

WHERE TO TURN FOR HELP



COUNTY OF SAN BERNARDINO
DEPARTMENT OF PUBLIC HEALTH
2009-2010

AIDS Testing and Sexually Transmitted Diseases (STD's)

All Cities

Agency	Phone	Services Provided
Inland AIDS Project	951-346-2506 <i>Call for nearest location</i>	<ul style="list-style-type: none"> • Referral for treatment • R.N. and R.D. on staff • Family / significant other counseling
CDC National AIDS Hotline	1-800-232-4636	<ul style="list-style-type: none"> • Referral for testing and treatment • Literature Search • Spanish speakers available

CDC National Prevention Information Network	1-800-458-5231 1-888-282-7681 Fax (Add) Intl : 404-679-3860 <i>Email questions:</i> info@cdcnpin.org <i>Website :</i> www.cdcnpin.org	<ul style="list-style-type: none"> • HIV/AIDS, STD, TB related services & education materials • Information on community agencies • TB and STD information • Chatting services available online • Bilingual services by phone, email or chat
San Bernardino County Department of Public Health - STD Clinic Services	1-800-722-4777	<ul style="list-style-type: none"> • Confidential testing for HIV • STD testing & treatment • Locations in: Barstow, Big Bear, Fontana, Hesperia, Joshua Tree, Needles, Ontario, Redlands, & San Bernardino

San Bernardino 92415

San Bernardino County Department of Public Health - HIV/AIDS Clinic 799 E. Rialto Ave.	(909) 383-3060 (909) 383-3212 Fax	<ul style="list-style-type: none"> • Education and prevention • Anonymous and confidential testing and counseling • Medical and support services for persons living with HIV/AIDS • AIDS drug assistance program • HIV Transitional Case Management • Locations also in Ontario & Hesperia
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Breastfeeding and Childbirth

All Cities

Agency	Phone	Services Provided
La Leche League www.lalecheleaguescnv.org	1-877-452-5324 USA	<ul style="list-style-type: none"> • Trained consultants to answer questions • Information and referral to local chapters • Referrals to local pump stations and certified lactation consultants
Ameda Breastfeeding Products www.ameda.com (Formerly Hollister Inc-Change)	1-877-992-6332 <i>Select option 4</i>	<ul style="list-style-type: none"> • Referral to local pump rental stations • Referrals via phone or website
Breastfeeding National Network P.O. Box 660 McHenry, IL 60051 www.medela.com	1-800-835-5968	<ul style="list-style-type: none"> • Referral to local pump rental stations • Referral to lactation consultant • Breastfeeding products • Replacements parts • Can also get referrals via website • Spanish speaker available

Apple Valley- 92307

St Mary's Medical Center 18300 HWY 18 Ste 700	760-242-2311 Ext: 8437 - <i>specifically for breastfeeding and/or infant care</i> Ext : 82223 - <i>Childbirth Education</i>	<ul style="list-style-type: none"> • Breastfeeding Support Group • Childbirth Classes (\$25 fee)
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Barstow - 92311

Barstow Community Hospital 555 South 7 th Ave.	(760) 957-3323 (Lamaze) (760) 256-9842 (Lactation Nurse)	<ul style="list-style-type: none"> • 5 week series - Lamaze and Lactation classes • Lamaze class - \$50 • Lactation - Free • Car seat Program starting May 09.
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Lake Arrowhead - 92352

Mountain Community Hospital 29101 Hospital Rd. Po Box 70 www.mchcares.com	(909) 336-3651 Ext. 3519	<ul style="list-style-type: none"> • Breastfeeding & childbirth classes • Early pregnancy class • Newborn care & infant massage • Electric Breast Pump Loaner
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Breastfeeding and Childbirth

Loma Linda - 92354

Agency	Phone	Services Provided
Loma Linda University Medical Center 11234 Anderson St. www.lomalindahealth.org	1-877-558-6248	<ul style="list-style-type: none"> • Childbirth classes for couples- \$85 /5 weeks/ includes a breastfeeding class. • Infant/ child CPR class - \$20 per person/ \$30 per couple • Breastfeeding classes- \$30 if not taken with childbirth classes • Car seat classes

Montclair- 91763

Doctor's Hospital 5000 San Bernardino St.	909-625-8303	<ul style="list-style-type: none"> • Breastfeeding, Lamaze, and childbirth classes
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Pomona- 91761

Pomona Valley Hospital Medical Center 1798 N. Garey Ave. www.pvhmc.org	(909) 865-9858 Family Resource Center	<ul style="list-style-type: none"> • Breastfeeding classes • Pump rental and sales • Perinatal grief support
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Redlands- 92373 Page 3

Redlands Community Hospital Community Based Outreach Program & Svcs Perinatal Svcs 350 Terracina Blvd P.O. Box 3391	(909)793-6610	<ul style="list-style-type: none"> • Breastfeeding & childbirth classes • Group support for new mothers • Lactation clinic - by appointment only
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San Bernardino - 92411

Community Hospital of San Bernardino 1805 Medical Center Drive	(909)887-6333 <i>Ext. 3003</i>	<ul style="list-style-type: none"> • Childbirth and breastfeeding classes • Infant/child CPR classes • Care of Newborn • Parenting
St. Bernadine's Medical Center 2101 N. Waterman Ave.	(909)881-4420	<ul style="list-style-type: none"> • Classes offered in prenatal care, Lamaze, and childbirth • Infant/child CPR • Breastfeeding Center Free of charge Mon, Wed, & Fri 10am-12pm • Maternity Tour - 1st & 3rd Tues of month, register by phone • Newborn and Breastfeeding classes

Breastfeeding and Childbirth

San Bernardino

Agency	Phone	Services Provided
Pregnancy Resource Center 114 Airport Dr. Suite 104	(909)382-4550 (909)825-6656 24 Hour Hotline	<ul style="list-style-type: none"> • Free pregnancy testing • Counseling and referral • Free maternity clothes, cribs, baby clothes, and other items • Post abortion counseling • Reading materials (lending library) • Ultra sound program
WIC Program 351 N. Mountain View	(909)387-8301	<ul style="list-style-type: none"> • Breastfeeding counseling • Services to program participants

Upland-91786

San Antonio Community Hospital 999 San Bernardino Rd.	(909)980-2229 (909)920-6230	<ul style="list-style-type: none"> • Breastfeeding classes • Lamaze classes • Infant and prenatal care classes • Walk in breastfeeding center
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Victorville- 92392

Victor Valley Community Hospital	(760)245-8691 Ext. 4171	<ul style="list-style-type: none"> • Breastfeeding and childbirth classes • Cesarean classes • Infant/ baby care classes • Infant/ child first aid classes • Sibling preparation
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Car Seat Program

All Cities

Agency	Phone	Services Provided
Building a Generation 129 E. Vine St. Redlands, CA 92373	909-793-8822	Provides free car seat safety inspection clinics throughout the East Valley of San Bernardino County. Must register ahead of time for this event.

Rancho Cucamonga

California Highway Patrol Rancho Cucamonga Office 9530 Pittsburgh Ave Rancho Cucamonga	909-980-3994	<ul style="list-style-type: none"> Free car seat inspections Must make an appointment
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San Bernardino

Child Safety Seat Program San Bernardino County Public Health 120 Carousel Mall	(909)388-0400 1-800-722-3777	<ul style="list-style-type: none"> Car seat available for purchase at a low cost for eligible low income individuals residing in San Bernardino County (cash/money order only) Violator class- \$35 to attend (cash only)
Asian American Resource Center 1115 S. E St. San Bernardino, CA 92408	(909) 383-0164	<ul style="list-style-type: none"> Free car seats Must attend a one-time class on how to properly install car seats Call to make an appointment
Inland Empire Health Plan (IEHP) 303 W. Vanderbilt Way, Suite 400	1-800-224-4347	<ul style="list-style-type: none"> Car seats available <u>only</u> to members of the health plan Must attend 45 minute w/video and demonstration shown to assist with proper use and installation of car seat Members only, children 12 months and under and pregnant women

Victorville

High Desert Youth Center Free Car Seat Program 15411 Village Dr. Victorville, CA 92392	(760) 843-7445	Provides free car seats and seats safety checks. Call to make an appointment and find out more information. <ul style="list-style-type: none"> Child must be present No walk-ins please.
California Highway Patrol Victorville Office 14210 Armargosa Road Victorville, CA 92392	760-241-1186 Or 760-953-8489	<ul style="list-style-type: none"> Free car seat inspections Must make an appointment Ask for Jim Polder

Child and Elderly Abuse, Sexual Abuse, & Domestic Violence

All Cities

Agency	Phone	Services Provided
Adult Protective Services (Elderly Abuse)	1-877-565-2020 <i>County Hotline</i> 909-891-9019 <i>San Bernardino</i> 909-458-1315 <i>Ontario</i> 760-843-5100 <i>Victorville</i> 760-256-1435 <i>Barstow</i> 760-366-3701 <i>Joshua Tree</i> 760-326-4328 <i>Needles</i>	<ul style="list-style-type: none"> • Investigation of physical, mental, or financial abuse of the elderly • Social workers evaluation of referrals for counseling • Housing resources • In-home supportive services for the disabled
Child Protection Services 128 Carousel Mall San Bernardino, 92401	909-384-9233 (abuse hotline) 1-800-827-8724 (24 hr. hotline)	<ul style="list-style-type: none"> • Investigation of child abuse/neglect • Social workers evaluation, counseling and parenting classes
9638 7 th St. Rancho Cucamonga, 91730	(909) 945-3762	
170 Yucca Ave Barstow, 92311	(760)255-5400	
56311 Pima Trail Yucca Valley, 92284	(760)228-5300	
15480 Ramona Ave Victorville, 92392	(760)243-6640	
1300 Bailey Avenue Needles, CA 92363	760-255-5400	
1504 S. Gifford Street San Bernardino, CA 92415	909-386-1100	

Child and Elderly Abuse, Sexual Abuse, & Domestic Violence

Barstow

Agency	Phone	Services Provided
Vista Guidance Centers 309 E. Mt. View Ste 100	(760)256-0376	<ul style="list-style-type: none"> • Anger management classes • Domestic violence, child abuse & pc1000 classes offered - court ordered • Substance abuse classes • Mental health - Family & Individual counseling, couple/marriage counseling
Haley House P.O. Box 1781 Outreach Program Desert Sanctuary 703 E. Main Street	(760) 256-3441 (24hour hotline) (760)256-3733 Outreach	<ul style="list-style-type: none"> • Battered Woman's Shelter • No walk-ins • Call to make arrangements; no fee, boys up to 12, girls up to 18 accepted. • 30 day stay (extension based on need) • Counseling/ support group • Children's program • Legal Aid • Sexual assault and emergency assistance

