

Bus Passes

Salvation Army

1412 S Euclid Ave

Ontario, Ca 91761

(909) 986-6748

Salvation Army

838 Alta St. Redlands Ca 92373

(909) 792-6868

The Salvation Army has a limited number of passes. They are available at the beginning of the month on a first come/first served basis.

Salvation Army

3695 First Street

Riverside Ca 92501

(951) 784-4490 x110

The Salvation Army San Bernardino Corps Community Center

746 W 5th St.

San Bernardino Ca 92410-3102

909 888-1336

Clothing Giveaway

<p>Desert Manna 201 N. 1st Ave Ste B Barstow Ca 92311</p>	<p>Every Tuesday & Thursday 11am-12pm</p>
<p>Pentecostal City Mission Church 641 Colton Ave Colton Ca 92324 909-783-3032</p>	<p>4th Saturday of each month 9am-12pm</p>
<p>Water of Life Community Church-Thrift Store 16757 Spring St Fontana Ca 92335</p>	<p>Tuesdays/Thursdays 11:30am-5:30pm</p>
<p>Open Arms Make A Difference, Inc. 5196 Benito Street, Suite 12 Montclair Ca 91761 (909) 218-7951 www.openarmsmakeadifferenceinc.org</p>	<p>Open Arms Make A Difference, Inc. is an organization that strives to provide services to all who want help. Our main goals are to provide, to qualified recipients, nutritious meals, clothing, and other personal necessities. Clients are also given instruction on personal development and speaking skills including job interviewing. We strive to place clients in gainful employment.</p>
<p>Blessing Center 760 E Stuart Ave Redlands Ca 92373 (909) 793-5677</p>	<p>Clothing is available when the Blessing Center is open (generally this means during food distribution hours from 9:00 a.m. to 1:00 p.m. on Tuesday, Wednesday and Saturday.</p>
<p>Building A Generation 932 W. Cypress Ave Redlands Ca 92373 (909) 793-8822.</p>	<p>Children's clothing assistance for families with young children 0 to 12 years old. Call to make an appointment with a Case Manager</p>
<p>Family Service Association of Redlands 612 Lawton St Redlands Ca 92373 909-793-2673</p>	<p>Monday: 9:00 a.m. to 12:00 noon. Tuesday: 1:30 p.m. to 5:30 p.m. Friday: 9:00 a.m. to 4:00 p.m.</p>
<p>Salvation Army 838 Alta St Redlands Ca 92373 (909)-792-6868</p>	<p>Some clothing available Monday through Thursday from 9:00 a.m. to 4:00 p.m.</p>

Clothing Giveaway

<p>Youth Hope Foundation (ages 14 to 24) 1175 W. Redlands Blvd Redlands Ca 92373 (909) 663-4543</p>	<p>Monday, Wednesday and Thursday from 3-6 p.m.</p>
<p>Sunrise Church 690 W. Etiwanda Ave Rialto Ca 92376 909-820-7114</p>	<p>3rd Sunday 1:30-2:30pm</p>
<p>Christian Missionary Alliance 340 E. Evans St San Bernardino Ca 92404 909-885-0012</p>	<p>1st Saturday of each month 8-11am</p>
<p>The Family Focus Center 1931 North E. St San Bernardino Ca 92404 909-881-5597 or 909-475-2528</p>	<p>4-6pm</p>
<p>Fraze Community Center 1140 W. Mill St. San Bernardino Ca 92404 909-889-4424</p>	<p>Monday-Friday 9:30am-1pm</p>
<p>Mary's Mercy Center 641 Roberds Ave San Bernardino Ca 92404 909-889-2558</p>	<p>Monday: Women/Children 9-11am Thursday: Men 1:30-2:30pm Shower schedule: Women M& W 8-10:30am Men Tuesday&Thursday 7:30-10:30am Emergency Baby Care Items(w/referral) Tuesday & Thursday 9-11am & 2-3pm</p>
<p>San Bernardino Community Church (Second Chance Ministries) 2372 E. Lynnwood Dr. San Bernardino Ca 92404 909-864-9221</p>	<p>9-11am</p>
<p>Set Free 473 W. Baseline St San Bernardino Ca 92410 909-383-2323</p>	<p>clothing giveaway daily</p>

