



*Transforming lives through education*

## Community Resource Guide

San Bernardino County

2024-2025

*Established by: Children Deserve Success, Homeless Education and Foster Youth Services  
Coordinating Program, Peer Support Associate*

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## **Adecco**

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No matter where you are, we can help you get to the next destination. Looking for a great job? We can help you get in the door at some incredible companies.

<https://www.adeccousa.com>

**Adecco Staffing**  
**909.381.2251**

*685 E Carnegie Dr, Suite 130,  
San Bernardino CA, 92408*

**Adecco Employment Services**  
**909.381.2251**

*268 W hospitality Ln #107 San  
Bernardino, CA 92408*

**Adecco Staffing**  
**909.427.1209**

*9400 Cherry Ave Bldg. B, Suite  
1, Fontana, CA 92335*

## **A Better Way Victor Valley Domestic Violence**

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Need help with a temporary restraining order? Call for an appointment.

Email: [ftellesz@abway.org](mailto:ftellesz@abway.org)  
[www.abway.org](http://www.abway.org)

*14114 Hesperia Rd, Victorville,  
CA 92395*

**A Better Way**  
**949.427.9099**

## **Adelante Recovery Center**

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Drug County Addiction  
Treatment Center

Adelante Recovery Center is a highly reputable addiction recovery provider based in Orange County, Southern California.

<https://adelanterecovery.com>  
*49 Montecito Dr, Corona Del  
Mar, CA 92625 Open 24/7*

**Adelante Recovery Center**  
**949.427.9099**

## **Ameer's Room and Board Home**

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This home is in a beautiful neighborhood, with a large yard. It provides three meals daily, has cable tv, and utilities are included. Friendly, trustworthy and respectable housing.

*2179 N. Macey St, San  
Bernardino, CA 92411*

**Ameer's Room and Board  
Home**  
**909.714.6525**

## **American Red Cross**

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The American Red Cross, also known as the American National Red Cross, is a non-profit humanitarian organization that provides emergency assistance, disaster relief, and education for disaster preparedness in the United States. [www.redcross.org/](http://www.redcross.org/)  
Email:

[John.Caviness3@redcross.org](mailto:John.Caviness3@redcross.org)

[American Red Cross](http://AmericanRedCross.org)

*10600 Trademark Pkwy N. Suit  
# 406, Rancho Cucamonga  
91730*

**American Red Cross San  
Bernardino County**  
**909.888.1481**

*6235 River Crest Dr.  
Riverside, CA 92507*

**American Red Cross  
Riverside**  
**951.571.9729**

*17199 Yuma St, Victorville, CA  
92395 Aspirant*

**American Red Cross**  
**442.286.0079**

Aspirant serves more than **35,000** California children, youth, and families each year from **44 community-based sites** statewide. Aspirant provides a spectrum of services in Northern California, and in the Central Valley, including foster and adoption services. Behavioral and mental services, residential care, educational services, community-based family, and emergency  
[https://www.aspirant.org/?source=gmb&utm\\_medium=Yext](https://www.aspirant.org/?source=gmb&utm_medium=Yext)

*720 E Carnegie Dr #250, San  
Bernardino, CA 92408*

**Aspirant Foster**  
**909.890.9022**

*3600 Central Ave #5, Riverside  
CA, 92506*

**Aspirant Tay**  
**951.729.4040**

## **Army Skill Training**

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Learn valuable job skills and get ahead. Select from engineering to electronics!

[www.goarmy.com](http://www.goarmy.com)

1631 E Highland Ave, San Bernardino, CA 92404

**Army Skill Training**  
**909.414.5856**

## **Assistance League**

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<https://www.assistanceleague.org>

Assistance League of San Bernardino is a nonprofit organization whose volunteers enrich the lives of children in need by providing school clothing and general dentistry services.

506 W. Colton Ave, Redlands, CA, 92374

**Assistance League Thrift Shop Redlands**  
**909.792.2675**

3707 Sunnyside Dr, Riverside, CA 92506

**Assistance League Thrift Shop Riverside**  
**951.682.3445**

8555 Archibald Ave, Rancho Cucamonga, CA 91730

**Assistance League Thrift Shop Foothill Community**  
**909.484.7853**

## **Autism Society Inland Empire**

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The Autism Society Inland Empire Connects people to the resources they need through education, support, information, referral and community programming.

<https://ieautism.org>

420 N McKinley St, Suite 111-118, Corona CA 92879

**Autism Society Inland Empire**  
**951.220.6922**

## **Ballard Rehabilitation Hospital**

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Inpatient and outpatient rehabilitation

<https://ballardrehab.com>

1760 W 16<sup>th</sup> St, San Bernardino, CA 92411

**Ballard Rehabilitation Hospital**  
**909.473.1200**

## **Bear Valley**

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Our service area is the San Bernardino Mountains of Southern California, embracing Big Bear Valley, Lake Arrowhead, and their surrounding communities. Free classes: childbirth classes, free parenting, new born care, baby blues for dads, postpartum care, and more.

<https://momanddadproject.com>

41820 Garstin Drive Big Bear Lake, CA 92315

**The Mom & Dad Project**  
**909.878.2326**

## **Black Infant Health Program**

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Oriented program for African American mothers or parents, are pregnant or up to six months postpartum and are 16 years or older. This program offers a slow cooker and baby items, self-empowerment courses, support group with other mothers, management tools, they support the cultural beliefs and values, and some services may be offered virtually.

351 N. Mountain View Ave., 2<sup>nd</sup> Floor, San Bernardino CA

[BIH@dph.sbcounty.gov](mailto:BIH@dph.sbcounty.gov)

**Black Infant Health**  
**1.844.352.3985**

## **Bright Life Kids**

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Parenting is hard, coaching can help. Receive coaching via live video or chat and browse an on-demand digital library anytime.