Big Bear Lake- 92315

Lutheran Social Services P.O. Box 1927 41945 Big Bear Blvd Suite 200	(909)866-5070	<ul style="list-style-type: none"> • Counseling, support groups and therapy for families affected by child abuse • Parenting, anger management and domestic violence classes • Employment preparation • Wellness group for terminal diagnosis • Suicide prevention/crisis intervention • Food Bank • Teen anger management • Senior Outreach
D.O.V.E.S. of Big Bear Valley, Inc. P.O. Box 3646	909-866-5723	<ul style="list-style-type: none"> • Battered women's shelter (physical & emotional) • Legal advocates available • Long term therapy • Counseling for women and children • Support groups • Education for independent living • Domestic violence outreach education services • Weekly counseling for outpatients • Supervised visitation

Child and Elderly Abuse, Sexual Abuse, & Domestic Violence

Claremont-91711

Agency	Phone	Services Provided
House of Ruth P.O. Box 459	(909)988-5559 (24 hr. hotline) (909)623-4364 (Outreach hotline)	<ul style="list-style-type: none"> • Battered Women's Shelter • Counseling for women and their children • Girls and boys up to age 18 and older accepted with their mothers • 45 day stay emergency program with up to 24 months in their transitional program • Violence witness treatment program for children • Counseling/support groups • Advocacy-goal planning • Restraining order clinic • English and Spanish support group
Project SISTER P.O. Box 1390	(909)626-4357 (626)966-4155 (hotlines) www.projectsister.org (909)623-1619 (909)915-2535 (offices)	<ul style="list-style-type: none"> • 24 hour hotline • Rape counseling; individual and group • Prevention and education • Self-defense classes

Joshua Tree

Morongo Basin Unity Home P.O. Box 1662	(760)366-9663	<ul style="list-style-type: none"> • Shelter for battered women • Accept substance abusing clients if domestic violence is involved • 60 - day stay • Individual counseling/support groups • Education and referrals • Restraining orders & court support • Parenting classes • Women's self esteem groups • Teen support groups • Anger management classes • Walk ins welcome
Lutheran Social Services 62815 Twenty Nine Palms Hwy	(760) 366-1180	<ul style="list-style-type: none"> • Counseling, support groups and therapy for families affected by child abuse • Parenting, anger management and domestic violence classes • Teen counseling

Child and Elderly Abuse, Sexual Abuse, & Domestic Violence

Ridgecrest- 93556 (Kern County)

Agency	Phone	Services Provided
-Women's Center High Desert -Women's Shelter Network -SART	(760) 371-1969 760)375-7525 (760)375-0745	<ul style="list-style-type: none"> • Children self-help program • Information and referral helpline • Battered women's shelter • Sexual Assault Response Team

San Bernardino

Option House P.O. Box 970 www.optionhouse.org	(909)381-3471 (24 hr. hotline)	<ul style="list-style-type: none"> • Battered women's shelter • Legal services, temporary restraining orders • Crisis intervention services • Counseling / support groups • Emergency overnight shelter • 60 day temporary stay • 18 month Transitional Housing • In-House Resident Program • Advocacy • Teen Dating Violence Prevention Workshop
San Bernardino Sexual Assault Services, Inc. 444 N. Arrowhead Ave Suite 101-104	(909)885-8884 1-800-656-4673 National Hotline	<ul style="list-style-type: none"> • Free counseling • Community education • 24 hour rape crisis hotline

Victorville

High Desert Domestic Violence Program <i>Mailing:</i> Po Box 17100 Bear Valley Road Suite 284 <i>Physical Location:</i> 15075 7 th Street (C)	(760)843-0701 <i>Office</i> (760)949-4357 (24 hour hotline)	<ul style="list-style-type: none"> • Battered women's shelter • 45 day stay(donations accepted) • Education and parenting classes • Counseling and referrals • Legal advocacy • Peer support groups • Will not accept women with substance abuse problems • Professional Counseling • Spanish speaking support groups • Cal Works advocate
Victor Valley Domestic Violence Program "A Better way"	(760)955-8010 (office) (760)955-8723	<ul style="list-style-type: none"> • Battered women's shelter • Accept all women victims of domestic violence (does not discriminate;

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P.O. Box 2825	(24 hour hotline)	pregnant or substance abusing) <ul style="list-style-type: none">• 90 day stay (accept donations), transitional housing when available• Counseling/ support group• Education classes• Restraining orders• Provide childcare to attend classes• Outreach office open M-F 8am-5pm• Call for Appointment
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Child Care Services and After School Programs

All Cities

Agency	Phone	Services Provided
Volunteers of America Early Head Start Programs San Bernardino, Colton, Rialto, Highland	(909)888-4577	<ul style="list-style-type: none"> • Infant Toddler (C) 0-3 years • Pregnant women, working parent or in school parent • May be free based on income level
Asian American Resource Center 1115 S. E St. San Bernardino, CA 92408	(909) 383-0164	Homework assistance to children in grades K-12 throughout the schools in San Bernardino and Riverside Counties

Fontana-92335

Transitional Assistance Childcare Program 7977 Sierra Avenue	(909)356-3221	<ul style="list-style-type: none"> • For Cal Works recipients
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Pomona-91767

Pomona Unified School District Child Development Program 1460 E. Holt Avenue Suite 130	1-800-822-5777 (909)397-4740	<ul style="list-style-type: none"> • Offers various state and federally funded programs that assist with payment of care • Subsidized childcare available for children from birth to 12 years old • Must meet income requirements • Resources and referral • Programs for children with special needs • Calfaith program - Program for unwed, pregnant teens
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San Bernardino- 92401

San Bernardino City Schools Child Development Program 303 S. "K" Street	(909)388-6307	<ul style="list-style-type: none"> • Childcare for the public and San Bernardino City School students with children from birth to 5 years old • Must work or be in school • Must meet income requirements
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Child Care Services and After School Programs

San Bernardino

Agency	Phone	Services Provided
The Family Focus Center 1931 North "E" Street	(909)881-5597	<ul style="list-style-type: none"> • Free after school program:4 days mentoring and tutoring • Health and nutrition education • Short term drug & school counseling • Opportunity to fulfill community service • Career development, job training and computer lab • Reading and literacy programs • Late night Hoops class • Diabetes health class
Casa Ramona Child Development Center 1524 W. 7 th Street	(909)889-0011	<ul style="list-style-type: none"> • Must be in school or working to qualify • Must meet income requirements • Day care for children 2 years 9 months to 5 yrs old (C) • Full day and part day program • Serve breakfast, lunch and snacks
SB City Unified School District Creative Before and After School Programs for Success (CAPS) 1835 W. Highland Ave	(909)880-6843	<ul style="list-style-type: none"> • Schools in the district offer a free before and after school program • Homework support • Computer lab & tech. experience • Tutoring and literacy development • Academic and athletic games and activities • Arts and crafts activities • Nutritious snacks • Drama, music, and dance activities
Girl Scouts San Gorgonio Council	1-800-400-4475 Ext. 255	<ul style="list-style-type: none"> • Club and Camp Program • Resident and family program
San Bernardino County Superintendent of Schools Child Development Services 144 N Mountain View	909-384-1492 1-800-722-1091	<ul style="list-style-type: none"> • Subsidized childcare for people working, attending school or looking for employment • Must meet income requirements • Referrals to licensed childcare providers birth to 17 yrs old

Victorville- 92392

Agency	Phone	Services Provided
Kids N Care 16519 Victor St. Suite 401	(760)245-0770	<ul style="list-style-type: none">• Subsidized childcare for people working, attending school or looking for employment• Must meet income requirements• Referrals to licensed childcare providers birth to 17 years

Consumer Protection and Safety

All Cities

Agency	Phone	Services Provided
Consumer Product Safety Commission- CPSC U.S. Consumer Product Safety Commission 4330 East West Highway Bethesda, MD 20814	Toll Free: 800-638-2772 TTY 800-638-8270	<ul style="list-style-type: none"> • Provides information on products that pose a fire, electrical, chemical, or mechanical hazard or can injure children • Consumers can report an injury, death, or unsafe product to CPSC
Better Business Bureau 315 N. La Cadena Drive Colton, Ca. 92324 Mailing Address: P.O. Box 970, Colton	(909)825-7280 (909)825-0490 (909)825-6246 (fax)	<ul style="list-style-type: none"> • Investigate consumer complaints against businesses • Arbitration services • Issue reports on companies • Mediate complaints • No fee if company's a member
Environmental Protection Agency National Lead Information Center	1-800-424-5323 (Technical Assistance)	<ul style="list-style-type: none"> • Lead poisoning prevention Information • List of state and local agencies • No Fee • Residential lead paint issues
American Red Cross 16248 Desert Knoll Dr. Victorville, Ca. 92392	(760)245-6511	<ul style="list-style-type: none"> • Disaster services • Military emergency services, health and safety classes

Counseling Services

All Cities

Agency	Phone	Services Provided
American Cancer Society 1240 Palmyryta Ave. Suite A Riverside, Ca. 92507	1-800-227-2345 24 Hours	<ul style="list-style-type: none"> • Referrals for cancer patients and their families • Support groups (no fee) • Look Good, Feel Better Program • Free wigs • Reach to Recovery Program - One on one support for breast cancer patients • "I Can Cope" Educational Support Program • Transportation services • Source of information relating to any cancer • Low-cost prosthesis and bras

Big Bear Lake - 92315

Lutheran Social Services Family Counseling Center 41945 Big Bear Blvd. Suite 200	(909)866-5721 Mailing Address: P.O. Box 1927 BIG BEAR LAKE CA 92315	<ul style="list-style-type: none"> • Individual & family counseling service • Outpatient mental health counseling • Prevention programs for schools and community • Medi-Cal
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Chino - 91710

Chino Multiple Dual Diagnosis Clinic 6189 Riverside Drive Suite H	(909) 465-5355	<ul style="list-style-type: none"> • Mental health counseling • Referrals to other agencies • Medi-Cal, sliding fee scale
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Grand Terrace - 92313

The Family Connection 22737 Barton Rd Suite H5	(909)370-4250	<ul style="list-style-type: none"> • Licensed marriage, family and child therapist that provides individual or group therapy sessions • Medi-Cal accepted • Referral system to clinics • Victim witness
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San Bernardino

Dept of Behavioral Health Referral Unit	(909) 381-2420	<ul style="list-style-type: none"> • Licensed marriage, family and child therapist that provides individual or group therapy sessions • Medi-cal accepted • Referral system to clinics
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Counseling Services