Clothing Giveaway

Showers of Blessings 166 E. 45th St San Bernardino Ca 92405	2nd Saturday of each month 11:30am-1pm
Spirit of Hope (Highland Avenue Lutheran Church) 1820 Highland Ave San Bernardino Ca 92404	Last Tuesday of each month 10am-12pm
St. Stephens Church & Samaritan Social Services 2219 West 3rd Ave San Bernardino Ca 92404 909-825-6210	11am-5pm
New Beginnings Church 16856 "C" St. Victorville Ca 92395	Mondays 10:30am

Community Services

City of Fontana

City Hall	909)350-7600
City Manager's Office	(909)350-7653
City Clerk's Offices	(909)350-7605
Business License	(909)350-7675
Sewer Billing	(909)350-7650

City of Fontana Human Resources Department

24-Hour Job Line	(909)350-7652
Administrative	(909)350-7650

Police Department

Administrative Services Division	(909)350-7715
Bicycle Unit	(909)356-7136
Crime Prevention	(909)356-7159
Dispatch	(909)350-7700
Emergency Services	(909)350-7756
Field Services	(909)350-7705
Fire Department	(909)829-4441
Investigations	(909)350-7720
Police Chief	(909)350-7702
Press Information Officer	(909)854-8013
Records Information	(909)350-7740
Recruitment and Personnel	(909)350-7711
Special Operations	(909)356-7186
Traffic	(909)350-7770

Community Services

City of Fontana

City of Fontana Community Services

Administrative Offices	(909)349-6900
Abandoned or Inoperative Vehicle on street	(909)356-7138
Abandoned/Nuisance Animal	(909)384-1304
After school program	(909)350-6585
Aging Adults Services	(909)829-8515
Ambulance (American Medical Response)	(909)477-5000
Animal Services	(909)356-7179
Art Depot	(909)349-6975
Aquatics Center	(909)854-5111
Auto Club Speedway	(909)429-5000
Burrtec Waste	(909)429-4200
California Children Services	(909)387-8400
Caltrans	(909)383-4561
Chamber of Commerce	(909)822-4433
Child Protective Services	(951)683-5193
Child Support/D.A.	(909)355-5935
City Hall	(909)350-7600
City of Fontana Human Resources	(909)350-7652
City of Fontana Public Works	(909)350-6585
City of Fontana Sports Dept.	(909)428-8864
City of Fontana Yard Sale Permits	(909)350-7679
City of Rialto Public Works	(909)820-2608
City of San Bernardino Animal Control	(909)384-1304
County of San Bernardino Animal Control Dept.	(909)384-1304
Cucamonga County Water District	(909)987-2591
Department of Motor Vehicles	(800)777-0133
Fair Housing (Inland)	(760)482-5773
Fontana Metro link Station	(800)371-5465
Fontana Police Department	(909)350-7686
Fontana Post Office	(800)275-8777
Fontana Water Company	(909)822-2201
Graffiti- removal	(909)350-4663
Hazardous Waste	(909)350-6531

