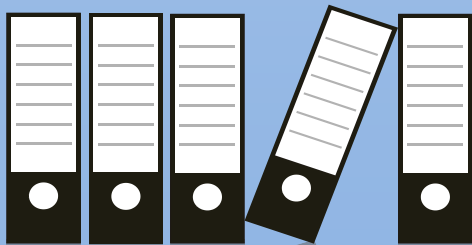




**UPLAND UNIFIED SCHOOL DISTRICT
HEALTHY START
COMMUNITY RESOURCES
DIRECTORY**

(909) 949-7804



MAY 2019

Introduction & Mission

The mission of the Upland Unified School District Healthy Start Collaborative, a diverse, caring, and dedicated partnership, is to ensure quality of life and academic achievement for children and their families through collaboration and comprehensive educational, health and social services.

The Healthy Start Support Services was created for the students and families of Upland Unified School district as a place for families to receive services and to connect with the school and the community. Easy access to services and service coordination is a key component of the program. This is the purpose of having a community resources directory especially for this community we serve.

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Emergency Numbers & Hotlines

211 (United Way Hotline) – call for local resources	Suicide Prevention 800-273-TALK (8255)
Info & Referral 24 Hour Hotline (Drug & Alcohol Only) 800-662-HELP (4357)	Community Crisis Response Team (available 24/7) 909-458-1517 office 909-535-1316 pager (after hours)
National Domestic Violence Hotline 800-799-SAFE (7233)	House of Ruth (Domestic Violence) 24 Hour Crisis Hotline 877-988-5559
Option House (Domestic Violence) 24 Hour Crisis Hotline 909-381-3471	Rape/Sexual Assault Center 24 Hour Crisis Hotline 909-885-8884 800-656-4673
National Child Sexual Abuse Helpline 866-367-5444	Child Abuse Hotline 909-384-9233 800-827-2724

Basic Needs: Food Banks

San Bernardino County Food Bank call for information 909-723-1580	Lifeway Church Ministries 7477 Vineyard Ave, Ranch Cucamonga 909-948-5557 first Saturday of every month 11:am – 1pm
Water of Life 16815 Spring St., Fontana 909-803-1059 (Fontana residents only) Food warehouse T & TH 2-3pm (disabled only); 3-6pm(all others)	Cucamonga Christian Fellowship 11376 5th St, Rancho Cucamonga, 909-945-5333 Last Saturday of the month ,10am-12pm & First 3 Sundays of the month, 12:45-2pm
Inland Valley Hope – Claremont Center 660 N. Mountain Ave., Claremont 909-622-3806 ext 401 M & TH 8:00-6:00pm (once every 30 days)	Inland Valley Hope Partners – SOVA Program Center 904 E. California St., Ontario 909-622-3806 ext 200 M-Th 9am-3pm (once every 30 days)
Inland Valley Hope – Upland Center 814 Alpine St., Upland 909-622-3806 Every 3rd Wednesday 5:30-7:30pm	Christian Life Center Apostolic Church 531 W 9th St, Upland 909-982-1676 2nd and 4th Monday each month 10am-11am
The Salvation Army 1412 S. Euclid Ave., Ontario 909-986-6748 Food distribution & meals provided	Upland Church of Christ 331 W. 9th St., Upland 909-982-1676 2nd & 4th Monday 10-11am

Inland Valley Hope -Beta Center 209 W. Pearl, Pomona 909-622-3806 ext 301 M-TH 9am-2:30pm	Rancho Cucamonga Family Resource Center 9791 Arrow Rte, Rancho Cucamonga 909-477-2781 Food pantry Tuesdays 12-3pm
St. Joseph 's Church –His Hands Ministry 877 N. Campus Ave, Upland 909-981-8110 Food Pantry M –F 9-11am	