Ontario- 91762

Agency	Phone	Services Provided
West End Family Counseling Services 855 N. Euclid	(909)983-2020 (909)983-6847 FAX	<ul style="list-style-type: none"> • Individual, group and family counseling • School based counseling • Medi-Cal and sliding fee scale • Elderly Outreach Program

Rancho Cucamonga- 91739

Norton - Fisher Child and Family Center 7165 Etiwanda Ave.	(909)980-3004 (909)463-3128 FAX	<ul style="list-style-type: none"> • Individual, group and family counseling • School based counseling • Medi-cal and sliding fee scale • Elderly Outreach Program
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Rialto- 92376

SB County Behavioral Health Resource Center 850 E. Foothill Blvd.	(909)421-9200	<ul style="list-style-type: none"> • Outpatient mental health services throughout the county • Medi-Cal, sliding fee scale • Alcohol and drug services • Perinatal services for substance abusing mothers
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San Bernardino- 92407

Community Counseling Center Cal State University 5500 University Pkwy	909-537-5569	<ul style="list-style-type: none"> • Student trainees provide counseling • \$10 or sliding fee scale • Referrals to other agencies if beyond scope of student counselor
Psychological Counseling Center Cal State University 5500 University Pkwy	909-537-5040	<ul style="list-style-type: none"> • Student trainees and Licensed professionals provide counseling • Referrals to other agencies if beyond scope of counselors

Victorville- 92395

San Bernardino County Victor Valley Behavioral Center 12625 Hesperia Road	(760)955-1777	<ul style="list-style-type: none"> • Counseling for anger management and anxiety • Counseling and referrals for chronically mentally ill adults and children • Some individual counseling, but mostly group • Medi-Cal or sliding fee scale
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Counseling Services

Yucca Valley - 92284

Agency	Phone	Services Provided
Morongo Basin Counseling and Recovery Center 55475 Santa Fe Trail	(760)365-3022 (760)365-3515 Fax	<ul style="list-style-type: none"> • Mental health counseling for adults, children, and families • Psychological testing & evaluations • Referrals to other agencies • Adult therapy & educational life skills group • Medication Assessment • Case management • Medi-Cal, sliding fee scale • Substance abuse treatment (residential and outpatient) • Court ordered DUI programs

Dental Care

All Cities

Agency	Phone	Services Provided
Beneficiaries Services (Denti-Cal) 7667 Folsom Blvd. Sacramento, Ca. 95852 <i>Mailing Address:</i> P.O. Box 15539 Sacramento, Ca. 95852-1539	1-800-322-6384 Automated voice system	<ul style="list-style-type: none"> Referral to local dentists that accept Medi-Cal Assist with dental rights of clients that have been denied service Full dental coverage Accepts Medi-Cal only
First Five Dental Program	1-800-722-4597	Free or low-cost dental care for children under the age of five. Includes financial assistance for dental treatments.

Colton- 92324

Tri- County Dental Society 952 S. Mt. Vernon Ave. Suite A	1-800-287-8237	<ul style="list-style-type: none"> Referrals to local dentists and low income dental clinics Dental education for schools No fee for referrals
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Etiwanda, Montclair, Ontario, Rancho Cucamonga, Upland

San Antonio Community Hospital for Children Dental Center 8593 Archibald Avenue Rancho Cucamonga, 91730	(909)920-4766 (Same)	<ul style="list-style-type: none"> General dentistry for students that reside in Etiwanda Students K-8th grade with no insurance Must be referred by school nurse \$ 5 child visit
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Loma Linda - 92350.

Loma Linda University School of Dentistry Prince Hall 11092 Anderson	(909)794-7753 (909)558-4689 <i>Age 3-15 Years</i> (909)558-4675 <i>Age 15 or older</i>	<ul style="list-style-type: none"> General Dentistry and urgent care Accepts Medi-Cal and private insurance PPO Care provided by dental students
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Mentone- 92359

Building a Generation Family Resource Center 1320 Crafton Avenue	(909)794-7753	<ul style="list-style-type: none"> Hours: Mon-Fri 8-4:30pm Referrals to dental clinics
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Dental Care

Rancho Cucamonga 91730

Agency	Phone	Services Provided
Assistance League of Foothill Communities 8593 Archibald Ave.	(909)987-2813	<ul style="list-style-type: none"> • General dentistry for students that reside in Alta Loma, Montclair, Upland, Ontario, and Rancho Cucamonga • Students K-8th grade with either no insurance or low income may qualify • Referrals made only through school nurse • Sliding fee scale accepted, but not Medi-Cal • Do not call directly. • Appointment must be set up by school nurse
San Joaquin Valley College Dental Hygiene and Dental Assisting Program 10641 Church Street, Rancho Cucamonga 91730	909-291-8121	<p>Free services provided by Dental Hygiene and Dental assisting students under the direct supervision of a licensed dentist include:</p> <ul style="list-style-type: none"> • Clinic examination and medical history • X-rays of teeth • Teeth cleaning and polishing • Fluoride treatment • Sealants preventive dental care education

Redlands-92374

Assistance League of Redlands Dental Center 506 W. Colton Avenue	(909)792-9430	<ul style="list-style-type: none"> • General dentistry for Redlands students without insurance • \$2-\$20, sliding fee scale
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92374

Redlands Dental Surgery Clinic 1180 Nevada Street	(909)335-0474	<ul style="list-style-type: none"> • For high - risk children and adults • Medi-Cal accepted
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San Bernardino

Dr. Earl Crane Children's Dental Center 580 W. 6 th Street	(909)885-7120	<ul style="list-style-type: none"> • General dentistry for students of SB Unified School District • Must be low income, not on Medi-Cal or insurance • Or \$25 visit
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Agency	Phone	Services Provided
SAC Health System Dental Clinic 1455 E. 3 rd Street	(909)382-7120	<ul style="list-style-type: none"> • Sliding fee scale • Medi-Cal, or PPO private insurance
C - TAP Child Health and Disability Prevention Program 120 carousel Mall	1-800-722-3777 (909)388-0400	<ul style="list-style-type: none"> • Reimbursement to providers for dental service to children up to 19 years old with severe dental condition • Patients must meet income requirements • Patients must be referred from a CHDP provider
Al-Shifa Dental Clinic 2034 B Mallory Street San Bernardino 92407	909-473-0600	<p>Free basic dental treatment which includes:</p> <ul style="list-style-type: none"> • Dental examinations • Dental X-rays • Consultation • Emergency dental treatment • Simple and surgical tooth extractions • Dental fillings • Teeth cleaning • Fluoride treatment • Children dental care

Drug and Alcohol Abuse

All Cities

Agency	Phone	Services Provided
Alanon Family and Friends of Alcoholics	(909)824-1516	<ul style="list-style-type: none"> • Helpline for recovering alcoholics and their families • Alanon meeting referrals for recovering alcoholics
Alcohol and Drug Services Administration San Bernardino County Dept of Behavioral Health	909-421-4601 1-800-735-2929 For hearing /speech Impair Services	<ul style="list-style-type: none"> • Provides referrals to alcohol and drug treatment services within San Bernardino County for all ages and gender
Alcoholics Anonymous Inland Empire Main Branch Po Box 189, Colton, CA 92324	909-825-4700 24 Hr Hotline	<ul style="list-style-type: none"> • Assistance to anyone with an alcohol problem • No fee
Salvation Army Adult Drug and Alcohol Rehab 363 S. Doolittle Rd	909-889-6905	<ul style="list-style-type: none"> • Inpatient treatment for counseling and process groups, anger management • Alanon meetings for families • \$100 per week for Disability or SSI, otherwise free • NA Meeting, AA Meetings • Bible Study, Christian based program • Men Only

Big Bear Lake - 92315

Operation Breakthrough Inc Po Box 6445	909-866-5437 Clinic	<ul style="list-style-type: none"> • Outpatient counseling and group therapy for alcohol and drug abuse • Sliding fee scale • Drug court • Adolescents counseling • DEJ, DUI, Prop 36, EAP Programs
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Bloomington - 92316

Social Science Service Inc Clear House 18612 Santa Ana Ave	909-421-7120 1-800-246-4357	<ul style="list-style-type: none"> • Inpatient and outpatient treatment of alcohol and drug abuse • 12 step and drunk driver program • Must be 18 yrs or older • Program for women w/children • Set fee, county funded • 125 beds available • Treatment for male or female • Treat dually diagnosed clients
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Drug & Alcohol Abuse

Chino - 91710

Agency	Phone	Services Provided
Office of Alcohol and Drug Programs, Chino Multiple Diagnosis Clinic	909-590-5355	<ul style="list-style-type: none"> • Outpatient treatment of alcohol and drug abuse • MediCal, MediCare, sliding fee scale • Mental health - associated with drug and alcohol • Children psychiatric care
City of Chino Community Services Department Human Services Division	909-591-9822	<ul style="list-style-type: none"> • Court mandated aversion or drug and alcohol prevention for schools • Tobacco prevention • Family, marriage, and individual counseling • Youth anger management program - court mandated • Teens must be 13-18 yrs old
Jericho Outreach Inc Po Box 964 Men's House 5151 "F" Street	909-591-1465	<ul style="list-style-type: none"> • Inpatient 6 month treatment program for drug and alcohol abuse • Must be 18 yrs old and older • Private pay - \$1000 per month

Colton -92324

Western Clinics Health Services (WCHS) Inland Health Services (HIS) 2275 E Cooley Drive	909-370-1777 909-370-1776 Fax	<ul style="list-style-type: none"> • Opiate including heroin treatment and counseling • Medi-Cal, sliding fee scale
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Fontana - 92335

Merrill Community Services Inc 9161 Sierra Ave Suite 200	909-823-0609 909-823-4187 Fax	<ul style="list-style-type: none"> • Outpatient counseling for youth alcohol and drug abuse • Medi-Cal, or sliding fee scale PC1000 drug aversion • Mental health program • Anger management classes • Weapons & gang diversion • Decision making skills class • Parenting classes
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Drug & Alcohol Abuse

Hesperia - 92345

Agency	Phone	Services Provided
Community Crisis Response Team 11951 Hesperia Rd	760-956-6780	<ul style="list-style-type: none"> • Mobile Crisis Team

Joshua Tree - 92252

Panorama Ranch Men and Women 65675 Sullivan Rd <i>Mailing address:</i> Po Box 335	760-366-9100 <i>Inpatient</i>	<ul style="list-style-type: none"> • 90 day inpatient for alcohol and drug dependency • Accept Referrals • Cal Works, CPS, private pay, Prop 36 • Outpatient services for adults and adolescent
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Needles - 92363

San Bernardino County Dept of Behavioral Health	760-326-9313 <i>Behavioral Health</i>	<ul style="list-style-type: none"> • Behavioral Assistance
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Ontario - 91762