Healthy Fontana

(909)350-6542

Community Services

City of Fontana

Heritage Center	(909)349-6968
Jessie Turner Center	(909)854-5100
KFON Cable Channel 3	(909)349-6929
Lewis Library and Technology Center of Fontana	(909)574-4500
Marygold Mutual Water	(909)877-0516
Mid Valley Landfill	(909)822-4871
Mosquito and pest control	(909)388-4600
Omni Trans Route Info Line	(800)966-6428
R.A.P. & Mobile Recreation	(909)428-8360
Restraining Orders	(909)387-3922
San Bernardino County Information Line	(909)387-8306
San Bernardino County Operator	(888)818-8988 (909)945-4313
San Bernardino County Record Birth/Death/Marriage Certificates	(909)387-8314 (909)
387-8322	
San Bernardino County Regional Parks	(909)387-2303
Shopping Cart Retrieval - except Stater Bros.	(800)252-4613
Social Security	(800)772-1213
Social Services/Child Abuse of Riverside County	(951)686-5581
Southern California Edison	(909)307-6804
Southern California Gas	(909)260-7000
Street Light Repair Line	(909)357-6888
Superior Court County of San Bernardino	(909)350-9322
Traffic Problem of Fontana Police Dept.	(909)350-7770
Verizon	(800)483-4000
We Tip National Headquarters	(800)782-7463
West San Bernardino County Water	(909)875-1804
Workforce Development Center	(951)955-2200

Community Services

City of Fontana

Fontana Area Newspapers

Brown Publishing	(951)682-6070
El Sol Newspaper	(203)323-8400
Fontana Herald Newspaper	(909)822-2231
Inland Valley Daily Bulletin Newspaper	(909)987-6397
Press Enterprise Newspaper	(909)684-1200
Westside Story Newspaper	(909)384-8131

Organization, Service Clubs, and Business Associations

American Legion Post 262	(909)823-8061
American Legion Steele Town 772	(909)829-9490
American Red Cross	(909)888-1481
Assistance League of the Foothill Communities	(909)987-2813
Better Business Bureau	(909)825-7280
Boy Scouts of America	(909)793-2463
Boys and Girls Club (Fontana)	(909)822-4988
Fontana Breakfast Lions Club	(909)429-8533
Fontana Historical Society	(909)823-1733
Fontana Woman's Club	(909)823-2637
Girls Scouts of America	(909)307-6555
Hispanic Chamber of Commerce	(909)331-0091
Inland Valley Economic Development Corporation	(909)350-6741
Latino Business Council	(909)987-2548
Mummers	(909)822-4052
Retired Teachers Assoc.	(916)923-2200
Rotary Club	(877)469-2582
Soroptimist International Montclair/Inland Valley	(215)893-9000
Veterans of Foreign War #6563	(909)823-2600

Community Services

City of Fontana

Recreation

Administrative Offices	(909)349-6900
Aquatics Center	(909)854-5111
Art Depot	(909)349-6975
Bulik Teen Community Center	(909)349-6984
Cypress Community Center	(909)349-6988
Don Day Community Center	(909)349-6997
Healthy Fontana	(909)350-6542
Heritage Center	(909)349-6968
Jessie Turner Center	(909)854-5100
KFON Channel 3	(909)349-6929
Miller Fitness Center	(909)349-6972
Nature Center	(909)349-6994
Senior Community Center	(909)854-5151
Sports Hotline	(909)428-8864

School

After School Program	(909)350-6585
Chaffey Community College - Fontana Center	(909)652-7400
Chaffey Joint Union School District	(909)988-8511
Etiwanda School District	(909)357-8691
Fontana Unified School District	(909)357-5000
Rialto Unified School District	(909)820-7700

Youth Programs & Sports Organizations

Fontana Elks Little League	(909)829-0859
Fontana Community Little League	(909)355-1051
Fontana Girls Fast Pitch Softball	(909)429-0969
Fontana Moose Jr/Sr Baseball	(909)770-2852
Fontana Soccer League	(909)428-8864
Girl Scouts USA Spanish Little League	(909)399-0808
YMCA Family Rancho Cucamonga/Fontana	(909)483-0275