Basic Needs: Clothes/Shoes

Foothill Family Shelter 1501 W. 9 th St., Upland 909-920 0453 Closed on Mondays, Close for Lunch from 12 to 1 pm limited program provides food, diapers, formula and other baby items (once every 30 days per family)	Foothill Family Thrift Store 1250 W. Foothill Blvd., Upland CA 91786 909-982-1785 M-Sat 10am-5pm; Sun 12-4pm
Christian Life Center Apostolic Church 718 Maitland, Ontario 909-947-7629 2 nd Saturday of the month Provides donated clothing that may include children's clothes, work clothes, maternity clothes and shoes.	Discovery Shop (Discount/Thrift Store) 1236 W. Foothill Blvd., Upland 909-981-7466 M-F 10am-5pm

Basic Needs: Shelter/Resources

Foothill Family Shelter 1501 W. 9 th St., Upland 909-920 0453 Closed on Mondays, Close for Lunch from 12 to 1 pm 120 day transitional program, one year program, low-cost permanent housing	Inland Valley Hope Partners 1753 N. Park Ave, Pomona 909-622-3806 Emergency housing, food, emergency rental/utility assistance/motel vouchers, support services
House of Ruth (Domestic Violence) 522 N. Fern Ave. , Ontario 877-988-5559 24HR HOTLINE 909-391-4515 Provides domestic violence services and shelter	Option House (Domestic Violence) 813 N. D St., Suite A, San Bernardino 909-383-1602 Provides domestic violence services: shelter, counseling, basic needs, legal services, free parenting classes.
Community Action Partnership of San Bernardino County 696 S. Tippecanoe Ave., San Bernardino 909-723-1560 Provides emergency assistance, transitional housing, case management.	Mercy House Access Center 909-391-2630 453 S. Bon View Ave., Ontario CA Mercy House Shelter (Leave message for waiting list 909-460-6768)

<p>Prototypes – STAR House (Domestic Violence) 323-461-4118 Residential for women and children impacted by domestic violence</p>	<p>Mental Health System Inc. (One-Stop TAY Center) 316 East E St., Ontario 909-983-4466 Provides support for mental health services and homeless services.</p>
<p>San Bernardino County Department of Behavioral Health – Housing Program 820 E. Gilbert St., San Bernardino 909-387-8618 Provides mental health and long term permanent housing for homeless mentally ill and/or substance abuse clients</p>	<p>Mary’s Mercy Center 641 N. Roberds Ave., San Bernardino 909-889-2558 M – Th 8:00- 4:00 pm Soup kitchen, provides food, clothing, showers, & infant needs (not a shelter).</p>
<p>Catholic Charities- San Bernardino (Main Office) 1450 North D St. San Bernardino, CA 92405 909-388-1239</p>	<p>Catholic Charities- Ontario 904 E. Cal St. Ontario, CA 909-622-3806</p>

Basic Needs: Housing Resources

<p>Housing Authority of the County of San Bernardino – Upland 1200 N. Campus Ave. , Upland 909-982-2649 Agency develops low-rent public housing for low-income families.</p>	<p>Housing Authority of the County of San Bernardino – Ontario 424 N. Lemon Ave., Ontario 909-983-1318 Agency develops low-rent public housing for low-income families.</p>
<p>Housing Opportunities Collaborative Inland Empire 8711 Monroe Ct., Rancho Cucamonga 909-553-1080 877-647-8764 Provides Affordable housing, homebuyer education, homelessness resources, foreclosure intervention, financial well-being classes, fair housing, debt management, credit counseling.</p>	<p>Neighborhood Partnership Housing Services 320 W. G St. , Ontario 800-761-6747 Provides down-payment assistance, homebuyer education, foreclosure intervention counseling, financial literacy workshops and neighborhood revitalization services.</p>
<p>Loma Linda Veterans Village (36 affordable housing units for veterans) 25821 Van Leuven St., Loma Linda, CA 92354 www.hascb.com Must be a veteran household 909-992-0931</p>	<p>Veronica’s Home of Mercy (Residential home for pregnant women and their young children) Provides services for domestic violence, substance abuse and homeless. 909-889-2558</p>