Bilingual Family Counseling Services 317 W. "F" Street	909-986-7111	<ul style="list-style-type: none"> • Outpatient counseling for drug and alcohol • Bilingual counseling of individual, group, teen and parent • Free assessment, sliding fee scale • Medi-Cal for groups only • Prop 36 • PC 1000
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Pomona - 91766

Inland Valley Drug & Alcohol Recovery Services 375 S. Main Street Suite 111	909-622-7311	<ul style="list-style-type: none"> • Domestic violence counseling for batterers, not victims • Males only • DUI for first of second offenders
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Rancho Cucamonga

The Valley Alanon Club 10980 Arrow Route Suite 107-108	909-941-9031	<ul style="list-style-type: none"> • Meeting rooms available • No fee
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Drug and Alcohol Abuse

Rancho Cucamonga

Agency	Phone	Services Provided
Matrix Institute on Addictions 11777 Sebastian Way Ste 102B	1800-8-Matrix Toll free hotline 909-989-9724	<ul style="list-style-type: none"> • Intense Outpatient Program (IOP) for substance abuse • Any age • Sliding fee scale and Medi-Cal • Treat all substances

Redlands - 92374

Vista Guidance Center 1323 W. Colton Avenue Suite 200 <i>Mailing address:</i> Po Box 7369	909-335-7067 Administration	<ul style="list-style-type: none"> • Outpatient treatment for drug and alcohol abuse • Sliding fee scale or Medi-Cal • Mental health clinic.
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San Bernardino-92401

Casa de San Bernardino 735 N D Street	909-381-5507	<ul style="list-style-type: none"> • Outpatient treatment for substance abuse for adolescent 14-21 yrs old • Drug diversion PC1000 program • Sliding fee scale or Medi-Cal
HASE and Associates System Inc 353 W. 6 th St	909-888-0149	<ul style="list-style-type: none"> • Outpatient intensive treatment for alcohol and drugs • DUI program • Community outreach • Domestic Violence program referrals • Fee based on treatment • Anger management programs

92405

Inland Behavioral & Health Services Inc 1963 N. "E" Street	909-881-6146	<i>Mental health center:</i> <ul style="list-style-type: none"> • (WE)Wholeness & Enrichment center • Outpatient drug treatment program • School drug prevention program • PC1000, teen counseling, alcohol counseling • Perinatal treatment program • Sliding fee scale, cash or Medi-Cal
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Drug & Alcohol Abuse

San Bernardino

Agency	Phone	Services Provided
Rolling Start Inc. 570 W. 4 th St Suite 107	909-884-2129 909-884-7396 TDD	<ul style="list-style-type: none"> • Assistance advocacy • Assistance and SSI applications • Referrals to inpatient programs • Social and communication skills development • Housing assistance • Personal attendant referrals
New House Inc. 2130 N Arrowhead Ave Suite 112	909-881-0390 909-889-4330	<ul style="list-style-type: none"> • Residential substance abuse program for men and women, men with children, and women with children • Pregnant women and children up to age 12 accepted • 12-step program • Sliding fee scale • Family program & couples program
VARP Inc./ Gibson House for Men 1100 N "D" Street	909-884-0840 Men	<ul style="list-style-type: none"> • 60-90 days inpatient alcohol treatment program • Inpatient aftercare treatment for up to 90 days • Sliding fee scale, minimum cost of \$3 a day
VARP Inc. / Gibson House for Women 1135 N "D" Street	909-888-6956 Women	

Sky Forest - 92385

RIM Family Services 28545 Highway 18 <i>Mailing address:</i> Po Box 578	909-336-1800 909-336-0990 Fax	<ul style="list-style-type: none"> • Outpatient treatment of substance abusing teens and adults • Employee assistance program • Eating disorder and parenting support groups • Women's counseling and family and individual counseling • Crisis counseling • Court ordered DUI & drug aversion • Medi-Cal, private insurance or sliding fee scale • Anger management classes • Parenting classes - Parents as teachers
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Drug & Alcohol Abuse

Upland - 91786

Agency	Phone	Services Provided
Reach Out West End, Inc. 1126 W. Foothill Blvd Suite 150	909-982-8641	<ul style="list-style-type: none"> • Drug and alcohol prevention • Services for school districts • PC 1000 drug aversion • No fee, except for PC 1000 • Mentoring •
The Recovery Center 934 N. Mountain Ave. Suite A & B	909-949-4667 <i>Outpatient Svcs</i> 909-932-1069 <i>Inpatient Svcs</i>	<ul style="list-style-type: none"> • Substance abuse groups for adults • Outpatient treatment for anyone who wants help with addiction • Parenting classes • Domestic violence for perpetrators - \$50 for intake • Anger management - \$40 for intake • After care on Fridays • Family group on Mondays • Substance abuse accepts insurance, Prop 36, private pay • Youth program

Victorville

High Desert Child, Adolescent and Family Services Center Inc. 16248 Victor St	760-243-7151	<ul style="list-style-type: none"> • Outpatient counseling for drug and alcohol use for anyone who has used drugs in the past 2 yrs • Accepts DCF referrals • Parenting and anger management classes (cash fee of \$90) • Medi-Cal only no IEHP, private insurance
Victor Valley Counseling Behavioral Health 12625 Hesperia Rd	760-955-1777	<ul style="list-style-type: none"> • Mental Health
St John of God Health Care Services 13333 Palmdale Rd <i>90 day residential address</i> <i>Outpatient address:</i> 15534 6 th St	760-241-4917 760-952-9192 <i>Outpatient services</i>	<ul style="list-style-type: none"> • Recovering homes for alcoholics • Drug and alcohol rehab for men/women and parent with children • 90 day residential treatment program for drug and alcohol • Sliding fee scale • Outpatient services available, accept Medi-Cal • Private Insurance accepted

Drug & Alcohol Abuse

Yucaipa - 92399

Agency	Phone	Services Provided
Vista Guidance Centers 34324 Yucaipa Blvd Suite B-D	909-790-1300 909-790-0210	<ul style="list-style-type: none">• Outpatient treatment for drug and alcohol abuse. Mental health clinic.• Sliding fee scale or Medi-Cal

Education and Schools

All Cities

Agency	Phone	Services Provided
Options for Youth (OFY)	626-685-9300	<ul style="list-style-type: none"> Serves the at risk population by instruction through independent study Work towards high school diploma Independent study Extracurricular activities, including dances, sports programs, graduation, and grad night
Asian American Resource Center 1115 S. E St. San Bernardino, CA 92408	(909) 383-0164	Classes provide clients with an introduction to computers including Microsoft Word and MS Power Point. The classes also include training on how to navigate and browse the internet as well as how to create an email account. Classes are free to the public. Call to find out exact dates and times.

Barstow - 92311

Barstow Teen Mothers Program 405 N. 2 nd Ave Room 18	760-256-5848	<ul style="list-style-type: none"> Middle or high school students Prenatal, parenting classes Earn credits to transfer to a continuation or high school Job training, no fee
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Chino - 91710

Buena Vista High School 13509 Ramona Ave	909-628-9903	<ul style="list-style-type: none"> Credit recovery school for anyone behind in credits Pregnant teen program Work towards diploma Parenting and child development classes Referred from home school in Chino district No fee
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Hesperia - 92345

Options for Youth Charter School 1555 Main St. Suite D7	760-948-3355	<ul style="list-style-type: none"> Serves drop-out population by instruction through independent study 7-12th grade only Work towards high school diploma
Options for Youth Charter School 17352 Main Street	760-948-3636	

Education and Schools

Ontario - 91764

Agency	Phone	Services Provided
Valley View High School 1801 E. 6 th Street	909-985-0966	<ul style="list-style-type: none"> • Continuation school • Program for pregnant teens or teens with children • Referred by home school in the Chaffey district • Work towards diploma or GED • Parenting and childcare classes • No fee

Patton - 92369

California Conservation Corps (CCC), Inland Empire 3102 E. Highland <i>Mailing address:</i> Po Box 901	909-862-0767	<ul style="list-style-type: none"> • Work training program for CA residents, 18-25 yrs old • Earn money and work towards diploma or GED • Learn conservation, career, and job seeking skills • No fee to apply
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San Bernardino - 92407

Provisional Accelerated Learning (PAL) Center (Please move PAL to the end of title) 2450 W. Blake Street <i>Mailing address:</i> Po Box 7100	909-887-7002	<ul style="list-style-type: none"> • Work toward diploma • Job training and placement for ages 19-21 • No fee
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Highland

Alternative Learning Center 3236 Pacific Street	909-388-6221	<ul style="list-style-type: none"> • Work toward diploma or GED • Job referrals • No fee
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92411

Cal-SAFE Pregnant Minor Programs Alternative Programs 1535 W. Highland Ave.	909-880-6848	<ul style="list-style-type: none"> • Work toward diploma or GED • Job referrals • Childcare • No fee
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Education and Schools

92405

Agency	Phone	Services Provided
San Bernardino Adult School 1200 N. "E" Street	909-388-6000	<ul style="list-style-type: none"> • Work toward high school diploma or GED • Vocational classes - prices may vary • 18 years of age or older • No financial aid available • Community classes for hobbies - prices may vary

Victorville

Options for Youth Charter School 16932 Bear Valley Road 92392	760-955-5900	<ul style="list-style-type: none"> • Serves drop-out population by instruction through independent study • 7-12th grade only • Work towards high school diploma
Options for Youth Charter School 14725 7 th Street Suite 400 92392	760-955-5525	
Options for Youth Charter School 14196 Amargosa Rd 92392	760-241-6546	
Options for Youth Charter School 15048 Bear Valley Rd 92395	760-241-8300	
Options for Youth Charter School 13801 Rodeo 92395	760-843-0066	

English as a Second Language (ESL)

All Cities

Agency	Phone	Services Provided
Volunteers of America 720 South E Street San Bernardino 92408	(909) 885-0471	Free GED, ESL, adult literacy, and computer classes for parents and guardians with children five years of age or younger who reside in these designated San Bernardino County zip codes: 92324, 92346, 92376, 92401, 92404, 92405, 92407, 92408, 92410, 92411.