Community Services

City of Rialto

Airport 1451 N. Linden Ave.	(909)820-2622
Animal Control	(909)820-2550
Cable TV-Time Warner Cable	(888)892-2253
Cemetery Services	(909)820-2522
Child Care-Kidstuff Daycare	(909)421-4949
City Clerk (Notary Public, Passport Services) 290 W. Rialto Ave.	(909)820-2519
City Council-City Administrator	(909)820-2689
City Hall 150 S. Palm Ave	(909)820-2525
City Treasurer	(909)820-2522
Development Services Department	(909)421-7246
Building Division-Permits & Inspections	(909)820-2505
Code Enforcement 246 S. Willow Ave.	(909)820-2636
Engineering Division-Private Land Development	(909)820-2530
Planning Division	(909)820-2535
Finance Department	(909)820-2544
Business Licenses	(909)820-2517
Dog Licenses	(909)421-7223/(909)421-4987
Fire Department 131 S. Willow Ave.	(909)820-2501
Human Resources Department 290 W. Rialto Ave.	(909)820-2540
Job Hotline-Recording	(909)820-2640
Landfill Mid-Valley	(909)822-4871
Police Department 128 N. Willow Ave	(909)820-2550
Administration	(909)820-2565
Crime Prevention-Neighborhood Watch	(909)820-2578
Crime Reports-Fingerprints, Explorers, Megan's Law	(909)820-2578/(909)820-2580
Dispatch	(909)820-2550
Emergency	911
Information and Business Calls	(909)820-2578
Investigations	(909)421-7268

Community Services

City of Rialto

Records	(909)820-2578
Traffic	(909)421-7200
Watch Commander	(909)820-2550
Public Works Department	
335 W. Rialto Ave.	
Engineering Division-Traffic Safety & Signals	(909)820-2530
Graffiti Removal Hotline-Recording	(909)820-2670
Maintenance Center	(909)820-2602
Park Maintenance	
Street Maintenance	
Water Division	
Recreation & Community Services	(909)421-4949
214 N. Palm Ave. Suite 204	
Jack Simonson Center	(909)820-2611
1243 S. Riverside Ave.	
Rialto Park Little League	(909)421-2013
Rialto Racquet & Fitness Center	(909)820-2611
1243 S. Riverside Ave.	
Rialto Senior Center	(909)877-9706
1411 S. Riverside Ave.	
Tom Sawyer Swimming Pool	(909)820-2611
152 E. San Bernardino Ave.	
Rialto Information Connection	(909)820-2615
Rialto Network-Channel 3 & Channel 9	(909)421-7235
Waste Management Household Hazardous Waste & Recycling	(909)421-7221
246 S. Willow Ave.	
Water & Sewer	
150 S. Palm Ave.	
Billing & new services	(909)820-2546
Emergencies	
Day or night	(909)820-2608

Computer/Internet Availability

Budget Mobile

9870 Oleander Avenue **Fontana** Ca 92335

(909) 352-3452

We offer free wireless phones and free service to low income individuals and families at no cost .
Ways to qualify are if you have medi-cal, food stamps (SNAP)

Blessing Center

760 E Stuart Ave, **Redlands** Ca 92373

(909) 793-5677

Call the Blessing Center to be sure the lab is staffed and open

Smiley Library

125 W Vine St, **Redlands** Ca 92373

(909) 798-7565

WiFi is available at no cost for persons with their own device. Computers available at no cost for persons with a library card. Computers available for \$1.00/day or \$5.00/year for persons without a library card.

Mon & Tues 11:00 am-9:00 pm

Wed & Thurs 10:00 am-6:00 pm

Fri & Sat 10:00 am-5:00 pm

Sun 1:00 p.m. to 5:00 p.m

Counseling

American Foundation for Suicide Prevention (AFSP)

Works to prevent suicide through research, education, training and support. Services include literature, conferences and a directory of support groups nationwide. OFC HRS: M-F 9am-5pm, Free serves. conferences and a directory of support groups nationwide
(800)273-8255

Christian Counseling Service

Provides Mental Health services and Counseling
(909)793-1078

Christian Family Counseling Service

Provides counseling services for individuals, couples, children, adolescents, and adults.
(951)682-7138

Families Anonymous

Support group for dysfunctional families, DUI Program and services for drug/alcohol
1(800)801-4673

MADD (Mothers Against Drunk Driving)

Provides support group , panel for offenders against drunk drivers
(909)888-6233

Rape Assistance and Counseling (24 Hour)

Crisis center and Provides counseling
(909) 885-8884

Screening For Mental Health, Inc.