[Brightlife.kids/ca](http://Brightlife.kids/ca)

**Bright Life Kids**  
**888.275.5357**

## **Cal State San Bernardino Student Success and Educational Equity**

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Our offices are more than willing to assist you in getting better acquainted with all the resources available to you through this cluster of departments. Enrollment Management offices include Admissions & Student Recruitment, Financial Aid & Scholarships, Office of the Registrar (formerly Records, Registration and Evaluations), Undocumented Student Success Center, Upward Bound, GEAR UP, Educational Talent Search and First Star Academy.

EOP: Academic advisement: Freshman & Transfer, Counseling, tutoring, financial assistance & graduate school workshops.

RSP: financial assistance, counseling services.

<https://www.csusb.edu/>

*5500 University Parkway, San Bernardino CA, 92407*

**CSUSB**

**909.537.5000**

**Student Success and Educational Equity**

**909.537.5000**

## **CalHOPE**

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Digital mental health support for California. This program is providing free, safe, and confidential mental health support for young people and families across the state with two easy-to-use mobile apps.

**Brightlife Kids (ages 0-12)**

<https://www.instagram.com/brightlifekids/>

**Soluna (teens and young adults ages 13-**

**25)** <https://solunaapp.com/>

## **California Community Resource Guide**

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Support you and your loved ones. Resources include: employment services, low-cost healthcare, housing and transportation, food access, and mental health support.

[Ocpsc.ca.gov/resource-guide](https://ocpsc.ca.gov/resource-guide)

## **California Conservation Corps**

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The California Conservation Corps services targeted conservation programs, emergency response program, funding projects and natural resource conservation.

<https://ccc.ca.gov/>

*1824 S Commercenter Cir, San Bernardino, CA 92408*

**California Conservation Corps Inland Center**

**909.708.8470**

## **California State University, Long Beach**

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The Educational Opportunity Program (EOP) at CSULB is dedicated to serving first-generation, historically low-income students by providing access and equity to higher education. EOP promotes student achievement by providing one-on-one, developmental academic and financial aid counseling and utilizes high-impact practices such as tutoring, orientation, transitional programming, career and graduate school exploration, enrichment activities, and community outreach to contribute to student success. EOP advocates for equitable outcomes for students and is committed to facilitating inclusion throughout the campus community.

<https://www.csulb.edu/student-affairs/educational-opportunity-program>

*1250 Bellflower Blvd, Long Beach CA 90840*

**CSULB**

**562.985.4111**

## **California State University, San Bernadino**

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EOP: Academic advisement:  
Freshman & transfer,  
Counseling, tutoring, financial  
assistance & graduate school  
workshops.

RSP: financial assistance,  
counseling services.

<https://www.csusb.edu/>

5500 University Parkway, San  
Bernardino CA, 92407

**CSUSB**  
**909.537.5000**

## **CalKIDS**

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Is a new program that provides  
eligible families with free  
money for college. This  
program was created in order to  
help families start their college  
savings plan and increase access  
to higher education. California  
newborns can receive up to  
\$175 and eligible California  
public school students can  
receive up to \$1,500.

<https://calkids.org/get-started/>

## **Car Seat Safety Program**

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Program is hosted by San  
Bernardino County, they offer  
car seat checkup to ensure that  
the installation of the car seat is  
correct, they also offer child  
passenger safety classes that  
explore the right car seat for  
your child, how to correctly  
install a car seat, and the laws  
when it comes to car seats. The  
program also offers low -cost  
car seats available for purchase,  
attendance is required!

**Car Seat Safety Program**  
**800.782.4264**

## **Care Solutions for Seniors**

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The GCM meets directly with  
the family, the elderly client,  
the conservator, and other legal  
or health professionals.

7216 Palm Avenue, Suite C,  
Highland CA 92346

**Parent Care Management,  
Inc. 909.864.2085**

## **Cedar House Life Change Center**

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We envision a full continuum of  
care and outreach activities to  
achieve healing for individuals,  
families and communities. Our  
programs are residential  
treatment, withdraw  
management, Co-Occurring  
Disorders Maple House women  
with children, Cedar House at  
Arlington, Sobering Center,  
Sanctuary House Sober living,  
Outpatient treatment, Sobering  
Center, Sanctuary House Sober  
Living, Outpatient Treatment  
and Recovery Services. There  
are all types of insurance  
accepted.

<https://cedarhouse.org/>

18612 Santa Ave Bloomington,  
CA 92316

**Cedar House Life Change  
Center**  
**909.421.7120**

## **Center for Individual Development**

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Located in San Bernardino  
County, this facility is geared  
towards disabilities with an  
appointment, families can  
access their free sensory room.  
The room includes a waterbed,  
comfy bean bag chairs, games,  
and much more.

8088 Palm Ln, San Bernardino,  
CA 92410

**Center for Individual  
Development**  
**909.384.5426**



## **Chaffey College**

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EOPS is a community college counseling program that provides "over and above" academic, personal and financial support to qualified community college students whose educational and socioeconomic backgrounds might prevent them from successfully attending college.

*5885 Haven Ave, Rancho Cucamonga, CA 91737*

**EOPS Rancho Campus**  
**909.652.6358**

**EOPS@chaffey.edu**  
*16855 Merrill Ave, Fontana, CA 92335*

**EOPS Fontana Campus**  
**909.652.7413**

*5897 College Park Ave, Chino, CA 91710*

**eopsfontana@chaffey.edu**  
**EOPS Chino Campus**  
**909.652.8122**

## **Citrus Counseling Services**

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Mental Health Center driven by our desire to help anyone who needs compassionate care to achieve mental wellness. Our therapists are qualified to provide evidence-based treatments for a wide range of needs. We have programs specific to children as young as infants, students, military families, and trauma victims.