Apple Valley - 92307

Church of the Valley 20700 Standing Road	760-247-6494	<ul style="list-style-type: none"> • Anyone who is non-English speaking • Wednesdays only at 9am • No fee for class
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Barstow - 92311

Barstow Literacy Center Barstow Branch Library 304 E. Buena Vista	760-256-4847	<ul style="list-style-type: none"> • Reading, writing & speaking English • 18 years or older • No fee for class and materials • Wednesday morning classes • One on one tutoring, small classes
Barstow College 2700 Barstow Road	760-252-2411 <i>Extension 7236</i>	<ul style="list-style-type: none"> • Conversational English classes, 4 levels • \$0-\$39 based on class

Blue Jay - 92317

Lake Arrowhead Library Mountain Literacy Program 27235 Highway 189	909-337-5420	<ul style="list-style-type: none"> • Reading and writing English - adult, primarily for English speakers but no one is turned away • Family literacy program, story time on Saturdays at 10:30am 0-5 yrs • Free child book at story time • One to one tutoring, day and evening classes • Tutors trained through Literacy • Volunteers of America (LVA) • No fee
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Chino - 91710

Chino Valley Adult School 5130 Riverside Drive	909-628-1201 <i>Extension 1555</i>	<ul style="list-style-type: none"> • Conversational English and citizenship classes • GED classes • Day and evening classes • No fee
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English as a Second Language (ESL)

All Cities

Claremont - 91711

Agency	Phone	Services Provided
Claremont Adult School USD 170 W. San Jose Ave Suite 107	909-624-6402	<ul style="list-style-type: none"> • Life skills, conversation and English grammar • 18 years and older must be out of school • Day and evening classes • No fee

Colton - 92324

Washington High School 900 E. "C" Street	909-580-5011	<ul style="list-style-type: none"> • Speaking and reading English • 18 years of age or older • No fee
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Fontana - 92335

Fontana Adult Center Fontana High School 9453 Citrus Ave	909-357-5500 Ext:6868	<ul style="list-style-type: none"> • Evening Classes; M-Th 6:15pm-9:30pm, Sat 8am - 2:30pm • GED classes in Spanish also available • No fee
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Highland - 92346

Highland Sam J. Racadio Library and Environmental Learning Center 7863 Central Ave	909-425-4700	<ul style="list-style-type: none"> • Speaking, reading and writing English for English speakers • Introduction to computer classes • Anyone who can travel to class is eligible • Must have transportation to meet with tutors • Not ESL - for English improvement • One on one tutoring • No fee
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Ontario - 91761 and 91762

Chaffey Adult School (Various locations throughout Ontario) 211 W. Fifth Street	909-983-2010	<ul style="list-style-type: none"> • Speaking and reading English • GED, basic computer classes • Fee for computer classes • Anyone is eligible • Day and evening classes • No fee for GED, Diploma classes only
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English as a Second Language (ESL)

All Cities

San Bernardino - 92401

Agency	Phone	Services Provided
San Bernardino Valley College 701 S. Mt Vernon Avenue	909-384-4400	<ul style="list-style-type: none"> • Reading and language classes • Counseling and assessment provided • Anyone is eligible • Day and evening classes • \$20 a unit (most classes are 3 units)
San Bernardino Public Library Adult Literacy Center 555 W. Sixth Street	909-381-8205	<ul style="list-style-type: none"> • Reading and speaking English • Basic adult education • Anyone is eligible • Day and evening classes • One on one tutors or group sessions • No fee • Citizenship classes • Homework center
Asian American Resource Center 1115 S. E St. San Bernardino, CA 92408	(909) 383-0164	<ul style="list-style-type: none"> • ESL classes Monday through Friday for both beginner and intermediate level students • Free childcare is available onsite for ESL students while attending class. • Call to find out dates and times
San Bernardino Adult School 1200 N. "E" Street	909-388-6004 909-388-6000 <i>Main Number</i>	<ul style="list-style-type: none"> • Speaking, writing & reading English • 18 years and older • Day and evening classes • No fee
Libreria Del Pueblo, Inc. 972 N. Mt Vernon Avenue	909-888-1800	<ul style="list-style-type: none"> • Citizenship program, which includes ESL classes • Reading, speaking and writing English classes • Must be low income • No fee, donations accepted
San Bernardino County Library 104 West Fourth Street	909-387-5720	<ul style="list-style-type: none"> • Reading and writing English • Some speaking knowledge of English required • 16 years of age or older, or not enrolled in school • Time arranged between student and tutor • No fee

Housing, Clothing, Food and Utilities

All Cities

Agency	Phone	Services Provided
Southern California Edison Po Box 292 Rialto, CA 92377	1-800-447-6620	<ul style="list-style-type: none"> Automated Voice System Rate assistance 20% discount off of electric bill if income eligible
Southern California Gas California Alternative Rates for Energy (CARE) Po Box 2295 Santa Fe Springs, CA 90670	1-800-331-7593 <i>Automated Voice System</i>	<ul style="list-style-type: none"> Rate assistance 15% appliance repair, weatherization if income eligible
Community Action Partnership of San Bernardino County 696 S. Tippecanoe Ave San Bernardino, CA 92415-0610	(909) 723-1500 Or 866-675-6623	<p>Clients must meet the component's specific eligibility requirements:</p> <ul style="list-style-type: none"> <u>Emergency Assistance</u> -includes food vouchers, bus passes, shelter assistance, and more. Weatherization and energy conservation assistance to eligible low-income residents and processes applications for Home Energy Assistance Program (HEAP) to help relieve emergency and non-emergency situations for eligible <u>electric and gas customers</u>. Rental Assistance-has two components: Eviction Prevention and New Rentals. Individual Development Accounts (IDA)-A matched savings program that allows low-income workers to save earnings towards acquisition of assets- a home, a small business or post-secondary education, as a way out of poverty. <u>Lead Reduction Services</u>- provides lead-hazard paint renovation services for homes built prior to 1979. The family must have children less than 6 years of age residing or regularly visiting.

WHERE TO TURN FOR HELP 2009-2010

Agency	Phone	Services Provided
<p>WIC Program 351 N. Mountain View San Bernardino, CA 92415</p>	<p>909-387-8302 800-472-2321 <i>Desert</i></p>	<ul style="list-style-type: none"> • Supplemental food program for low-income women, infants and children (WIC) • Nutrition education and counseling • Call to apply
<p>Asian American Resource Center 1115 S. E St. San Bernardino, CA 92408</p>	<p>(909) 383-0164</p>	<p>Free application assistance and forms for a 20% rate reduction off of your gas and electricity bills.</p>
<p>Inland Fair Housing and Mediation Board 560 N. Arrowhead, Suite 7A San Bernardino, CA 92401</p>	<p>Upland area <i>New Office location-June 2009</i> 60 E. 9th Street, Suite 100, Upland, CA 91786 Phone: 909-984-2254 or 800-321-0911 San Bernardino area 560 N. Arrowhead Ave., Ste. 7A San Bernardino, CA 92401 Phone: 909-888-3763 or 1-800-321-0911 Victorville area 14201 Kentwood Blvd., Suite 3 Victorville, CA 92392 Phone: 760-243-2412 or 800-321-0911 Barstow area 222 East Main Street, Suite 221 Barstow, CA 92311 Phone: 760-256-7779 or 800-321-0911</p>	<ul style="list-style-type: none"> • Information and mediation of 1005 landlord-tenant disputes • Default and foreclosure counseling • Free Fair Housing and Landlord/Tenant Workshops • First time home buyer education (\$80) • Senior shared housing assistance • No fee
<p>San Bernardino Department of Public Health, Lead Based Paint Hazard Control Program 120 Carousel Mall San Bernardino, CA 92415</p>	<p>1-800-722-3777</p>	<p>You may qualify for a home free lead inspection and/or free or low-cost renovation services. These services are available to:</p> <ul style="list-style-type: none"> • Homes identified with lead-based paint hazards, AND • Homes built before 1978. These include single-family homes or apartments, AND • Tenant or owners living in low income housing with children under six (6)

		<p>years old, OR</p> <ul style="list-style-type: none"> • Landlords, renting to families with low income with children under six years old
<p>Victorville High Desert Homeless Services 14049 Amargosa Rd. Victorville, CA 92392</p>	<p>760-245-5991 Fax 760-245-7513</p>	<ul style="list-style-type: none"> • Shelter provided for men, women, and children • Valid state ID and social required individuals must go through interview

Adelanto - 92301

<p>Adelanto Senior Center 11565 Cortez</p>	<p>760-246-7736</p>	<ul style="list-style-type: none"> • Nurses come in once-a-month • Senior nutrition program • Meals-on-Wheel • \$5 for under 60 years old • \$3 donation over 60 years old • Senior Activities also available
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Barstow

<p>Desert Manna 209 First Ave</p>	<p>760-256-7797</p>	<ul style="list-style-type: none"> • Utility assistance food, clothing and shelter for low income families • Emergency food need referral • Dinner served Tues, Wed, Sat & Sun from 5 - 5:30pm • Mon-Fri Lunch 11:00am to 1:00pm • Must bring proof of income or referral from another agency for utility assistance • 2 nights/month shelter for people where they can be evaluated and stay up to 30 days • Gas vouchers
<p>Housing Authority 421 S. 7th Ave</p>	<p>760-256-8814</p>	<ul style="list-style-type: none"> • Long term rental assistance to low-income families. No fee
<p>Senior Health Clinic Mojave Valley Senior Center 555 Melissa Ave</p>	<p>760-256-5023</p>	<ul style="list-style-type: none"> • Meals-on-Wheels • Donations accepted • Congregate meals • Senior Oriented classes • Legal access and Medi-Care help • Senior activities

Chino - 91710

<p>Aletheian Christian Foundation 12801 N. Oaks Ave</p>	<p>909-627-3635</p>	<ul style="list-style-type: none"> • Food, clothing, and some utility assistance for Chino residents only • Call first to see what is available
<p>Housing Authority 13088 Monte Vista</p>	<p>909-628-3413</p>	<ul style="list-style-type: none"> • Long term rental assistance to low-income families. No fee

Housing, Clothing, Food and Utilities

Colton - 92324

Agency	Phone	Services Provided
Housing Authority 772 Pine Street	909-824-8277	<ul style="list-style-type: none"> • Long term rental assistance to low-income families • No fee
Hutton Community Center Annex Senior Center 660 Colton Ave	909-370-6168	<ul style="list-style-type: none"> • Nutrition for seniors • Senior lunch program • Senior classes • Local trips on Tuesdays • Other help available, housing and social services, must make appointment

Ontario - 91764

Housing Authority 424 N. Lemon Ave	909-983-1318	<ul style="list-style-type: none"> • Rental assistance to low-income families • Public housing to low-income families in Chino • No fee to anyone living in public housing project
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91762

Salvation Army 1412 S. Euclid Ave	909-986-6748	<ul style="list-style-type: none"> • Call first • Food, shelter, rental assistance for anyone in need when available • Must have valid ID proof of residence, social security and proof of income
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Pomona - 91767

Salvation Army 490 E. Laverne Ave Po Box 2562	909-621-1579	<ul style="list-style-type: none"> • Meal tickets for homeless • Food assistance • Overnight emergency lodging • Counseling
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Rialto - 92376