Coordinates nationwide mental health screening program, including National Depression Screening Day, National Alcohol Screening Day and National Eating Disorders Screening Program, Signs of Suicide Program. OFC HRS: M-F 9-5. Spanish spoken.
(800)273-8255

Suicide Prevention Center

Nonprofit Free Service, 24 hr crisis hotline. AAS Certified. Crisis counseling & referrals to resources. Also Survivors After Suicide Bereavement support groups to help cope with loss. Prevention speakers for schools & other community outreach. Orange, Riverside & San Bernardino Counties call (310) 391-1253. OFC HRS: 24 hrs, Free serves.
(800)273-8255 S. B. County

Counseling

Chino Human Services

Provides anger management, drug diversion, court referrals, and Penal Code 1000 are handled. Ages 5 to 18 and their families.

(909)591-9822

Hope After Suicide, 2140 Grand Ave. #105, Chino Hill

Support group for those who have lost friends or relatives through suicide.

(909)393-2563

Clinebell Institute, Claremont

Provides a spiritually centered environment with trained pastoral counselors for individuals, couples, families, or groups at the Claremont United Methodist Church. Sliding fee scale available.

(909)451-3690

Caritas Counseling Catholic Charities, Colton Ca 92324

Provides marriage, family, child, parenting, and anger management counseling. Free Service. Limited Spanish assistance available.

(909)763-4970

Family Service Agency, 23406 Crest Forest Dr., Crestline, Ca 92325

Counseling and mental health treatment for child sexual abuse, dysfunctional families. Anger diversion classes, court-ordered batterer's intervention program, high-risk youth programs. Food bank Friday 9-5 and limited utility asst. Suicide and crisis hotline 24 hrs. Ages 1 to 21year old

(909)338-4689

Grief Recovery Support Group, 17220 Merrill Avenue, Fontana, Ca 92335

Grief Share is a non-denomination group and features biblical teaching on grief and recovery topics.

(909)822-7212

Charles Koehler Amvets Post 1240, Fontana Ca 92335

Provides Veterans' services and counseling. Offers Kindergarten through 12th grade scholarship programs.

(909)823-2600

Family Service Agency/Fontana, 7993 N Sierra Ave Ste F. Fontana, Ca 92335

Counseling and mental health treatment for child sexual abuse, dysfunctional families. Parenting classes, anger diversion classes, high-risk youth programs. Spanish spoken. Minimum cost is \$20 for individual and \$30 for family.

(888)743-1478

Counseling

Alternate Avenues, 9675 Monte Vista Ave # G, Montclair Ca

Provides outreach and services to young women in crisis pregnancy situations. Offers free pregnancy testing, options counseling, support, referrals, and ultra-sounds. Services are free when medically necessary. www.alternateavenues.org

(909)398-4838

Bilingual Family Counseling, 317 West F Street, Ontario Ca 91761

Provides treatment of chemical dependency and co-dependency for individuals, families, and groups. Offers marriage counseling, life crisis intervention, child play therapy, parenting classes, drug prevention and education.

(909) 986-7111

Catholic Charities, Ontario Ca 91761

Provides food, shelter, counseling, utility, rental assistance, preventative services, immigration, athletics for youth, and public benefits application advocacy. Individual, Family, Couple and Group Counseling

(909)388-1239

West End Family Counseling, Ontario Ca 91761

Provides the following services to San Bernardino County Medi-Cal recipients only: low-cost community mental health: including individual, family, and group counseling. Certified treatment for perpetrators of domestic violence, parent education classes, and school-based services Sliding fee scale available.

(909) 983-2020

Olive Branch Counseling Center, Rancho Cucamonga Ca 91730

Provides counseling and/or mediation in divorce and with teen anger issues. Sliding fee scale available for one-on-one counseling. Offers Anger Management, Victim Awareness, Weapons Diversion, Petty Thief Class and Accountability. Classes are offered at a set cost per class.

