b> .....	22, 60
<b>Lally Medical Group</b> .....	29	<b>Ontario One-Stop Tray Center</b> .....	29, 62, 70
<b>Lancaster Community Based Outpatient Clinic</b>		<b>Ontario Police</b> .....	56
.....	72	<b>Ontario Public Health</b> .....	50
<b>Law Offices of Bill La Tour</b> .....	47	<b>OPARC</b> .....	34
<b>LDS Family Services</b> .....	56	<b>Operation Safe House</b> .....	60
<b>Legal Aid Clinics</b> .....	48	<b>Operation Safehouse</b> .....	62
<b>Legal Aid Society of San Bernardino</b> .....	48	<b>Option House Inc.</b> .....	37, 60
<b>Legal Assistance Services</b> .....	47	<b>Option House, Inc.</b> .....	13
<b>LeRoy Haynes Center for Children and Family</b>		<b>Options for Youth</b> .....	39
<b>Services</b> .....	13, 24, 60	<b>Our Lady of Guadalupe</b> .....	44
<b>Lidia Escobar, LCSW 23163</b> .....	28, 32	<b>Overeaters Anonymous</b> .....	38
<b>Literacy Programs</b> .....	49	<b>Oxnard Outpatient Clinic</b> .....	72
<b>Loma Linda Hospital Intake Facility</b> .....	70	<b>Pacific- Asian Family and Women’s Emergency</b>	
<b>Loma Linda Medical Center</b> .....	33, 72	<b>Shelter</b> .....	66
<b>Loma Linda University</b> .....	21, 25, 28, 30, 67	<b>Pacific Lifeline Upland</b> .....	29
<b>Loma Linda University Grief Retreat/Camps</b> .....	21	<b>Pacific Recovery Services</b> .....	38
<b>Long Term Care Ombudsman Program</b> .....	65	<b>Parenting Counseling and Classes</b> .....	53
<b>Los Angeles County Department of Public</b>		<b>Parenting Services:</b> .....	54
<b>Health</b> .....	15	<b>Parents Anonymous</b> .....	55
<b>Los Angeles Veterans Resource Center</b> .....	72	<b>Partnership for Prescription Assistance</b> .....	41
<b>Lutheran Braille Workers</b> .....	34	<b>Pasadena Pacific Clinic</b> .....	29
<b>MADD San Bernardino County</b> .....	19	<b>Passageways</b> .....	46
<b>Mariposa Community Counseling</b> .....	28	<b>Path of Life</b> .....	61
<b>Matrix Center</b> .....	18	<b>Perris Hill Senior Center</b> .....	65
<b>McKinley Children’s Center</b> .....	60	<b>PHOP</b> .....	45
<b>Meals on Wheels</b> .....	63, 65	<b>PHYSICIANS WHO ACCEPT MEDI-CAL</b> .....	50
<b>Mediation and Arbitration</b> .....	49	<b>Planned Parenthood</b> .....	15, 57
<b>MEDI-CAL</b> .....	50	<b>POLICE DEPARTMENT</b> .....	7
<b>Medical Facilities</b> .....	51	<b>Police/Sheriff Departments Western</b> .....	55
<b>Medi-Cal/Medi-Care Information</b> .....	50	<b>Pomona Community Services</b> .....	65
<b>MEDI-CARE</b> .....	50	<b>Pomona Homeless Outreach</b> .....	45, 62
<b>Mercy House Walk-In Center</b> .....	44	<b>Pomona Inland Valley Council of Churches</b> .....	45, 62
<b>MESA Clinic</b> .....	29	<b>Pomona Inland Valley Council of Churches</b>	
<b>Micah House</b> .....	23	<b>(PIVCC Beta Center)</b> .....	45

<b>Pomona Police</b> .....	56	<b>San Bernardino Police Department</b> .....	56
<b>Pomona Prototype</b> .....	29	<b>San Bernardino Valley College</b> .....	53
Pregnancy Information, Assistance & Hotlines.....	56	<b>San Gabriel/ Pomona Valley Regional Center</b> .....	33