Basic Needs: Rental/Utility Assistance

<p>Water of Life – City Link 8440 Nuevo Ave., Fontana 909-803-1059 Rental/Utility Assistance (Fontana Residents only)</p>	<p>The Salvation Army 1412 S. Euclid Ave., Ontario 909-986-6748 Rental assistance</p>
<p>Inland Valley Hope – Claremont Center 660 N. Mountain Ave., Claremont 909-622-3806 Rental/Utility assistance/housing.</p>	<p>Inland Valley Hope -Beta Center 209 W. Pearl, Pomona 909-622-3806 ext 301 Utility assistance and motel vouchers when available.</p>
<p>Community Action Partnership of San Bernardino County 696 S. Tippecanoe Ave., San Bernardino 909-723-1560 Provides food vouchers, bus passes, gas passes, rental assistance, motel assistance</p>	<p>Inland Valley Hope - SOVA 904 E. California, Ontario 909-391-4882 Provides rental assistance/eviction prevention, utility assistance, food pantry/vouchers, and other community resources</p>
<p>Home Energy Assistance Program (HEAP) 909-723-1500 M- F 8:00 – 4:45 pm Emergency Utility Assistance</p>	<p>Southern California Edison 800-447-6620 Offers utility discounts based on family income</p>
<p>Catholic Charities – Pomona 1460 E. Holt Ave., Ste 98, Building #3 Pomona 909-629-1331 Rental/Utility assistance/Move in assistance. Additional services includes motel vouchers.</p>	<p>So Cal Gas Co. 877-238-0092 English 800-342-4545 Spanish Call for information: CARE Program, Low Income Home Energy Assistance Program, GAF</p>
<p>California Lifeline Program 866-272-0349 English , 866-272-0350 Spanish M-F 7am-7pm Low cost telephone service based on income, for the homeless when funds are available.</p>	<p>Society of St. Vincent De Paul 1-800-716-0646</p>
<p>HACSB (Housing Authority of the County of San Bernardino) Homeless Hotline: 909-890-5314</p>	<p>KEYS (Knowledge and Education for your success) Must be receiving Cal Works through the Transitional Assistance Dept. and are homeless intake line: 909-332-6388</p>
<p>DBH (Department of Behavioral Health) Homeless persons with Mental Health needs & or disabilities Use the H CSB Homeless hotline: 909- 890-5314</p>	<p>VASH (Veterans Affairs Supportive Housing Program) rental vouchers and support services. Veteran would need to call 909-825-7084 ext. 6085 for VASH screening</p>
<p>IMPACT SOCIAL Assists individuals and families experiencing a temporary housing crisis and provides short-term financial assistance to help prevent homelessness or help those at risk of becoming homeless. Must request housing assistance on website www.impactsocial.com</p>	<p>HOPWA (Housing authority partnership with Foothill AIDS Project) Must be low-income and diagnosed with HIV/AIDS (and their families) Must be receiving HIV case management services for a minimum of 6 months: 909-884-2722</p>

Mental Health

<p>West End Family Counseling 855 N. Euclid Ave., Ontario 909-983-2020 Provides outpatient mental health counseling to individuals, families and groups.</p>	<p>Mariposa Community Counseling 2940 Inland Empire Blvd., Ontario 909-458-1350 Provides outpatient mental health counseling to individuals, families and groups.</p>
<p>South Coast Community Services 9500 Haven Ave., Rancho Cucamonga 909-980-6700 Free Counseling Available Provides counseling, coaching and support services to children, teens, adults and families.</p>	<p>Mental Health Systems Inc. 316 East E St., Ontario 909-983-4466 Provides mental health and homeless services for transitional age youth (age 16-25).</p>
<p>University of Phoenix – Counseling Skills Center 3110 Guasti Rd, Ste 102 Ontario CA 909-472-3798 Interns provide free counseling to children and adults.</p>	

Health Care: Hospitals

<p>Arrowhead Regional Medical Center 400 N. Pepper Ave., Colton 909-580-1000</p>	<p>San Antonio Regional Hospital 999 San Bernardino Rd, Upland 909-985-2811</p>
<p>Kaiser Ontario Medical Center 2295 S. Vineyard Ave., Ontario 909-724-5000</p>	<p>St. Bernardine Medical Center 2101 Waterman Ave., San Bernardino 909-883-8711</p>