(909)989-9030

Counseling Agencies, 1686 Barton Rd., Redlands Ca 92373

Loma Linda Marriage and Family Therapy Clinic, A non-profit agency with sliding scale fees.

(909)558-4934

Psychological and Family Services, Redlands Ca 92373

Provides individual group, substance abuse and family counseling

(909)793-8312

Center for Healing Childhood Trauma, Rialto Ca 92376

Provides counseling to children and families in sexual abuse; parent education, parent and child interactive therapy, and anger management.

(909)875-5288

Counseling

Harvest Community Development Center, 1519 South Riverside Avenue, Rialto, 92376
Counseling Services are Anger Management Classes, Substance Abuse Classes, Parenting Training
(909)874-8676

Safe House Youth Shelter, Riverside Ca 92517
Provides shelter for troubled youth ages 11-17 years. Two-week voluntary program offers counseling, support, and public speakers.
(951)351-4418

Safe House Transitional Housing, Riverside Ca 92517
Transitional housing for young adults ages 18-21.
(951) 369-4921

Volunteer Center/Riverside Co., P.O. Box 5376, Riverside Ca 92517
24 hr crisis/suicide intervention hotline staffed by trained volunteers. Spanish counseling available. Speakers promote community awareness & education for suicide prevention. OFC HRS: 24 hrs. Spanish spoken. Free serves.
(951)686-4357

Walden Family Services, Riverside Ca 92517
Provides placement, treatment, and advocacy services for children with emotional, behavioral and/or development challenges (Foster Family Agency).
(951)788-5905

Center of Christ Ministries, San Bernardino Ca 92408
Provides church services, marriage counseling, and food programs.
(909)923-3179

Family Service Agency of San Bernardino Ca 923408
Provides family education, crisis and information hotlines, domestic violence groups, and intervention treatment programs for high-risk youth.
(909)822-3533

Family Services Agency of San Bernardino (Counseling/Psychiatry)
Provides mental health services
(909)886-6737

County of San Bernardino Behavioral Health, Upland out-patient clinic
(909) 579-8100

Counseling

Homicide Bereavement: Parents of Murdered Children , 330 East 16th Street. Upland

Support group for family and friends of homicide victims. Meets the third Thursday of each month from 7-9pm. Inland Empire Chapter
(909) 626-2585

Samaritan Counseling Center Upland

Provides individual, couple, child and family professional counseling and related psychological services in a faith-based atmosphere. Sliding fee scale available.
(909) 985-0513

Upland Community Counseling Center

Provides individual counseling for low-income families, primarily for children; services for adults are limited and focus mainly on those who are severely mentally ill. Medi-Cal and County Insurance accepted. Medi-cal and county Insurant only
(909)854-3420

Day Care, Preschool & Head Start

Chino Head Start- for low income families. From the age of 3 to 5 year old

Hours- 8am-11:30 am or 12:30 pm - 4:00 pm

(909) 902-5115

Fontana Citrus Head Start - for low income families. From the age of 3 to 5 year old

9315 Citrus Boulevard **Fontana** Ca 92335

(909)428-7045 <http://hss.sbcounty.gov/PSD>

Hours 8am-11:30 am or 12:30 pm-4:00 pm

Kids Come First Community Health Center

1556 South Sultana Avenue **Ontario** Ca 91761

(909)984-7384 www.kidscomefirst4health.org

Kids Come First empowers families to raise healthy children by providing quality health care, information, and resources to sustain healthy lifestyles.

Ontario Maple Head Start- for low income families. From the age of 3 to 5 year old

Hours: 8am-11:30 am or 12:30 pm - 4:00 pm

(909)984-4117

Cucamonga Preschool, Rancho Cucamonga

State funded preschool. Requirements are based on family size and gross monthly income.

