



Resources to Support Families



Resource	Support and How to Access
Support with Essentials	
Office of Immigrant and Refugee Affairs	Central hub for connecting immigrants and refugees to cash assistance, housing navigation, employment, food, and mental health services. Phone number: 1 (800) 564-8448
Coalition for Humane Immigrant Rights (CHIRLA)	Financial assistance and emergency funds for undocumented and mixed-status families. Website: https://www.chirla.org/resources/all-resources/
2-1-1 Riverside and San Bernardino	Free and confidential service helps you find health and human services resources, including food, housing, mental health, etc. Phone number: 2-1-1 Website: Inland SoCal 211: Serving Riverside & San Bernardino Counties — Inland SoCal United Way

Aquí Para la Comunidad	Confidential support and free grocery and essential items drop-off. English request form: http://bit.ly/40YoWqQ Instagram: @aquiparalacomunidad
Immigrant Legal Resource Center Family Preparedness Plan	A toolkit with guidance for families to prepare for potential emergencies. It details options for childcare in an absent-parent scenario, how to find reliable immigration services, and steps to prepare to assert your constitutional rights. Download a printable version: HERE Or at this site: https://bit.ly/3HCcdK7

Legal and Immigration Support

Esperanza Immigrant Rights Project	Free legal representation for immigrants, focusing on children and families. Website: https://www.esperanza-la.org/programs-direct-rep-program Phone: (213)534-7594
National Immigration Legal Services	The directory features nonprofits that offer free or low-cost services. Website: https://www.immigrationadvocates.org/legaldirectory/

Immigration Legal Resource Center (ILRC) - Know Your Rights (Red Card)	Red cards explain how everyone in the U.S., regardless of immigration status, can exercise their constitutional rights. Website: https://www.ilrc.org/red-cards-tarjetas-rojas
California Embassy Offices	Free support for emergencies, legal aid, and travel documents, including assistance with arrests or detentions, repatriation, and passports or visas. Website California (A-L): https://advocacy.calchamber.com/international/resources/foreign-consuls-a-l/ Website California (M-Z): https://advocacy.calchamber.com/international/resources/foreign-consuls-m-w/

Mental Health and Wellness	
Soluna Health App	Free digital mental health support for teens and young adults (ages 13–25) through an app. It offers self-guided tools, peer support, and one-on-one professional help—all at no cost, with no insurance required. Website: www.solunaapp.com/

BrightLife Kids	Free live sessions, video calls, chat, and on-demand support for kids ages 0–12. Services can be used at home and are free (no insurance needed). Website: https://www.hellobrightline.com/brightlifekids/ Phone Number: 1 (888) 275-5357
San Bernardino County Community Crisis Services	Community-based mobile crisis response teams for children and adults experiencing a psychiatric emergency are available in English and Spanish 24/7 Website: DBH Internet Website Phone Number: (800) 398-0018 or text (909)420-0560
Food Resources	
2-1-1 All Areas	Comprehensive source of local resources and services. Available 24 hours/day Website: Inland SoCal United Way Phone number: 2-1-1

Community Actions Partnership San Bernardino (CAPSBC) Food Banks	CAPSBC helps families in need of food, housing, and other resources. Visit their website to find local food banks and programs that support San Bernardino residents. Website: FOOD PANTRIES capsbc Phone Number: (909) 723-1500
San Bernardino County Community Food Resources	List of food assistance programs across San Bernardino County, including local food pantries, hot meal sites, and weekly distributions. Website: Community-Food-Resources
Find Help- San Bernardino Food Pantries	Online directory lets you search by ZIP code to find free to low-cost food pantries, meal sites, and food assistance programs in San Bernardino. Website: Food pantry programs in San Bernardino, ca findhelp.org
Local Food Assistance Sites	Wide range of food assistance resources for San Bernardino County- pantries, meal sites, hotlines, and more. Website: Copy of Food Assistance Sites w/QR codes
Food Distribution Calendar- San Bernardino County	A calendar that shows when and where Bienestar holds free produce distribution across Southern California, including San Bernardino County (Fontana, Ontario, Redlands, Rialto, San Bernardino, Trona) Website: WHEN & WHERE BienestarisWellBeing

Feeding America Riverside San Bernardino	Connects you to free food pantries across Riverside and San Bernardino Counties, plus distribution events. Website: Get Help Inland Empire Food Bank
Sahaba Initiative	Sahaba Initiative offers a food pantry in San Bernardino (1694 N. D Street, San Bernardino, CA) every Saturday from 12:00 PM to 2:00 PM. Website: Food and Wellness Center Sahaba Initiative
SAC Health – Community Food Distribution	SAC Health’s Community Resource Center hosts free food distribution events at various clinic locations throughout San Bernardino County. Times and locations vary. Items are given on a first-come, first-served basis, with no income or ZIP code restrictions. Website: Community Food Distribution SAC Health
Inland Empire Food Resource List	A variety of San Bernardino County food-assistance resources, food pantries, meal sites, and more. Includes resources in the high and lower desert. Website: Food-Resource-List
SDOH Food Resources	Essential food assistance resources throughout San Bernardino County, categorized by regions (High Desert, Mountain Area, Morongo Basin, Central Valley, and West Valley), including food pantries, meal sites, and more. All are compiled in one organized online folder for easy access. Website: SDOH Food Resources Flyer FINAL

Community Heart: Feed the Need	Community Heart offers a food pantry by appointment. Their mission goes beyond just giving out food. They teach nutrition, grow fresh food through hydroponics, and support adults with disabilities through vocational training. Phone number: (909) 946-1246 Website: https://communityheartfeedtheneed.org/home
High Desert Second Chance	High Desert Second Chance, based in Hesperia (16666 Smoke Tree St. B-4), runs an emergency food pantry Monday through Thursday from 10 a.m. to 3 p.m., plus on Saturday open market (9 a.m. – 12 p.m.) They're a central food bank for the High Desert Food Collaborative, rescuing surplus food and partnering with 100 local organizations to get food to people in need. Phone number: (442) 267-4444 Website: https://highdesertsecondchance.pagecloud.com/