Loveland Jubilee Pantry 1436 N Ayala Drive Suite G	909-873-2710 Fridays only 10am to 2pm	<ul style="list-style-type: none"> • Clothing, food, utility and rental assistance for anyone in need • Meals, showers, laundry for homeless
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Housing, Clothing, Food and Utilities

Rialto 92374

Agency	Phone	Services Provided
Family Service Association of Redlands 612 Lawton Street	909-792-9626 Or 909-793-2673	<ul style="list-style-type: none"> • Case management, family support services and Home Again project. Need to call for more details. • No cost

Redlands

Salvation Army 838 Alta St <i>Mailing address:</i> Po Box 26	909-792-6868	<ul style="list-style-type: none"> • Emergency Services such as rental and utility assistance, call for details • Dinner M-F free to anyone 5-6pm • Showers Mondays & Thursdays 11am-12pm • Emergency food - M, Tues, Thu, Fri 1:15-4pm
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San Bernardino - 92415

Community Action Partnership (CAP) Family Development 696 S. Tippecanoe	909-723-1500	<ul style="list-style-type: none"> • Short-term help with rent, food, and shelter <p><i>Must show proof:</i></p> <ul style="list-style-type: none"> • Social security cards for everyone in household • Picture id for adults • Income with-in last 30 days • Must be San Bernardino resident • No fee
Frazer Community Center 1140 W. Mill Street <i>Mailing Address:</i> Po Box 8250	909-889-4424	<ul style="list-style-type: none"> • Short-term help for seniors and families • Shelter for men and another for women, clothing • Hot meal served between 11am - 1pm • No fee
Sonrise Senior Citizen Apts. 7222 Sierra Ave Fontana, CA 92336 (Add and please move to Fontana)	909-355-8522	<ul style="list-style-type: none"> • Low-income HUD subsidize housing
Catholic Charities Regional Office 1800 Western Suite 107	909-880-3625 909-370-1293 <i>Counseling center</i>	<ul style="list-style-type: none"> • Food, utility, & housing assistance when available • Emergency funeral expense assistance when available

Housing, Clothing, Food and Utilities

San Bernardino-92405

Agency	Phone	Services Provided
Catholic Charities 1450 N. "D" Street	909-388-1243 Or 909-388-1239	<ul style="list-style-type: none"> • Immigration services • Help with job interviews • Help to become a U.S. Citizen for any new arrival to this country • Assistance with bills, shelter • Counseling and family therapy
San Bernardino City Mission 719 North D Street	909-889-2700	<ul style="list-style-type: none"> • Free clothing & food once a month on Wed, give away household items • Delivery in local area available • SSN and picture ID required
Housing Authority 672 S. Waterman Ave 92408	909-890-9533	<ul style="list-style-type: none"> • Long term rental assistance for low income families • No fee
Expanded Food & Nutrition Education Program (EFNEP) 777 E. Rialto Ave	909-387-2188	<ul style="list-style-type: none"> • Fee nutrition program designed to aid low-income families in stretching their food dollars

Upland - 91786

Housing Authority 1200 N. Campus Ave	909-982-2649	<ul style="list-style-type: none"> • Long-term rental assistance for low-income families • No fee
Foothill Family Shelter 1501 W. 9 th Street Suite D	909-920-5568	<ul style="list-style-type: none"> • Shelter for homeless families with children as well as single men and single women • Parenting, counseling for people that are in-house and case management • 120 day stay, must call for appointment • No fee

Victorville - 92392

Salvation Army - Victory Valley 14585 La Paz Dr.	760-245-2545	<ul style="list-style-type: none"> • Food, utilities & rental assistance for anyone in need when funds available • Emergency food distribution Tuesdays & Thursdays from 9am to 12pm
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Housing, Clothing, Food and Utilities

Victorville-92393

Agency	Phone	Services Provided
First Call for Help PO Box 3012	760-240-8255	<ul style="list-style-type: none"> • Referral agency
Meals on Wheels 15075 Hesperia Rd 92392	760-245-7047	<ul style="list-style-type: none"> • Hot meals delivered to disabled seniors
Samaritan Helping Hand 15527 Eighth St.	760-243-5933	<ul style="list-style-type: none"> • Groceries once every 3 months • Clothing - Once a yr for adults, twice a yr for children • Grocery handout - Mon, Tues from 10-Noon • Motel vouchers when available • Greyhound bus tickets provided only once • Regular bus passes provided up to 4 times a yr • Utilities and rent assistance when available and provided once per yr by appt only

Yucaipa - 92399

Family Assistance Yucaipa Valley Welfare, Inc 35075 Avenue B Po Box 130	909-797-0244	<ul style="list-style-type: none"> • Clothing, emergency food and help with utility payment when funds available must be low-income • Food service • No fee
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Job-Line Recording Personnel Offices

Agency	Phone	Web Site
California State Polytechnic, Pomona	909-869-2342	www.csupomona.edu
California State University, San Bernardino	909-537-5139	www.csusb.edu
Chino Unified School District	909-628-0549	www.chino.k12.ca.us/
City of Chino	909-591-9808	www.cityofchino.org/
City of Claremont	909-399-5351	www.ci.claremont.ca.us/
City of Fontana	909-350-7650	www.fontana.org/
City of Fullerton	714-738-6360 or 714-438-6888	www.cityoffullerton.com
City of La Verne	909-596-8760	www.ci.la-verne.ca.us/
City of Los Angeles	213-473-9311 or 213-473-9324	www.lacity.org/
City of Montclair	909-625-9427	www.ci.montclair.ca.us/
City of Ontario	909-395-2035	www.ci.ontario.ca.us/
City of Pomona	909-620-2489	www.ci.pomona.ca.us/
City of Rialto	909-820-2640	www.ci.rialto.ca.us/
City of San Bernardino	909-384-5376	www.sbcity.org
Claremont Colleges	909-607-7916	www.claremont.edu
Employment Development Dept. - Pomona	909-868-7741	www.edd.ca.gov
Kaiser Hospital	N/A	www.kaiserpermanente.org
Los Angeles County	800-970-5478	www.lacounty.gov
Mount San Antonio College	909-594-5611	www.mtsac.edu/
Orange County	714-834-5315	www.oc.ca.gov
Redlands Unified School District	909-307-5333	www.redlands.k12.ca.us
San Bernardino City Unified School District	909-381-1100	www.sbcusd.k12.ca.us
San Bernardino Community College District	909-382-4000	www.sbccd.org
San Bernardino County	909-387-5611	www.sbcounty.gov
San Diego	619-531-5764	www.co.san-diego.ca.us
State Personnel Board	800-807-6755	www.spb.ca.gov/
University of California, Riverside	951-827-5627	www.ucr.edu/
Upland Unified School District	909-985-1864	www.upland.k12.ca.us/
Vons	1-800-283-VONS/8667	www.vons.com

Job Training and Placement Programs

All Cities

Agency	Phone	Services Provided
County of San Bernardino Human Resources 157 W. 5 th Street San Bernardino, CA 92415	909-387-5611 www.sbcounty.gov	<ul style="list-style-type: none"> • 24-Hour job line listing current openings for employment with the county

Big Bear Lake - 92315

Regional Occupational Program (ROP) Po Box 1708	909-585-1616 Press option 3	<ul style="list-style-type: none"> • Job placement and current training • Courses in job entry skills • Recruitment / placement specialists on site • 16 years or older • No fee
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Hesperia - 92345

Workforce Development Department 15555 Main Street Suite G4	760-949-8526	<ul style="list-style-type: none"> • Resources for self-directed job search • Job search skills workshops • Assistance with job applications and resumes • On-site Job Placement Specialists • Open to the general public, 16 years or older • No fee
Regional Occupational Program (ROP) 9898 Maple	760-244-1771 Automated voice system	<ul style="list-style-type: none"> • Job placement and current training • Courses in job entry skills • Recruitment / placement specialists on site • 16 years or older • No fee

Montclair - 91763

Association for Retarded Citizens (OPARC) 8939 Vernon Ave. Suite L	909-985-3116	<ul style="list-style-type: none"> • Also serves persons with various disabilities thru department of rehabilitation • Vocational training and job placement for developmentally disabled • Must be referred through Regional Centers • No fee
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Job Training and Placement Programs

Morongo - 92277

Agency	Phone	Services Provided
Regional Occupational Program (ROP) 5715 Utah Trail Po Box 1269, 29 Palms, CA	760-367-9191 Ext:339	<ul style="list-style-type: none"> • Job placement and current training • Courses in job entry skills • Recruitment / placement specialists on site for those enrolled • 16 years or older • No cost

Needles - 92363

San Bernardino County Employment Services Program 1300 Bailey Street	760-326-9289	<ul style="list-style-type: none"> • Job assistance
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Ontario - 91761

OPARC 1235 E. Francis Street Suite A	909-923-5355	<ul style="list-style-type: none"> • Vocational training for adults • Adult development centers for severely disabled • Can only be accepted if referred through a Regional center
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Rancho Cucamonga - 91730

Workforce Development Department 9650 Ninth Street Suite A	909-941-6500	<ul style="list-style-type: none"> • Resources for self-directed job search • Job search skills workshops • Assistance with job applications and resumes • On-site Job Placement Advisers • Open to the general public, 16 years of age or older • No fee
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Redlands - 92374

Employment Development Dept. / Workforce Services Branch 814 W. Colton Ave	909-798-1796	<ul style="list-style-type: none"> • No actual referrals • Offers Cal Jobs internet service open free to general public to search for jobs on their own
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Rialto - 92376

Regional Occupational Program (ROP) 266 W. Randall	909-820-6883 Option 5	<ul style="list-style-type: none"> • Courses in job entry skills • 16 yrs or older only people under the age of 18 must be enrolled at site where courses are offered • No cost
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Job Training and Placement Programs

San Bernardino - 92401

Agency	Phone	Services Provided
City of San Bernardino Employment and Training Agency One Stop Career Center 600 Arrowhead Ave	909-888-7881	<ul style="list-style-type: none"> • Employment preparation for youth and adults • Retraining program for dislocated workers • Job referrals and placement • Adult basic education & (GED) classes • Must meet income guidelines • No fee
Workforce Development Department 646 N. Sierra Way	909-386-0884	<ul style="list-style-type: none"> • Resources for self-directed job search • Job search skills workshops • Assistance with job applications and resumes • On-site Job Placement Specialists • Open to the general public, 16 years or older • Youth program for people 14-23 years of age • No fee