Traditional school year August – June; 2 sessions 8:25 – 11:25 a.m. or 12:05 – 3:05 p.m. To qualify, student must be 4 years of age prior to December 2 of each school year. Birth certificate, proof of current immunizations, and verification of income are required in advance.

(909) 980-1318 Ext. 303

Cucamonga Head Start- for low income families. From the age of 3 to 5 year old

Hours: 8am-11:30 am or 12:30 pm - 4:00 pm

(909)948-6979

Building A Generation 932 W. Cypress Ave., Redlands Ca 92373

(909) 793-8822

Assistance for families with young children ages 0-12, including help with information for financial assistance, clothing, support groups, and tutoring.

Call to make an appointment with a Case Manager

Day Care, Preschool & Head Start

Desert Sands Charter High School

248 East Baseline Road **Rialto** Ca 92376
(909) 509-5496 www.dschs.org

Learn4Life is a network of public charter schools. Within the network of public charter schools is Desert Sands Charter High School. Our mission is to engage students who struggle in the traditional high school setting, or have dropped out. We develop a personalized learning plan for each student that will help them achieve their goals. We strive to help students master basic skills and interest in life-long learning

Volunteers of America in Rialto

304 North Pepper Avenue **Rialto** Ca 92376
(909) 562-0901 www.voa.org

We facilitate parenting classes, preschool services, resource center and workshops

Concilio for Spanish Speaking Villa de Ninos, **Riverside**

Provides Bi-lingual day care with preschool curriculum for children of low income families; parent must be working or attending school full time. Hours: 6:30am - 5:30pm
(951) 689-7891

Casa Ramona Child Care Center, **San Bernardino Ca 92408**

Provides assistance with completing applications for healthcare and food programs for children 3-5 years of age. Sliding fee scale available. Interpreting services Medical & SEC. Hours: 7am - 5:30pm
(909)889-0011

First 5 **San Bernardino**

735 East Carnegie Street Suite 150 San Bernardino Ca 92408
(909) 386-7706 www.first5sanbernardino.org

We fund agencies that provide free services for children 0 to 5 and their parents.

Project Reach, 1314 East Date St. **San Bernardino Ca 92408**

Toddlers pre reading program Mon. -thurs.8:30-11:30 / 1:00 -4:00pm. Pamper hand out
(909) 881-2800

Volunteers of America in San Bernardino

720 South "E" Street **San Bernardino** Ca 92408
(909) 888-4577 Ext. 209 www.voaswcal.org

Free well baby and parent home visits. child development center for children with parents who work or go to school. Parent education classes. Referrals to free and low-cost community/medical resources. Children under 3 years of age. A Free Service for eligible families.

Disabilities Resources

Access Transportation

Provides equal access to public transportation for people who are physically or cognitively unable to use regular bus service. Access provides curb-to-curb service to complement the Omnitrans fixed-route bus system. The Access service area is defined as up to 3/4 mile on either side of an existing bus route. Application processes are now through the marketing dept. Application process takes up to one month.

(909)379-7284

Adult Protection Services

Provides referrals for the elderly, mentally and physically disabled.

(877) 565-2020

Family Resource Network / Early Start

Provide parent support for families with children with special needs (disabilities, or at high risk for disabilities) from ages birth – 3 years of age.

(800) 974-5553

IEHP

Medi-Cal Health Plan providing services for persons with disabilities. Wellness programs, alternate formats, sign language interpreters, wheelchair assessments, 24-hour nurse access. Call for enrollment information.

(866)294-4347

Lincoln School

For severely handicapped children, Preschool and K-3 grade levels. Students from Fontana, Rancho Cucamonga, Upland, Ontario, Montclair, and Chino. Bus services available.

(909)983-9803

United Cerebral Palsy, Inland Empire

Provides information to and advocacy for persons with cerebral palsy.

(760)321-8184

Rising Stars of Equestrian Therapy

8401 Bella Vista [Alta Loma](#), 91701

(909) 987-9403

Rising Stars of Equestrian Therapy is a not for profit organization that works primarily with special needs individuals. Utilizing horses, we provide both physical and mental therapy sessions for people of all ages and disabilities.