<b>PREGNANT TEENS</b> .....	39	<b>San Luis Obispo-Pacific Medical Plaza</b> .....	72
<b>Preschool Services Dept.</b> .....	23	<b>SCHOOL BASED PROGRAMS</b> .....	9
Prisoner & Parolee Services.....	58	<b>Section 8 Housing</b> .....	61
<b>Project Inform</b> .....	15	<b>SENIOR CENTER</b> .....	8, 11
<b>Project Sister Family Services</b> .....	14	Senior Services.....	63
<b>Prototype Women’s Center</b> .....	17	<b>Service Center for Independent Life</b> .....	34
<b>Prototypes Men and Women Center</b> .....	18	<b>Sex Addicts Anonymous</b> .....	68
<b>Psychiatric Assessment Triage</b> .....	47	Sexual Assault/Rape Services.....	66
<b>PUBLIC HOUSING OFFICES</b> .....	45	<b>Shelter Info Line-211 Los Angeles</b> .....	63
<b>R.C Family Resource Center</b> .....	29	<b>Shield Program for Adolescent Self-Injury</b> .....	30, 71
<b>Rancho Cucamonga Courthouse</b> .....	48	<b>Sierra Vista</b> .....	17
<b>Rancho Cucamonga Sheriff</b> .....	56	<b>Social Security Office</b> .....	65
<b>RAP</b> .....	62, 70	<b>SOLVA (Inland Valley Hope Partners Program)</b> .....	46
<b>Rape Crisis Hotline, 24 hours</b> .....	66	<b>South Coast Community Services</b> .....	25, 30
<b>Rate Assistance-Edison</b> .....	45	<b>Southern California Edison</b> .....	46
<b>Reach Out</b> .....	19, 70	<b>Southern California Foster Family and Adoption Agency</b> .....	14
<b>Reach Out West End, Inc.</b> .....	19	<b>Southern California Gas</b> .....	45, 46
<b>RECREATION SERVICES</b> .....	11	<b>St. Anne’s</b> .....	57
<b>Regional Drug &amp; Poison Center</b> .....	47	<b>Steinberger, David, PH.D</b> .....	22
Residential Facilities & Support Services.....	58	<b>Stuart Kaplowitz, LMFT</b> .....	30
<b>Restored Hope Counseling</b> .....	30	Suicide Hotline/ Assessment Teams.....	67
<b>Rialto Behavioral &amp; Addiction Treatment Services</b> .....	19	Support Groups.....	68
<b>Rialto Police</b> .....	56	<b>SUPPORT GROUPS &amp; CLASSES</b> .....	9
<b>Riverside Rape Crisis Center</b> .....	66	<b>Tattoo Removal</b> .....	52
<b>Robert and Beverly Lewis Family Cancer Care Center</b> .....	42	<b>Teen Line Online</b> .....	71
<b>Rolling Start</b> .....	33	Teenage Services.....	69
Runaway Hotlines, Food, Clothing & Shelters.....	61	<b>The Access Unit</b> .....	55, 61
<b>S.T.D. HOTLINE-American Social Health Association</b> .....	15	<b>The American Legion Post</b> .....	71
<b>SAC Clinic</b> .....	53	<b>The American Legion Post 299</b> .....	71
<b>Saint Bernardine’s Hospital</b> .....	25	<b>The Compassionate Friends</b> .....	21
<b>Salem Christian Homes In.</b> .....	61	<b>The Olive Branch</b> .....	70
<b>Salvation Army</b> .....	17, 25, 37, 45, 63	<b>The Recovery Center</b> .....	19
<b>Samaritan Counseling Center</b> .....	30	<b>Thomas T. Lee, M.D.,</b> .....	51
<b>San Antonio Community Hospital</b> .....	25, 42	<b>Traveler’s Aid Society of Inland Empire</b> .....	63
<b>San Antonio Community Well Center</b> .....	21	<b>Tri County Dental Society</b> .....	53