<https://ccs-cares.org/>

*101 E. Redlands Blvd, Suite 215, Redlands, CA 92373*

**Citrus Counseling Services**  
**909.793.1078**

*11424 Chamberlaine Way, Adelanto, CA 92301*

**Citrus Counseling Services**  
**760.246.0934**

*23406 Crest Forest Drive, Crestline, CA 92325*

**Citrus Counseling Services**  
**909.338.4689**

*1669 N. E Street, San Bernardino, CA 92405*

**Citrus Counseling Services**  
**909.886.6737**

## **City Of Fontana California**

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Nestled against the San Bernardino Mountains, Fontana is a modern city that offers its 213,739 residents and visitors a wealth of community activities, a thriving local economy, and central access to major business centers.

Fontana is a [General Law City](#) governed by the codes adopted by the legislators of the [State of California](#) and the Fontana City, [Municipal Code](#). Fontana is governed by an elected Mayor and four [Council Members](#). The Mayor, Council Members, City Clerk, and City Treasurer are elected to four-year terms.

<https://www.fontanaca.gov/292/5/About-Us>

*8353 Sierra Avenue Fontana, CA 92335*

**Fontana City Hall**  
**909.350.7600**

## **City of Rialto**

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The Community Services Department is committed to providing quality recreation, leisure, and community services to meet the needs of the diverse community we serve. Service provided community services passport services, utilities and more.

<https://www.yourrialto.com/163/Parks-Recreation-Community-Services-Depa>

*150 S. Palm Avenue Rialto, CA 92376*

**City of Rialto**  
**909.820.2525**

## **Community Health and Education Worker Program**

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Leaders who provide support and outreach services to students and parents in identifying root causes of chronic absenteeism. C.H.E.W teaches families on how to access local resources, how to set up an email, access Aeries, Zoom, and Canvas. As well as how to apply for programs such as Medicaid/Medical, CalFresh and many more!

**Chaffey Joint Union High  
School District  
909.550.4826X3290**

## **Community Health Association Inland Southern Region**

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We exist to support our membership and community partners to ensure accessible, high-quality, and cost-effective health services. We envision health care access for all and efficient use of health services and resources in the Inland Southern Region.

<https://www.chairsr.org/>  
621 E Carnegie Dr, Suite 180,  
San Bernardino, CA 92408

**Community Health  
Association Inland Southern  
Region  
909.566.2555**

## **Court Appointed Special**

### **Advocates CASA**

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The national organization provides standards and support to our network of programs. Through best-Interest advocacy, our programs and volunteers make a life-changing difference for the nation's most vulnerable children.

<https://nationalcasagal.org/our-work/>

1027 Santo Antonio Dr, Suite  
7A, Colton CA 92324

**CASA  
909.881.6760**

## **Company Nurse Injury Hotline**

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In case of workplace injury, nurse is available to answer questions, in case of life or limb threatening injury dial 911.

**Company Nurse Injury  
1.888.375.0280**

## **Crafton Hills Community College**

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Students can receive multidisciplinary degrees, including Fine Arts, Health Sciences, Liberal Studies - Teacher Preparation, and Social Science. The Fire Science and Emergency Medical Services-Paramedics programs are some of the finest community college programs in the state, with CHC the primary trainer for paramedics in San Bernardino and Riverside counties.

[Crafton Hills Community  
College](https://craftonhillscommunitycollege.edu/)

11711 San Canyon Rd, Yucaipa  
CA 92399

**Crafton Hills Community  
College  
909.794.2161**

## **Cucamonga Valley Medical Group**

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Life's all about moments: Big and small. Services provided Pediatrics care, preventative medicine, adult care, acute care, chronic conditions and mental health services. Insurances that are accepted Prime Care/Optom, Inland Faculty (IEHP and Molina), Most PPO's and Medicare.

<https://cvmgdocs.com/>

16839 Ramona Ave Suite 401,  
Fontana CA 92336

**Cucamonga Valley Medical  
Group  
909.429.2864**

7777 Milliken Ave #240,  
Rancho Cucamonga, CA 91730

**Cucamonga Valley Medical  
Group  
909.429.3864**

## **Dial 2-1-1**

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Free confidential information & referral 24- hours, 7 Days a week

Veterans / Food / Clothing / Shelter / Counseling / Crisis Services / Health & Dental Care / Elderly Care / Reentry / and much more.

646 N D St, San Bernardino, CA 92401

**United Way Serving SB County**

**909.884.9441**

9624 Hermosa Avenue Rancho Cucamonga, CA 91730

**United Way  
951.697.4700**

## **Diaper Banks**

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For assistance with diapers reach out to one of the following locations near you.

1860 Chicago Ave  
G2, Riverside, CA 92507

**Pre-Registration:**

<https://jlrddiaperbank.charitytraker.net/kiosk/addcase/>

24741 Alessandro Blvd.,  
Moreno Valley, CA 92553  
3695 First St, Riverside, CA 92501

**Junior League of Riverside**

**951.683.4088**

**Salvation Army**

**951.784.4490**

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

**Reach out  
909.982.8641**

**Every 4<sup>th</sup> Monday of the  
Month: 1-5pm**

## **Dignity Health**

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We are committed to delivering compassionate, high-quality, affordable health services for all.

[Dignity Health](#)

1805 Medical Center Dr, San Bernardino, CA 92411

**Dignity Health Community  
Hospital of San Bernardino  
909.887.6333**

## **Disability Rights California**

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Disability Rights California (DRC) is the agency designated under federal law to protect and advocate for the rights of Californians with disabilities.

We work in litigation, legal representation, advocacy services, investigations, public policy, and provide information, advice, referral, and community outreach.

For more than 40 years, DRC has worked to advance the rights of Californians with disabilities in education, employment, independence, health, and safety, and has grown into the largest disability rights organization in the nation.