Victorville - 92392

Victor Valley Union High School District 16350 Mojave Dr.	760-955-3200 Ext: 270	<ul style="list-style-type: none"> • Job placement and current training • Courses in job entry skills • Recruitment / placement specialists on site for those enrolled • 16 years of age or older • No fee
Employment Development Dept., State of California 15419 Cholame Rd	760-241-1682	<ul style="list-style-type: none"> • No actual referrals • Offers Cal Jobs internet service • Open free to general public to search for jobs on their own

Legal Help

All Cities

Inland Mediation Board 60 E. 9 th St. Upland, CA 91786	1-800-321-0911	<ul style="list-style-type: none"> Information and mediation of landlord-tenant disputes
Inland Fair Housing and Mediation Board 560 N. Arrowhead Ave Suite 7A San Bernardino, CA 92401	909-888-3763	<ul style="list-style-type: none"> This office deals only with landlord tenant disputes
California Office of the Attorney General Po Box 944255 Sacramento, CA 94244	1-800-952-5225	<ul style="list-style-type: none"> Consumer complaints and inquiries Consumer assistance and mediation services Consumer education literature Available to the general public No fee
California Rural Legal Assistance Foundation 631 Howard Street Ste 300 San Francisco, CA 94105	415-777-2752	<ul style="list-style-type: none"> Information and referral on immigration issues Referral service to other agencies Legislative advocacy education and information Refer to lawyers in local area 800 hotline for complaints about lawyer No fee
California State Bar Association Office of Public Education 180 Howard Street San Francisco, CA 94105	1-800-843-9053 Attorney complaints 415-538-2000	<ul style="list-style-type: none"> No fee
Inland Counties Legal Services 715 N. Arrowhead Ave. Suite 113 San Bernardino, CA 92401	909-884-8615 1-800-677-4257	<ul style="list-style-type: none"> Legal advice by appointment must be low income Civil cases only No fee

Chino - 91710

Legal Aid Clinic Neighborhood Activity Center 5201 D Street	909-889-7328	<ul style="list-style-type: none"> Provides legal advice 2nd Mon of the month at 1:30pm
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Joshua Tree - 92252

Legal Aid Clinic 6171 Sunburst Ave	909-889-7328	<ul style="list-style-type: none"> Provides legal advice 2nd & 4th Wed of the month at 11am
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Legal Help

Rancho Cucamonga - 91730

Agency	Phone	Services Provided
Inland Counties Legal Services 10601 Civic Center Dr. Suite 260	909-980-0982	<ul style="list-style-type: none"> • Legal advice by appointment • Must be low-income • Civil, consumer and family law • Have to be a US citizen or legal resident • If domestic violence involved in family law, they can still be seen • No fee
Western SB County Bar Association Lawyer Referral Service 10630 Town Center Dr. Suite 119	909-945-2980	<ul style="list-style-type: none"> • Referrals to local attorneys • \$40 fee

San Bernardino - 92401

Legal Aid Clinic 354 W. 6 th St.	909-889-7328	<ul style="list-style-type: none"> • Legal assistance on family law matters, divorce, guardianship, etc • For anyone unable to afford attorney advice (C) • Open Mon, Tues, Thurs at 9am and they only help the first 50 people • No children, no guests allowed • Rialto residents must provide proof of address and proof of income for every person in the household • 3rd Wed of month for appt only • Once a month on Mon walk in for counsel • Asks for donations
Central Civil Courthouse "Self Help Services" 303 W. 3 rd Street Basement	909-382-3650 800-634-9085	<ul style="list-style-type: none"> • Advice and assistance in filling out paperwork for small claims court • Provided mediation services • No fee
San Bernardino County Bar Association 555 N. Arrowhead Ave. San Bernardino, CA 92401	909-888-6791	<ul style="list-style-type: none"> • Lawyer referral service available to the general public • Free workers compensation and \$40 consultation fee

Legal Help

Victorville - 92392

Agency	Phone	Services Provided
Inland Counties Legal Services 14196 Amargosa Rd. Suite K	760-241-7073	<ul style="list-style-type: none">• Legal advice by appointment• Must be low-income• No fee
Legal Aid Clinic 15411 Village Drive	909-889-7328	<ul style="list-style-type: none">• Provides legal service 1st & 3rd Tuesday of the month at 1:30pm

Medical + Prevention Care

All Cities

Agency	Phone	Services Provided
<p>Asthma Program- Coordinated Asthma Referral and Education Program (CARE) for Children County of San Bernardino Dept. of Public Health 120 Carousel Mall San Bernardino CA 92415</p>	<p>1-800-722-3777</p>	<ul style="list-style-type: none"> • Provides services for children and youth up to 18 years of age, already diagnosed with asthma living in these communities: Montclair, Ontario, Chino, Chino Hills, Fontana, Bloomington, Rialto, Colton and the City of San Bernardino. • Program includes education at the home to help parents and children learn how to control and manage asthma as a family effort, asthma management aids (e.g. hypoallergenic pillow or mattress covers, air purifier, etc.) and an assessment of asthma triggers within the home.
<p>San Bernardino County Department of Public Health - Immunization Clinic Services</p>	<p>1-800-722-4777</p>	<ul style="list-style-type: none"> • \$10 per shot, but no one is turned away if they cannot pay • Locations in: Barstow, Hesperia, Joshua Tree, Needles, Ontario, & San Bernardino • TB testing for \$20 available in: Barstow, Hesperia, Needles, Ontario, & San Bernardino
<p>Center of Health Resources Access for Infants and Mothers (AIM) 625 Coolidge Drive Folsom, CA 95630 PO Box 15559 Sacramento, CA 95852</p>	<p>1-800-433-2611</p>	<ul style="list-style-type: none"> • Covers women through pregnancy and up to 60 days postpartum • Children and infants are not covered, but provided with a registration form for Healthy Families
<p>Child Health and Disability Prevention Program (CHDP) County of San Bernardino Dept. of Public Health 120 Carousel Mall San Bernardino, CA 92415</p>	<p>909-388-0400 1-800-722-3777</p>	<ul style="list-style-type: none"> • Free medical screening and preventive health services for children and youth under 21 years (if on Medi-Cal) and up to 19 years of age if not eligible for Medi-Cal. • School based dental disease prevention activities • Must meet income guidelines • Call for list of providers/clinic in local area

WHERE TO TURN FOR HELP 2009-2010

Agency	Phone	Services Provided
<p>County of San Bernardino Department of Public Health- Administrative Office 351 N. Mountain View Ave. San Bernardino CA 92415</p>	<p>1-800-782-4264 909-387-6280 TDD: 909-387-6359</p>	<p>Provides various community and preventive health services that promote and improve the health, safety, well being, and quality of life of San Bernardino County residents and visitors.</p>
<p>Loma Linda University Children's Hospital Pediatric Teaching Office 11370 Anderson Ste B800 Loma Linda, CA</p>	<p>909-558-6696</p>	<ul style="list-style-type: none"> • Pediatric Clinic
<p>San Bernardino County Department of Public Health - Maternal Health Clinic Services</p>	<p>1-800-722-4777</p>	<ul style="list-style-type: none"> • Comprehensive perinatal services to pregnant and postpartum women • Help applying for Medi-Cal • Complete medical and nursing care • Monitoring the stages of development in pregnancy • Prenatal vitamins and lab tests provided in clinic • Health education • Nutrition counseling • Locations in: Fontana, Hesperia, Ontario, & San Bernardino
<p>American Cancer Society</p>	<p>800-227-2345 Available 24 hrs a day</p>	<ul style="list-style-type: none"> • Information on cancer and related diseases • Presentations to the community • No fee • Help provide referrals for financial resources, transportation, medical supplies and emotional support if they cannot provide
<p>Inland Regional Center 674 Brier Dr <i>Mailing address:</i> Po Box 6127 San Bernardino, CA 92412-6127</p>	<p>909-890-3000</p>	<ul style="list-style-type: none"> • Referrals to medical care, job training, education, etc. for developmentally disabled individuals • Coordination of services between appropriate agencies and client • No fee

WHERE TO TURN FOR HELP 2009-2010

Agency	Phone	Services Provided
<p>San Bernardino County Department of Public Health - Reproductive Health Clinic Services</p>	<p>1-800-722-4777</p>	<ul style="list-style-type: none"> • Confidential services for men & women including: Birth control Pregnancy testing and counseling • Vasectomy performed on site & referrals for tubal ligation • Infertility services • Pap tests, breast exams, & mammogram referrals • Teen-friendly services • Locations in: Barstow, Big Bear, Fontana, Hesperia, Joshua Tree, Needles, Ontario, Redlands, & San Bernardino
<p>San Bernardino County Department of Public Health - HIV/AIDS Clinic</p>	<p>909-383-3060</p>	<ul style="list-style-type: none"> • Anonymous and confidential testing and counseling • Medical and support services for persons living with HIV/AIDS • AIDS drug assistance program • HIV Transitional Case Management • Locations also in Ontario & Hesperia
<p>SART Program Center (Screening, Assessment, Referral & Treatment)</p>	<p>West Valley West End Family Counseling 855 N. Euclid Ave., Ontario 92762 Phone (909) 983-2020</p> <p>Central Valley Victor Community Support Services 1908 Business Center Dr. #200 San Bernardino 92408 Ph#(909)890-5930</p> <p>High Desert Desert Mt. Selpa 17800 Highway 18 Apple Valley, 92307 Ph#(760) 242-6336</p>	<p>Providing comprehensive early intervention services to high-risk children ages 0-5 years presenting problems that may include, but not limited to:</p> <ul style="list-style-type: none"> • Aggression • Frequent trauma • Intense shyness • Speech problems • Short attention spans • Children prenatally exposed to drugs and alcohol • Exposure to violence

Barstow - 92311

Agency	Phone	Services Provided
Public Health Clinic 303 E. Mountain View Street	1-800-722-4777 Call for an appointment or for more information about available services	<ol style="list-style-type: none"> 1. Reproductive Health Services. See under All Cities. 2. Immunization Services. See under All Cities. 3.
Barstow Senior Citizens Center 555 Melissa	760-256-5023	<ul style="list-style-type: none"> • Nurse available, every other month • Meals-on-Wheels • Donation accepted

Big Bear Lake- 92315

Public Health Clinic 477 Summit Blvd	1-800-722-4777	Reproductive Health Services. See under All Cities.
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Chino - 91710

Senior Health Clinic Chino Community Bldg 13170 Central Ave	909-591-9836	<ul style="list-style-type: none"> • Lunch for seniors only • Case management • Full service activities • Social services programs • Transportation provided • \$2.50 suggested donation
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Colton - 92324

Arrowhead Medical Center Emergency Room Services Only 400 N. Pepper Ave.	909-580-1400	<ul style="list-style-type: none"> • Emergency medical care • Medi-Cal, insurance or payment schedule
Arrowhead Medical Center Pediatric Clinic 400 N. Pepper Ave	909-580-2725	<ul style="list-style-type: none"> • Walk-ins, well child check-ups pediatric specialty clinics • Medi-Cal private insurance or payment schedule

Medical + Preventive Care

Fontana - 92335

Agency	Phone	Services Provided
Public Health Clinic 17830 Arrow Blvd	1-800-722-4777	<ol style="list-style-type: none"> 1. Reproductive Health Services. See description under All Cities. 2. Maternal Health Services. See description under All Cities. 3.