<b>San Bernardino City Unified School District</b> .....	39, 70	<b>Triangle Club of Pomona, Inc.</b> .....	19
<b>San Bernardino Community Hospital</b> .....	25	<b>Tri-City Mental Health</b> .....	30, 32
<b>San Bernardino County</b> .....	14, 22, 27, 31, 37, 40, 42, 45, 50, 53, 56, 66, 70	<b>Trinity Youth Services</b> .....	14, 61
<b>San Bernardino County 211</b> .....	37	<b>True Rx Savings</b> .....	42
<b>San Bernardino County Child Protective Services</b> .....	14, 37	<b>U.S. Citizenship &amp; Immigration Services</b> .....	48
<b>San Bernardino County Department of Mental Health</b> .....	31	<b>U.S. Department of State</b> .....	48
<b>San Bernardino County Dept. Of Health</b> .....	42	<b>United Fathers of America</b> .....	55
<b>San Bernardino County Housing</b> .....	45	<b>University of La Verne</b> .....	39
<b>San Bernardino County Workforce</b> .....	40	<b>University of Phoenix</b> .....	30
<b>San Bernardino County Workforce Investment Board</b> .....	40	<b>Upland Police</b> .....	56
<b>San Bernardino Department of Public Health</b> .....	15	<b>US Veterans Administration, Loma Linda Medical Center, Audiology and Speech Pathology</b> .....	33
<b>San Bernardino Department of Rehabilitation</b> .....	33	<b>UTILITY BILLING</b> .....	8
<b>San Bernardino District Sexual Assault Services</b> .....	67	<b>Valenta Eating Disorder Clinic</b> .....	38
		<b>VARP, INC.</b> .....	17
		<b>Ventura Vet Center</b> .....	72
		<b>Veteran of Foreign War</b> .....	73
		<b>Veteran Services</b> .....	71



<b>Vetlink (Veteran Services)</b> .....	73
<b>Via Verde Counseling Association</b> .....	30, 32
Victim Assistance .....	73
<b>Victim Witness Advocacy Program</b> .....	48, 50
<b>Victim’s Witness Advocacy Program</b> .....	73
<b>Victims of Crime Resource Center</b> .....	37
<b>Victims of Violent Crimes</b> .....	67
<b>Victims Witness Assistance Program</b> .....	73
<b>Victor Valley Domestic Violence</b> .....	37
<b>Visiting Nurses Association</b> .....	35, 42
<b>Visiting Nurses Association- Private Duty Care</b> .....	35
<b>Vista Counseling</b> .....	30, 32
Websites (Government Agencies) .....	75
Websites (Resources) .....	74
<b>West Coast Mediation Inc.</b> .....	49
<b>West Coast Mediation, INC</b> .....	35
<b>West End Family Counseling</b> .....	25, 31, 32, 54

<b>West End Family Counseling Services</b> .....	25
<b>West End San Bernardino Bar Association</b> .....	48
<b>West Los Angeles Medical Center</b> .....	73
<b>West Los Angeles Vet Center</b> .....	73
<b>West Valley Department of Public Health</b> .....	16
<b>Western University Medical Center</b> .....	52
<b>Whitney Young Clinic</b> .....	53
<b>WIC – Food Program for Pregnant Women &amp; Children</b> .....	57
<b>Women’s Transitional Living Center</b> .....	37
<b>YJC- Youth Justice Center</b> .....	71
<b>YMCA</b> .....	23
<b>Younglife</b> .....	39
<b>Youth Alternative Solution Program (YASP)</b> .....	71
<b>YW</b> .....	39
<b>YWCA of San Gabriel Valley</b> .....	66
<b>YWCA- Wings Domestic Violence Program</b> .....	37