<https://www.disabilityrightsca.org/>

3602 Inland Empire Blvd, Suite C-110, Ontario CA 91764

**Ontario office  
213.213.8000**

## **Each Mind Matters**

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Each Mind Matters is California's Mental Health Movement. Suicide Prevention Resource Center

<https://emmresourcecenter.org/>

## **Family Assistance Program**

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Programs provided are: Our House & My Place, hope house, The Open Door Next Step, Welcome Home and a Youth Center.

<https://familyassist.org/>

323 W 7<sup>th</sup> St, San Bernardino, CA 92401

15075 7<sup>th</sup> St, Victorville, CA 92395

**Family Assistance Program  
909.571.5659 or 760.843.0701**

## **Feeding America**

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Feeding America is the largest charity working to end hunger in the United States. We partner with food banks, food pantries, and local food programs to bring food to people facing hunger. We advocate for policies that create long-term solutions to hunger.

<https://www.feedingamerica.org/>

<https://www.feedingamerica.org/ways-to-give/food-drives>

2950 Jefferson St, Suite B,  
Riverside CA 9250

**Feeding America  
951.359.4757**

## **Feeding The Children**

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Feed the Children is a leading anti-hunger non-profit organization delivering food and other critical resources to children and families. These resource are senior Food Program, Mobile Pantries, Drive-Thru Pantries SNAP Application Assistance, Summer Meal programs, Backpack Program, School Pantry Program and Kids Café.

<https://www.feedthechildren.org>  
[Info@feedthechildren.org](mailto:Info@feedthechildren.org)

**Feeding The Children**  
**800.627.4556**

## **Findhelp**

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Website that allows for a person to find free or reduced cost resources such as food, housing, financial assistance, health care, and more.

<https://www.findhelp.org/>

## **FOOTHILL Family Shelter**

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The mission of Foothill Family Shelter is to assure children and adults a future by helping them acquire skills that will enable them to maintain a home, job and at the same time develop the necessary self-esteem to function as a successful stable adult.

<https://www.foothillfamilyshelter.org/home>

1501 W. 9<sup>th</sup> St, Suite D, Upland  
CA 91786

**Foothill Family Shelter**  
**909.920.0453**

## **Foster Your Greatness Master Class**

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This 16-week self-development program equips young adults who have experienced foster youth, to participate in different activities that will equip them in setting goals and building on their life domains such as: Life skills, Health, Finance, Education, Relationship & Community, Identity, Housing & Transportation, and employment. Foster Greatness also offers a free app found on the app store and google play.

*Email:*

*chaelys@FosterGreatness.co*

**Chaely**

*Email:*

*chaelys@FosterGreatness.co*

**Sieh**

**949.668.0073**

## **Gentle Dental**

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We offer flexible hours including early mornings and evenings for your convenience and accept most insurance plans. For those without dental insurance we offer a Dedicated Dental Plan that provides low-cost preventive and diagnostic care and discounts of 20% or more on all dental treatment. We also have payment plans available as needed.

We offer gentle, personalized family dentistry for patients of all ages. Our skilled team of dentists can help you with all types of general dentistry, orthodontics, cosmetic dentistry, dental implants and veneers, oral surgery, periodontics and endodontics, and much more. And we now proudly offer Invisalign.

[Gentle Dental](#)

3630 Central Ave #6, Riverside,  
CA 92506

**Gentle Dental**  
**951.900.4764**

## **Give Back**

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Give Back helps students who face significant financial challenges and those who have experienced barriers to success such as foster care, homelessness, or the incarceration of a parent. We are empowering these students to build resilience, overcome adversity, and find pathways to become self-reliant adults and leaders of their communities.

<https://givesomethingb.wpengine.com>

11306 Mt. View Ave, Suite B-100, Loma Linda CA 92354

**Giveback**  
**888.383.9877 X600**

## **Heritage Victor Valley Medical Group**

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Services Provided: Medicare & senior services, Urgent care, & different recourse provided.

<https://hvvmg.com/>

12370 Hesperia Rd, Unit #6, Victorville, CA 92395

**Heritage Victor Valley Medical Group**  
**760.245.4747**

## **High Desert Homeless Services**

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Services provided: Computer Literacy, resume building/online application Assistance to various employment websites such as Cal-jobs, money management & financial budgeting seminars and shelter, ride for success, onsite health clinic through Symba center, and family day care.

<https://www.highdeserthomelesservices.org/>

14049 Amargosa Rd, Victorville, CA 92392

**High Desert Homeless Services**  
**760.245.5991**

## **Highland Optometric**

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Have low-cost insurance called VSP Vision Care.

<https://highlandoptometrics.com>

7291 Boulder Ave, Unit 2d, Highland CA 92346

**Highland Optometric**  
**909.425.1212**

## **Homeless Teen Help**

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Non-profit organization that provides local resources for teens in need of assistance in the Riverside and San Bernardino Counties. They assist with Counseling, food, clothing, crisis hotline, education/employment, financial aid, meals, housing, medical services, mental health services, shelter, spiritual help and substance abuse services.

**Homeless Teen Help**  
**949.734.7421**

## **House of Ruth**

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This program is a non-profit organization that supports domestic victims and their children. Things they provide are food, clothing, personal care items, group and individual counseling, legal and social services advocacy, employment assistance, and life management skills. This shelter is staffed 24 hours a day, 7 days a week.

<https://www.facebook.com/HouseofRuthClaremont>

**House of Ruth**  
**909.988.5559**



## **Housing Authority of the County of San Bernardino (HACSB)**

<https://hacsb.com/>

Most of our work is to provide rental assistance to low-income families either by housing families in units HACSB owns and manages or by providing subsidized housing assistance to a landlord for renting their housing unit to assisted families.