Health Care

<p>Park Tree Community Health Center (CHDP) 1556 S. Sultana, Ontario 909-984-7384 Provides low cost health and wellness services</p>	<p>Unicare Community Health Center (CHDP) 437 N. Euclid Ave. #A, Ontario 909-988-2555</p>
<p>San Joaquin Valley College 4580 Ontario Mills Parkway, Ontario 909-291-8121 Free dental hygiene services only</p>	<p>Denti-Cal Program 800-322-6384 Contact this number to find local dentists accepting Medical.</p>
<p>Ontario Clinica Medica Familiar (CHDP) 403 W. F St., Ontario 909-988-3288 M-F 9am-6:30pm, Sat 9am-2:30pm Provides medical care to children and adults.</p>	<p>Ontario Public Health Clinic (CHDP) 150 E. Holt Blvd., Ontario 800-722-4777 Clinic Hours: M-F 8am-5pm Provides primary care services to children and adults.</p>
<p>Every Woman Counts 800-511-2300 Locations include: Ontario Public Health Clinic and Ontario Clinica Medica Familiar Free clinical breast exams, mammograms, pelvic exams, and Pap tests.</p>	<p>Loma Linda University School of Dentistry 11092 Anderson St., Loma Linda 909-558-4675 M-TH 8am-5pm, Fri 8am-12pm Low cost generals services for children and adults</p>

Water of Life – Well of Healing Mobile Medical Clinic
 1st Saturday of the month – Fontana
 16779 Spring St., Fontana
 2nd Saturday of the month – Ontario - Hope Chapel
 119 Belmont Ave., Ontario
 3rd Saturday of the month – Muscoy Clinic
 2219 W. 3rd Ave., San Bernardino
 4th Saturday of the month - San Bernardino
 1530 E. Date St., San Bernardino- Ecclesia Church
 Hours for all clinics: 9am-1pm
 For more info call: 909-803-1059
 Provides free health screenings, health management
 and health education

Bloomington Community Health Center
 18601 Valley Blvd., Bloomington
 Medical & Optometry – 909-546-7520
 Dental – 909-546-7530
 Medical & Dental Clinic Hours:
 M-F 8am-5:30pm, Sat 8am-5pm
 Provides primary care for adults and children.
 Assistance to enroll in Medical. Sliding Fee Scale if
 eligible.

Helping Hand Kinship Support Service Resource Center
 316 East E. St, Ontario, CA. 91762
 909-986-9710
 Caregivers taking care of relatives, children, helping
 with guardianship paperwork..

Health Care: Pregnancy/Family Planning

Planned Parenthood
 918 W. Foothill Blvd., Upland
 909-890-5511
 Services includes family planning, birth control, STD
 testing.

Assure Pregnancy Clinic
 17057 Foothill Blvd., Suite 204, Fontana
 909-232-8460
 Free pregnancy test, ultrasound, options counseling,
 birth control, STD testing.
 Closed on Weekends, Wednesdays & Fridays

Water of Life Church City Link – Cherish Pregnant Teen
 Program
 909-355-3670 Please call for an appointment
 17250 E. Foothill Blvd, Suite H, Fontana 92335
 Open on Tues & Thurs- 10AM- 5PM
 Provides support group, parenting, baby items and
 other resources.

Substance Abuse/Addiction

Department of Behavioral Health Access Unit
 888-743-1478 24 hrs/7days a week

National Drug and Alcohol Assistance
 800-662-HELP (4357)
www.drughelp.org

House of Hope
 877-403-8016
 For Women Only. 90 day Inpatient Substance Abuse,
 age 18 and above, low level treatment – No Detox