Hesperia / Victorville - 92345

Public Health Clinic 16453 Bear Valley Rd	1-800-722-3777	<ol style="list-style-type: none"> 1. Reproductive Health Services. See description under All Cities. 2. Immunizations Services. See description under All Cities. 3. Maternal Health Services. See services under All Cities. 4. HIV/AIDS Clinic: 909-383-3060 5.
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Highland - 92346

San Manuel Indian Health Clinic	909-864-1097	<ul style="list-style-type: none"> • Comprehensive care for Native Americans • Medical, vision, mental health, immunizations, nutrition, family planning, dental health, etc • Must show ID cards from the Bureau of Indian Affairs or letter from tribe • No fee
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Highland - 92346

Highland Senior Center Patton State-inside Main Entrance 3102 E. Highland Ave. Suite V-53	909-862-8104	<ul style="list-style-type: none"> • Meals (lunch 12:00) • Activities • Sign language • Transportation (fee)
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Joshua Tree - 92252

Public Health Clinic 63532 29 Palms Hwy Suite D	1-800-722-4777	<ol style="list-style-type: none"> 1. Reproductive Health Services. See services under All Cities. 2. Immunizations Services. See description under All Cities.
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Medical + Preventive Care

Needles - 92363

Agency	Phone	Services Provided
Public Health Clinic 1406 Bailey St Suite D	1-800-722-4777	<ol style="list-style-type: none"> 1. Primary Care Services: 760-326-9230 2. Reproductive Health Services. See services under All Cities. Immunizations Services. See description under All Cities.
Colorado River Medical Ctr 1404 Bailey Ave	760-326-4351	<ul style="list-style-type: none"> • Dietary and educational nurse

Ontario - 91764

Public Health Clinic 1647 E. Holt Blvd	1-800-722-4777	<ol style="list-style-type: none"> 1. Reproductive Health Services. See description under All Cities. 2. Immunizations Services. See description under All Cities. 3. Maternal Health Services. See description under All Cities. 4. HIV/AIDS Clinic: 909-383-3060
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Redlands - 92374

Public Health Clinic 800 E. Lugonia Suite F	1-800-722-4777	<ol style="list-style-type: none"> 1. Reproductive Health Services See services under All Cities.
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San Bernardino

Arrowhead SAC Health Care Clinic 1293 North "D" St	909-381-1663	<ul style="list-style-type: none"> • Primary Care • Immunizations, breast cancer early detection program for women over 40 years old • Family planning • Cervical & OB services • Family practice
SAC Health System Norton Clinic 1455 E. 3 rd Street	909-382-7100	<ul style="list-style-type: none"> • Primary care, immunizations, prenatal care, dental, mental health, nutrition, physical therapy, occupational therapy and speech therapy and health education • Pediatrics, family planning, medication assistance programs • Sliding fee scale

WHERE TO TURN FOR HELP 2009-2010

Agency	Phone	Services Provided
Public Health Clinic 799 E. Rialto Ave	1-800-722-4777	<ul style="list-style-type: none"> • Reproductive Health Services. See description under All Cities. • Immunizations Services. See description under All Cities • Maternal Health Services. See description under All Cities • HIV/AIDS Clinic: 909-383-3060
Community Hospital of San Bernardino Health Information and Education Center 1725 Western Ave	909-887-6333 Ext:94734	<ul style="list-style-type: none"> • Parenting classes • Diabetes, Weight Loss, • Asthma • Low Cost Nutrition
SAC Health System 1293 N. D Street	909-381-1663	<ul style="list-style-type: none"> • Medical clinic staffed by Loma Linda University Medical Center professionals and students • Medical consultation Physical exams, TB tests • Accepts all types of clients • Sliding fee scale

Parenting Resources and Classes

All Cities

Agency	Phone	Services Provided
National Runaway Hotline	1-800-786-2929 1-800-RUN-AWAY	<ul style="list-style-type: none"> Assist parent in locating runaway child
Tough Love International	866-828-0178	<ul style="list-style-type: none"> Non-profit parenting support group for parents who are troubled by teens unacceptable behavior

Barstow - 92311

Vista Guidance 309 East Mountain View Suite 100	760-256-0376	<ul style="list-style-type: none"> Drug and alcohol counseling Family and marital counseling Individual sessions Educational classes Domestic violence PC1000 is on a sliding fee scale Drug recovery PC1000 is at set rate \$135 enrollment fee and \$32 each session Anger management, child abuse & PC1000 are court ordered
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Chino - 91710

Chino Human Services 13201 Central Ave	909-591-9822	<ul style="list-style-type: none"> Parenting classes Child and adolescent counseling Alcohol, tobacco, & drug prevention Domestic violence program Low cost, sliding fee scale
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Montclair - 91763

Association for Retarded Citizens (OPARC) 9029 Vernon Ave	909-985-3116 909-982-4090 Answering machine www.oparc.org	<ul style="list-style-type: none"> Workshops for adult day care No fee
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Ontario - 91762

Bilingual Family Services Counseling Services 317 West "F" Street	909-986-7111	<ul style="list-style-type: none"> Individual counseling in English and Spanish Parenting classes Sliding fee scale Drug and alcohol treatment
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Parenting Resources and Classes

San Bernardino

Agency	Phone	Services Provided
Family Service Agency 1669 (C) North "E" Street	909-886-6737	<ul style="list-style-type: none"> • Parenting classes • \$10 for 2 hour class (need to complete all 6 parenting classes for certificate) • Domestic violence and Medi-Cal for children
The Adult School of San Bernardino 1200 North "E" Street	909-388-6000	<ul style="list-style-type: none"> • Adult school annex covering health, nutrition, discipline, and self-esteem • Pre-GED program for those with mental health problems • Parenting class • Children's program, after school program. • Fee for registration for community service, depends on what service • GED classes • Office assistant program
Community Hospital of San Bernardino Health Information and Education Center 1725 Western Ave	909-887-6333 Ext:94734	<ul style="list-style-type: none"> • Parenting classes • Diabetes, Weight Loss, Asthma • Low Cost Nutrition
The Family Resource Network C/O Inland Regional Center 635 Carnegie St PO Box 6127 San Bernardino, CA 92412	1-800-974-5553	<ul style="list-style-type: none"> • Parent support, resources and referrals to families with children 0-3 years with disabilities or who are at risk • Call for other locations in the County • No fee
Volunteers of America 720 South E Street San Bernardino 92408	(909) 885-0471	Free Parenting and Prenatal Classes for parents and guardians with children five years of age or younger who reside in these designated San Bernardino County zip codes: 92324, 92346, 92376, 92401, 92404, 92405, 92407, 92408, 92410, 92411.

Tobacco Information and Cessation Programs

All Cities

Agency	Phone	Services Provided
American Cancer Society 7130 Magnolia Ave, Suite 5 Riverside, CA 92504	1-800-ACS-2345 1-800-227-2345 www.cancer.org	<ul style="list-style-type: none"> • Referrals to cessation programs • Pamphlets and information
Tobacco Use Reduction Now (TURN) - San Bernardino County Dept of Public Health 351 N. Mt. View Ave 2 nd Floor San Bernardino, CA 92415-0010	1-800-637-6653 Or 909-387-6280	<ul style="list-style-type: none"> • Phone counseling • Cessation class referral • Referral to California Smoker's Help Line • Self help materials • Programs and presentations to community and schools • No fee

Apple Valley - 92307

St Mary Medical Center 18300 Highway 18 Po Box 7025	760-242-2311 Ext:5331	<ul style="list-style-type: none"> • Fourth Monday of the month from 11am-1pm
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Colton - 92324

Arrowhead Regional Medical Center Quit Clinic 400 N. Pepper Ave	909-580-1317	<ul style="list-style-type: none"> • Smoking cessation classes, 3 afternoon classes every month • No fee
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Fontana - 92335

Merrill Community Services 9161 Sierra Ave Suite 200	909-823-0609	<ul style="list-style-type: none"> • Outpatient drug and alcohol counseling • Anger management, PC1000, Domestic violence, Parenting classes, Individual therapy • Accept self pay \$80 enrollment, and \$26 per class • Mainly Medi-Cal
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Tobacco Information and Cessation Programs

Loma Linda -

Agency	Phone	Services Provided
Loma Linda Center for Health Promotion, Loma Linda University, Evans Hill	909-558-4537	<ul style="list-style-type: none"> • Group or individual cessation • Cost \$60
Loma Linda Veterans Hospital 11201 Benton	909-825-7084 Ext:1869	<ul style="list-style-type: none"> • Group cessation • Free for veterans only • Veterans may bring a guest • They cannot write out prescriptions

Redlands - 92374

Alternative Group 1902 Orange Tree Lane Suite 150	909-798-4668 Answering machine	<ul style="list-style-type: none"> • Counseling on smoking and other addictive behaviors • Sliding fee scale
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92373

Beaver Medical Clinic 2 W. Fern Ave	909-335-4131	<ul style="list-style-type: none"> • Group quit-smoking class • Stress management • Anyone can sign up, classes are free
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San Bernardino - 92401

New House Incorporated 840 N. Arrowhead Ave	909-881-0390	<ul style="list-style-type: none"> • Nicotine anonymous and alcohol recovery program support group • Bilingual tobacco education • No fee, donation accepted
SACHS Norton Clinic 1455 E. 3 rd Street	909-382-7100	<ul style="list-style-type: none"> • Group cessation, 1 hr class every Tuesday from 4-5pm • IEHP • Sliding fee scale

Upland - 91786

Reach Out West End 1126 W. Foothill Blvd. Suite 110	909-982-8641	<ul style="list-style-type: none"> • Presentations for children, K-12 that focus on gateway drugs and tobacco • 2nd hand smoke presentations and referrals • Smoking cessation classes for adults • Court ordered drug diversion • No fee on any classes except for PC1000 or other court ordered classes • Fee for court ordered classes is \$585
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Weight Management

All Cities

Agency	Phone	Services Provided
Overeaters Anonymous (OA)	505-891-2664	<ul style="list-style-type: none">• Shared experience and mutual support for compulsive eaters• No fees or memberships• Call for time and location meetings