Unlike other health and human services programs, we provide housing assistance based on the number of rental assistance vouchers and other affordable housing units for which we are authorized.

*715 E Brier Dr, San Bernardino, CA 92408*

**Housing Authority of the County of San Bernardino**  
**909.890.0644**

*672 S. Waterman Ave., San Bernardino, CA 92408*

**Housing Authority of the County of San Bernardino**  
**909.890.9533**

*1200 N. Campus Ave, Upland CA 91786*

**Housing Authority of the County of San Bernardino**  
**909.982.2649**

## **Human Options**

We ignite social change by educating Orange County to recognize relationship violence as an issue that threatens everyone, advocating for those affected by abuse, extending a safe place for victims, and empowering survivors on their journey of healing. Services provided, shelters, transitional and permanent Housing services, legal advocacy and counseling.

<https://humanoptions.org/>  
*5540 Trabuco Rd, Suite 100, Irvine, CA 92620*

**Human Options**  
**949.737.5242**

## **IEHP**

Services Provided: Learning Center, and community recourses. Insurance taken: Med-cal, IEHP Dual Choice and covered California.

<https://www.iehp.org/en/about>  
*805 W 2<sup>ND</sup> St, San Bernardino, CA 92410*

**IEHP Community Resource Center**  
**800.440.4347**

*10801 6<sup>TH</sup> St, Suite 120, Rancho Cucamonga, CA 91730*

**Inland Empire Health Plan**  
**800.440.4347**

*3590 Tyler St, Riverside, CA 92503*

**IEHP Community Resource Center Riverside**  
**866.228.4347**

## **Indian Health Incorporated**

Tribally controlled and managed healthcare  
[www.rsbcih.org](http://www.rsbcih.org)

**Indian Health Incorporated**  
**909.864.1097**

## **Inland Behavioral and Health Services**

Inland Behavioral & Health Services is a community-based non-profit Federally Qualified Healthcare Provider with three locations in the city of San Bernardino and one in the city of Banning. We offer many different health services including Medical, Dental, and Mental healthcare.

Inland Behavioral and Health Services, Inc. This designation makes IBHS providers Federal Public Health Service Employees for the purpose of medical malpractice insurance coverage.

They Accepts Straight Medicaid, Managed Care plans, Medicare, some private insurance HMO/PPO plans, and cash.

<https://ibhealth.org/>  
*1963 N. E St San Bernardino, CA 92405*

**Inland Behavioral and Health Services**  
**909.881.6146**

## **Inland Counties Legal Services**

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Inland Counties Legal Services has eight practice groups that specialize in different areas of law, view them under our "[GET HELP](#)" tab to learn more.

Resource provided: Medical debt resource and self-help information.

<https://www.inlandlegal.org/>

**Inland Counties Legal Services**

**888.245.4257**

## **Inland Empire Immigrant Youth Collective**

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<https://www.facebook.com/IEIYC/about>

3610 central Ave, Unit 204,  
Riverside, CA, United States,  
92501

**Immigrant Youth Collective**

**951.800.3006**

## **Inland Reginal Center**

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Our center help with Independence, empowerment, and inclusion. Services Provided: individual program plan.

<https://www.inlandrc.org/>

1365 S Water Ave, San Bernardino CA 92408

**IRC**

**909.890.3000**

## **Inland Valley Recovery Services (IVRS)**

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"Inspiring hope, reuniting families, healing lives impacted by addiction" Recourses provided: Substance abuse recovery.

<https://www.inlandvalleyrecovery.org/>

1260 E Arrow Hwy, Upland,  
CA 91786

**IVRS**

**909.932.1069**

## **Just For Kids**

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Services Provided:

Comprehensive dental care for all ages, for financial information visit the website.

<https://www.just4kidsdentistry.com/>

<https://www.jfkpedoriverside.com/>

104 E Olive Ave #200,  
Redlands, CA 92373

**Just For Kids Pediatric Dentistry**

**909.798.0604**

7170 Indiana Ave, Riverside CA  
92504

**Just For Kids Pediatric Dentistry**

**951.248.0567**

## **Kids Connections Development Therapy Center**

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To provide innovative, comprehensive, and quality services to children and families, to ensure successful integration and participation in meaningful activities in the home, community, and school environments.

<https://www.kidsconnectionstherapy.com/>

9518 E 9<sup>TH</sup> St, Suite C-1,  
Rancho Cucamonga CA 91730

**Kids Connection**

**909.443.9919**

## **Kindship Guardianship Assistance Payment Program (KinGAP)**

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This program is for individuals who are taking care of a child in foster care and have decided to leave the San Bernardino County foster care system, with this program KinGAP will allow for families to receive a payment equal to the foster care rate, receive medical coverage for the child, the child will be eligible for independent living program, and a variety of other assistance for the child.

1094 S. E St. San Bernardino,  
CA

**San Bernardino- Central Office**

**909.388.1900**

## **Knowledge & Education For your Success (KEYS)**

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KEYS program and services offer rapid re-housing intervention to economically disadvantaged individuals and families using a Housing First Approach – a proven method in which people experiencing homelessness can achieve stability regardless of their challenges.

<https://keysnonprofit.org/>

**KEYS**

**909.332.6388**

*680 S. Waterman Ave, San Bernardino CA, 92408*

**Supportive Services for Veterans Families Program**

**KEYS**

**909.332.6388**

## **Laundry Love**

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Laundry Love is dedicated to washing clothes and bedding for low/ no income families and persons across the United States. These services are available by zip code location for assigned times and dates to access these services.

<https://laundrylove.org/>

## **Life Skills Workshops**

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Independent Living Program (ILP) invites youths who are eligible ILP, between the ages of 16-18 years old residing in the Central and Eastern Region of San Bernardino County to attend a seven-week Life Skills Workshop covering: Education, health, career, home and finances. Youth will embark on a variety of activities that are designed to provide valuable skills for an independent future.