Inland Empire of California Al-Anon & Alateen
 909-824-1516
<http://www.iealanon.org/>
 Call or go online for local meetings. Support for family

	and friends of alcoholics
<p>Inland Valley Drug and Alcohol Recovery Services 1260 East Arrow Hwy, Upland, CA.91786 909-932-1069 (service/intake) 909-932-1087 fax http://www.inlandvalleyrecovery.org/ Alcohol and drug treatment services, including detox for adults; residential for adults and women with children; and outpatient for adults and adolescents ages 11-17.</p>	<p>Prototypes Women's Residential Treatment Center 845 E. Arrow Hwy, Pomona 909-634-2950 (admission) 909-624-1233 (main) Provides detox, mental health counseling, recovery support services for drug and alcohol addiction, vocational and educational rehab services, parenting classes and other services. Also provides transitional and permanent housing.</p>
<p>Prototypes Outpatient Treatment Center 831 E. Arrow Hwy, Pomona 909-621-9058 Provides treatment for co-occurring disorders, Prevention and early intervention, medical services, medication, domestic violence services.</p>	<p>Inland Behavioral & Health Services (IBHS) 1963 N. E St., San Bernardino 909-881-6146 Provides outpatient drug free programs for adults and adolescents.</p>
<p>Narcotics Anonymous (NA) 800-397-2333 24 Hour Hotline 909-622-4274</p>	<p>Alcoholics Anonymous (AA) 909-825-4700</p>
<p>Dual Diagnosis Anonymous 800-359-1216 24 Hour Hotline 909-888-9282 Self-help group for people with Mental illness and substance use disorders.</p>	

Education/Youth Programs

<p>Upland Unified School District 390 N. Euclid Ave., Upland 909-985-1864 main</p>	<p>Easter Seals Child Development Center – Head Start 531 W. 8th St., Upland 909-981-4668</p>
<p>Upland Head Start 732 N. 3rd Ave., Upland 909-931-0147</p>	<p>Upland USD Step Up Preschool 390 N. Euclid Ave, Upland 909-9985-1864 Ext.344 (Kristin)</p>
<p>Upland Unified School District Healthy Start Family Center Located at Upland Elementary School 601 N. 5th Ave., Upland 909-949-7804 Hours: M-F 7:30am-4pm Services include: Information & Referrals, Case</p>	<p>Baldy View Regional Occupational Program (ROP) Administrative Office 8265 Aspen Ave., Ste 100, Rancho Cucamonga 909-980-6490 Career Training Center 1501 S. Bon View Ave., Ontario 909-947-3400</p>

management, homeless and foster youth services, mental health counseling, parent program, adult education, health care clinics, District Day Care, THINK TOGETHER, after school programs	www.baldyviewrop.com Provides courses at no cost to high school students and low cost to adult students. Internships offered and scholarships available
Upland YMCA – Dr. Lore and Kay Sanchez Early Childhood Development Center 1150 E. Foothill Blvd., Upland 909-946-6120 Licensed preschool facility. Financial aid available to those who qualify.	THE BLOCK Reach Out Drop In center for Homeless youth 1126 W. Foothill Blvd Upland, CA. 2 nd floor (suite of rooms) Young adults up to age 24 M-F 10AM – 6PM
Upland YMCA 1150 E. Foothill Blvd., Upland 909-946-6120 Services include homework club, summer day camp, teen programs, healthy living classes/programs.	Vic’s Place After School Program Locations: Magnolia Colony Apartments, oaks Apartments & Upland Housing Authority 909-931-4280 After school neighborhood tutoring program for grades K-6. Snack provided.
Upland High School Library Provides daily tutoring/homework assistance for 9 th – 12 th grades	First Presbyterian Church 869 N. Euclid Ave., Upland 909-982-8811 Wed 4-5pm - September Through May Services for all ages including college and GED prep.
Reach Out 1126 W. Foothill Blvd., Ste 250, Upland 909-982-8641 Provides mentoring, parenting, community education	Day Reporting and Reentry Services Center (DRRSC) - Free GED Program For referral and information call 855-560-6732
Upland Public Library 450 N. Euclid Ave, Upland 909-931-4200 Provides children, teen and adult programs including basic literacy training to adults.	