**Monique Ware**

**909.891.3358**

## **LIFT Transportation**

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Morongo Basin Healthcare District operates a free, Non-Emergency Medical Transportation Service to medical appointments throughout the Morongo Basin, they also transport clients to medical appointments to the low desert as far west as Arrowhead Regional Medical Center. Transportation is by appointment only.

<https://mbhdistrict.org/programs>

**LIFT Transportation**

**760.366.5438**

## **Light House Social Services House Center**

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Dedicated to enhancing lives and meeting the diverse needs of individuals, families and communities. Services Provided: Rapid Re-Housing Services for family's program, Grant per Diem (GPD) transitional living program, permanent Supportive Housing (PSH) program, rental assistance and employment services, lighthouse health & housing program, support services for veteran family's program, disabled women with children permanent supportive housing, lighthouse family stabilization, and lighthouse in home clinical support services.

<https://lighthouse-ssc.org>

*1003 E Cooley Dr, Unit 205, Colton, CA 92324*

**Lighthouse**

**951.571.3533**

## **Literary Classics Book Club**

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Free Spanish book club group located in Jurupa Valley; each participant receives a free book. This book club gathers every Friday from 9-11am.

*Jurupa Valley Resource Center*

*8300 Limonite Ave., Ste.F, Jurupa Valley, CA 92509*

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

**Mariela Fernandez**

**951.751.0619**



## **Magdalena's Daughters**

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Provide vulnerable youth in foster care with sanctuary that combats human trafficking by fostering hope, family, safety, and resilience.

Email:

[info@magdalenasdaughters.org](mailto:info@magdalenasdaughters.org)

**Magdalena's Daughters**  
**909.906.0472**

## **M.A.P Program**

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A groundbreaking community integration developed to collaborate with community corrections. Mission is to engage the community in creating rehabilitative programs.

Email: [ydsantiago@csimail.org](mailto:ydsantiago@csimail.org)  
295 E Caroline St, Suite E1-A,  
San Bernardino, CA 92408

**M.A.P**  
**909.333.4077**

## **Mercy House**

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Services provided: Outreach programs, emergency shelters and permeant housing.

<https://www.mercyhouse.net>

641 Roberds Ave N. San Bernardino, CA 92411

**Mercy House**  
**909.889.2558**

## **Molina Healthcare**

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Learn about their benefit, providers, location and customer service. We provide Health insurance for individuals, families and business Owner.

[Molina Healthcare](https://www.molinahealthcare.com)

190 E Highland Ave, San Bernardino CA 92404

**Molina Healthcare**  
**909.882.4788**

Morongo Basin Healthcare District

Morongo Basin Healthcare District seeks to address health and wellness issues for children, adolescents, parents, adults, and seniors in realizing its mission to improve the Health and Wellness of the Morongo Basin.

<https://mbhdistrict.org>

6530 La Contenta Rd, Suite 200, Yucca Valley CA 92284

**Morongo Basin**  
**760.820.9229**

## **Mountain Homeless Coalition**

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The Mountain Homeless Coalition strives to prevent homelessness for those at risk; advises, serves and houses our neighbor's experiencing homelessness and engages our mountain community as we serve this vulnerable population. Services Provided: Community Resources, rental resources and free phones.

<https://www.mountainhomelesscoalition.com>

Email:

[Wecare@mntnhomeless.com](mailto:Wecare@mntnhomeless.com)

**Homeless Coalition**  
**909.713.4099**

## **National Community Renaissance**

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Hope through Housing Foundation provides premier social services through its in-house expertise in the areas of child development, youth development, economic mobility, social work, and gerontology. Services Provided: Affordable housing resources.

<https://nationalcore.org>

Email: [info@nationalcore.org](mailto:info@nationalcore.org)  
9692 Haven Avenue, Suite 100  
Rancho Cucamonga, CA 91730

**Core**  
**909.483.2444**

## **Operation New Hope**

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Our county is stronger when each person contributes to individual and community prosperity because engagement in school or the workforce is critical to the transition from adolescence knowledge and skills required to lead productive, self-sufficient adult's lives. Services Provided: Free youth programs.

<https://onhcares.org>

323 W 7<sup>th</sup>, San Bernardino, CA 92401

**Operation New Hope**  
**951.500.2910**

## **Opioid Overdose Response Training**

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Reach out is hosting a course to learn about opioid overdose respond and how to administer Naloxone (Narcan)

<https://we-reachout.org/chp/opioidtraining/>

**Reach Out**  
**951.542.1426**

## **Pacific Clinics**

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Pacific clinics is California's largest community based nonprofit provider of behavioral and mental health services and supports. Services Provided: Behavioral Health, Educational Program, and Support service.

<https://www.pacificclinics.org>  
1501 S Riverside Ave, Rialto, CA 92376

**Central Valley clubhouse**  
**Pacific clinics**  
**909.877.4889**

## **Pacific Lifeline**

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Pacific Lifeline, a faith-based ministry empowers women and their children facing chronic homelessness and helps them achieve personal and social stability. Services provided: Residential Assistance, Children's, women Services and extended care services.

<https://pacific-lifeline.org/our-programs/>

315 N San Antonio Ave Upland, California

**Pacific lifeline**  
**909.931.2624**

## **PFLAG Riverside Support Group**

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This group promotes health and well-being of LGBTQ+, their families and friends through support, how to cope in an adverse society, education, promoting advocacy such as securing equal civil rights. This support group is opened on Sundays; however, they also offer monthly virtual support that you can choose the topic and the day of the week.

<https://pflag.org/meetings/?f-topic%5B%5D=virtual>

## **Planned Parenthood**

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Planned parenthood is one of the nation's leading providers of high quality, affordable health care, and the nation's largest provider of sex education. With or without insurance, you can always come to us for your healthcare. Services Provided: Abortion Services, Abortion Referral, Birth control, Emergency Contraception (Morning-After pill), Primary Care, HIV Services, Transgender Hormone Therapy, Men's Health Services, Patient Education, Pregnancy Testing & Services, STD Testing, Treatment & Vaccines and Women services.

<https://www.plannedparenthood.org>

1873 S. Commerecenter Dr, San Bernardino CA 92408

**Planned Parenthood**  
**909.890.5511**

## **Prevention Program**

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This is a prevention program to stop violence before it starts, this program is hosted by House of Ruth. Their goal is to bring awareness to the issue of relationship violence through education among school age children and their families.

[l.cornejo@houseofruthinc.org](mailto:l.cornejo@houseofruthinc.org)

**Lily Cornejo**  
**909.623.4364 X5023**

## **Primerica**

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Serve as a leading provider of financial products and services to middle-income households in the U.S. and Canada.

Email:

Crystal.Delgado@primerica.com

8540 Archibald Ave, Ste 18-D,  
Rancho Cucamonga, CA 91730  
**909.987.9761**

## **Pop Up Food Distributions**

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Food and clothing pantry for sudden emergencies. For Colton resident by appointment only.

Supported by CAPSBC.

[homeless@coltonca.gov](mailto:homeless@coltonca.gov)

Luque Center, 292 East 0 St  
Colton, California

**909.370.5087**

## **Rise Above Defeat**

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Rise Above Defeat provides a holistic trauma informed mental health support for youth survivors of human trafficking and at-risk teen, ages 13-19.

<http://www.riseabovedefeat>

**Rise Above Defeat**  
**951.376.3633**

## **Rolling Start Inc.**

### ***Disability Advocacy, Resources and Training***

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Our core services include Independent Living Skills Training, Information and Referral, Systems and Individual Advocacy, Peer Support, and provides Transition Services. Independent Living Skills is a broad category including, but not limited to Housing Assistance, Personal Assistant. <https://rollingstart.com/history/>  
1955 S Hunts Lane, Unit # 101,  
San Bernardino CA 92408

**Rolling Start Inc.**  
**909.890.9516**

16519 Victor St, Unit #406,  
Victorville CA 92395

**Rolling Start Inc**  
**760.949.7626**

## **Ronald McDonald House R.M.H.C PROGRAM**

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Services Provided: Ronald McDonald House Program, Ronald Family room Program, and Ronald McDonald Care Mobile Programs.

<https://rmhc.org/about-us/diversity>

11365 Anderson St, Loma Linda, CA 92354

**R.M.H.C**  
**909.747.1200**

## **San Antonio Regional Hospital**

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San Antonio Regional Hospital offers a variety of healthy heart classes, some include hypertension and taking medication, stroke and risk factors, diabetes and risk factors and much more! They have a class schedule of every 3<sup>rd</sup> Wednesday (except December) from 4:30-6:30pm at no cost!

<https://www.sarh.org/programs/classes-and-support/>

*Scheu Family Building, 2<sup>nd</sup> Floor*

1100 San Bernardino Road,  
Upland, CA 91786

**San Antonio Regional Hospital**  
**909.920.6225**

## **San Bernardino Fatherhood**

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To enhance the engagement of fathers by promoting a culture of father inclusion and responsible fatherhood in communities. Services provided are Education courses, Resources, Advocacy, and father intake forms.

<https://sbfatherhood.com>

1274 S Waterman Ave, Unit #100, San Bernardino, CA 92408

**San Bernardino Fatherhood**  
**909.567.2202**

## **San Bernardino County Employment Opportunities**

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Enhances quality of life by administering support programs.

<https://www.sbcounty.gov/jobs>

**San Bernardino Employment Opportunities**  
**909.387.8304**

## **South Coast Community Services**

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Specialists in the field of mental health care, SCCS staff has a diverse variety of skills giving the ability to provide services.

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

**South Coast Community Services**  
**877.527.7227**

## **TAY Center (Transitional Age Youth)**

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*Program Description – Services Provided:* Support Groups, Counseling, Therapy, Case Management, Medication Management, Mentoring, Movie/tv Room and game room.

780 E Gilbert St. San Bernardino, CA 92404

**San Bernardino TAY Center**  
**909.387.7194**

316 E. Street Ontario, CA 91764

**One Stop Ontario Tay Center**  
**909.938.4466**

58471 29 Palms Hwy #102,  
Yucca Valley, CA 92284

**Yucca Valley Tay Center**  
**760.853.4888**

## **The Campaign for College Opportunity**

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We work to ensure all Californians have an equal opportunity to attend and succeed in college to build a vibrant workforce, economy, and democracy.

<https://collegecampaign.org/>  
1149 S. Hill Street, Suite 925,  
Los Angeles CA 90015

**The Campaign for College Opportunity**  
**213.744.9434**

## **The Insurance Goddess**

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For every \$100,000 in estate assets, you could spend as much as \$10,000 in probate costs for appraisals and more. Contact us to get more information on why NOT having “life’s 4 must haves” could be the worst decision you ever made.

www.TWH-  
[livingtrust.com/a/InsGoddessInc](http://livingtrust.com/a/InsGoddessInc)

**The Insurance Goddess**  
**909.657.0448**

## **The Red Shoe Project**

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Services Provided: Personal Growth Development, Employee Assistance program, and Motivational Speaking & Education.

<https://www.rspi.org>  
301 9<sup>th</sup> Street, Suite 401  
Redlands, CA 92373

**The Red Shoe Project**  
**951.491.1971**

## **The Salvation Army**

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Services Provided: Holiday Giving, rent and utility assistance, Homeless Shelters, Food Pantries, Rehabilitation, Summer Camps, Disaster relief, LGBTQ+ Support, help for domestic Abuse, Services for the aging, Job Training, Veteran Services, Life Skills to Escape Poverty, Spiritual Healing, Grassroots Services and Response to Human Trafficking.