Social Services/Public Assistance

Transitional Assistance Department (TAD) – Ontario Office 1627 E. Holt Blvd., Ontario 877-410-8829 http://www.c4yourself.com (apply online) Support programs such as CalWorks, Food stamps, Medi-Cal, General Relief, Cash Aid, Child Care, Foster Care, Refugee Resettlement.	Transitional Assistance Department (TAD) – Rancho Cucamonga 10825 Arrow Rte., Rancho Cucamonga 877-410-8829 http://www.c4yourself.com (apply online) Support programs such as CalWorks, Food stamps, Medi-Cal, General Relief, Cash Aid, Child Care
Children’s Network – San Bernardino 825 E. Hospitality Ln, 2 nd Fl, San Bernardino 909-383-9677	Department of Children & Family Services (CPS) Central Office 9518 E. 9 th St, Rancho Cucamonga 909-945-3762
Helping Hand Kinship Support Service Resource Center	Employment Development Department (EDD)

<p>316 East E. St, Ontario, CA.91762 909-986-9710 Caregivers taking care of relatives, children, helping with guardianship paperwork...</p>	<p>America's Job Center 9650 E. 9th St. #A, Rancho Cucamonga 909-948-6606 800-480-3287 (Disability) 877-238-4373 (Paid Family Leave) 800-300-5615 (Unemployment)</p>
<p>San Bernardino County Dept of Child Support Services – West Valley Region 191 N. Vineyard Ave., Ontario 866-901-3212</p>	<p>Department of Public Health 351 N. Mt. View Ave., San Bernardino 800-782-4264 909-387-6359 M – F 8am – 5pm Closed on Holidays</p>
<p>Department of Aging and Adult Services(DAAS) 686 E. Mill St., 2nd Fl, San Bernardino 909-891-3900</p>	<p>In Home Supportive Services (IHSS) 686 E. Mill St., 1st Fl, San Bernardino 909-891-3700</p>
<p>Women, Infant & Children (WIC) 150 E. Holt Blvd., Ontario 800-472-2321 909-252-5170 Hours: M,W, TH 7:30am-5pm, T 8:30am-6pm, Fri 7:30am-4pm</p>	<p>Women, Infant & Children (WIC) 9507 Arrow Rte., Bldg 7, Ste A, Rancho Cucamonga 800-472-2321 909-252-5170 Hours: M,W, TH 7:30am-5pm, T 8:30am-6pm, Fri 7:30am-4pm (Closed every other Friday)</p>
<p>Social Security Office 1100 Holt Blvd., Ontario 800-722-1213</p>	<p>Red Cross 855-891-7325 (Fire and Disaster Assistance)</p>

Legal Services

<p>Inland Counties Legal Services 10565 Civic Center Dr., Ste 200, Rancho Cucamonga 909-980-0982 800-977-4257 Free Legal Clinic to low income people and free civil legal assistance to seniors.</p>	<p>Legal Aid Society of San Bernardino 909-889-7328 588 W. sixth St, San Bernardino. Call for information regarding location, days and times of Legal Aid clinics. Provides legal assistance with family law, guardianships, conservatorships, bankruptcy, and eviction.</p>
<p>Inland Fair Housing and Mediation Board 1500 S. Haven Ave #100, Ontario 800-321-0911</p>	

Other Resources

<p>Child Care Resource Center 1111 E. Mill St., Ste 100, San Bernardino, CA 909-890-0018 Hours: M-F 8am-5:00pm Provides subsidized child care services for eligible families in the city of Upland.</p>	<p>Pomona Unified School District 1460 E. Holt Ave.#130, Pomona 909-397-4740 Provides subsidized child care services for eligible families in the city of Upland.</p>
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Inland Regional Center
1365 S. Waterman Ave., San Bernardino
909-890-3000
Hours: M-F 8am - 5:00pm
Provides services to children and adults with developmental disabilities in San Bernardino and Riverside County.

Inland Empire Health Plan (IEHP)
Free Child Car Seat Safety Program
(for IEHP members only)
Must be pregnant or have given birth in the last 12 months or must have a child who is an IEHP member and is younger than 12 months. Parent has to attend a program session in order to receive free car seat.
Call 866-224-IEHP (4347) for information