[https://westernusa.salvationarmy.org/usw\\_thq/mission\\_and\\_impact/?\\_ga=2.20351160.1064023857.1698263177-317693888.1698263177](https://westernusa.salvationarmy.org/usw_thq/mission_and_impact/?_ga=2.20351160.1064023857.1698263177-317693888.1698263177)

**The Salvation Army**  
**909.384.1859**

## **Time for Change**

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Services Provided: Scholarships, Strength Based Case Management, Re-Entry, Independent Living Skills, Mommy and me Services, Financial Education, money management, Parenting Education, Self Esteem, Work to win, Transportation, Leadership Development, Health and Nutrition Wellness, Family Reunification, Emergency Solution and legal services.

<https://www.timeforchangefoundation.org>  
2164 N Mountain View Ave,  
San Bernardino, CA 92405

**Time for Change**  
**909.886.2994**

## **The Love Program**

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Free Program for Young Ladies. Ten-week program that includes self-development, building self-awareness, career building, academic achievement, ETC.

Email: [love@lovenonprofit.com](mailto:love@lovenonprofit.com)  
Facebook: The Love Program  
320 N E St, Suite 402, San Bernardino, CA 92401

**The Love Program**  
**909.206.4712**

## **Tree People**

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Inspires and supports people of SoCal to come together and plant and care for trees, harvest, ETC.

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

**Tree People**  
**909.341.2095**

## **United Way**

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Services Provided: 211  
<https://www.unitedway.org>  
646 N D St, San Bernardino, CA 92401

**United Way (San Bernardino)**  
**909.884.9441**

9624 Hermosa Ave, Rancho Cucamonga, CA 91730

**United Way (Rancho Cucamonga)**  
**951.697.4700**

1835 Chicago Ave B, Riverside, CA 92507

**United Way (Riverside)**  
**909.980.2857**

## **Urgent Mental Health Care**

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These programs are available for immediate assistance and need no appointment. They are available 24 hours a day, 7 days a week.

### **Crisis Walk-In Center:**

*12240 Hesperia Road,  
Victorville*

**760.245.8837**

*7293 Dumosa Avenue, Suite 2,  
Yucca Valley*

**760.365.2233**

### **Crisis Stabilization Unit:**

*14677 Merrill Avenue, Fontana*

**951.643.2340**

*1481 N. Windsor Drive, San  
Bernardino*

**909.361.6470**

**Community Crisis Response  
Team**

**800.398.0018**

## **Victor Community Support Services**

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Services Provided: Foster Family and Adoption, Wraparound Program, Child and Family Teaming, Community Based Mental Health, Clinic Based Mental Health, School Based Mental Health, Juvenile Justice, 0-5 Services, Transition Age Youth, Short Term Residential Therapeutic Program, Prevention and Early intervention, Substance Abuse/Occurring and Non-Public schools.

<https://www.victor.org>

*600 N Arrowhead Ave, Unit  
#300, San Bernardino 92401*

**Victor Community Support  
Services**

**909.522.4656**

*1908 Business Center Dr, Unit  
#109, San Bernardino 92408*

**Victor Community Support  
Services**

**909.890.5930**

## **Water of Life**

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<https://wateroflifecc.org>

*7625 East Ave, Fontana, CA  
92336*

**Water of life Community**

**909.463.0103**

## **Wellness Center**

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Free classes for all, this community wellness center is hosted by IEHP, they offer Zumba for kids and adults, Yoga and Meditation for kids and adults, diabetes management and more!

<https://www.iehp.org/crcClasses-events>

*3590 Tyler St., Suite 101*

*Riverside CA*

*805 West 2<sup>nd</sup> St., Suite C San  
Bernardino*

*12353 Mariposa Road, Suites  
C-2 & C-3*

## **Western Dental**

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Western Dental is one of the few Dentists/Orthodontists that accept Medi-cal. Those enrolled in Medi-cal experience many [benefits](#).

[www.westcoastdental.com](http://www.westcoastdental.com)

**Western Dental**

**951.318.0122**

## **WIC**

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Women's, Infants and Children Benefits special supplement nutrition group that provides federal grants to supplement food, health care referrals, and nutrition education for low income pregnant, breastfeeding, and non-breastfeeding postpartum woman.

<https://www.fns.usda.gov/wic>



## **Women Caring for Women**

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The women's Breast and Imaging Center located at San Antonio Regional Hospital provides screening and diagnostics at low or no cost for those who qualify, including those who have insurance. All screenings must be pre-approved and proper financial assistance applications may be mailed or dropped off at the San Antonio Patient Financial Services Department at 8301 Elm Avenue, Suite 300, Rancho Cucamonga, CA 91730

<https://www.sarh.org/programs/women-caring-for-women/>

*San Antonio Regional Hospital  
1100 San Bernardino Road,  
Second Floor, Upland, CA  
91786*

**Breast Nurse Navigator  
909.920.6258**

## **Youth Crisis Line**

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24/7 Crisis Counseling, its anonymous, safe, and confidential. Connection Services for youth and families.

<https://calyouth.org/>

**Youth Crisis Line  
800.843.5200**

## **2<sup>ND</sup> Chance Rescue**

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2<sup>nd</sup> chance rescue is volunteer work that relies on donations to help homeless strays and death row dogs.

Email: [2ndchance.rescueme.org](mailto:2ndchance.rescueme.org)

<https://2ndchances.rescueme>

*1204 6<sup>th</sup> St Norco, CA, 92860*

**Donna Beesmer  
909.631.9682**