Disabilities Resources

Pomona Valley/Inland Learning Disabilities Association

P.O. Box 1114 **Claremont** Ca 91711

(909) 621-1494 www.PVILDA.org

Pomona Valley/Inland LDA is a nonprofit volunteer organization of parents and professionals providing information and education to individuals with learning disabilities and their families. Monthly meetings are the 3rd Thursday at 6:30 pm, Rancho Cucamonga Central Park Community Center. For information call Arline (909) 621-1494 or (909) 476-3640 Martha (Spanish).

Inland Caregiver Resources Center, 1430 East Cooley Dr. Suite 124, **Colton**

Provides services to caregiver of patients with brain impairments, such as Alzheimer's, stroke, and Dementia, or who are over the age of 60. Provides information, referrals, case management, support groups, education programs, respite, counseling, and retreat. Hours: 9 am - 5 pm M-Thu. Visit web site: www.inlandcaregivers.org

(909)514-1404

California Telephone Access Program, **Corona**

Provides free phones to help anyone that has any hearing, vision, mobility, memory loss, or speech impairment. Visit web site: www.ddtp.org

(800)806-1191

Arthritis Foundation, **Fontana**

Provides exercise programs for individuals with arthritis. Classes at Josephine Knopf Senior Center in Fontana. Mondays 1:00 p.m. - 2:00 p.m. City of Fontana Sunshine Club and Sparks Club

7350 West Liberty Parkway **Fontana**, 92336

(909) 349-6968 www.fontana.org

Sunshine Club **Fontana Ca92336**

Heritage Center and Sparks Club - Cypress Center are for individuals who have special needs and their families. Events, recreational and social gatherings are held monthly. Our mission: provide resources to families, educators and interested others.

(909) 349-6968

FRW dba Industrial Support Systems (ISS)

8608 Live Oak Avenue **Fontana**, 92335

(909) 428-3833 www.industrial-supoort.org

FRW doing business as Industrial Support Systems (ISS), is committed to maintaining a stable environment wherein people with disabilities are provided with those services and supports that enable them to overcome barriers to employment and empower them to maximize their employment potential. OUR VISION: FRW doing business as Industrial Support Systems (ISS), is committed to be a leader in the Inland Empire in providing high quality products and services in support of employment opportunities for individuals with disabilities.

Disabilities Resources

Kids 4 Ever, Loma Linda

Dedicated to promoting, and increasing the quality of life of medically fragile, and developmentally or physically disabled children of all ages. Hours: 8 am - 5 pm M-F
(909) 796-7004

Totally Kids, Loma Linda

Provides Long-term sub acute facility that serves medically fragile, technology dependent children. On-site day care. Accepts Medi-Cal.
(909) 796-6915

OPARC, 9029 Vernon Ave. Montclair

Provides services to adults with developmental disabilities, including opportunities for paid work, community integration, and leisure activities. Must be referred to by regional office counselor.
(909) 985-3116

Pomona Valley Workshop, Montclair

Provides vocational training program for adults (age 18 and older) with developmental disabilities. Training is followed by job placement.
(909) 624-3555

Casa Colina Center for Rehabilitation, Pomona

Provides outpatient pediatric rehabilitation services for children ages one day to 16 years of age who have orthopedic, medical, developmental or neurological disabilities.
(909) 596-7733

Chaffey College-Learning Development Center Will Program, Rancho Cucamonga

The Learning Development Center is a job readiness and job placement program for students with disabilities.
(909) 652-7675

Orchard Plaza Therapy Clinic, Rancho Cucamonga

Provides physical therapy, education, counseling and restorative services for injured and disabled persons in a non-residential facility. Accepts Medicare and Medi-Cal. Courtesy transportation provided.
(909) 941-7177

Preschool Services Department of Rialto Renaissance, Rialto

Community Resource Center offering resource information.
(909) 383-2000

Disabilities Resources

Blindness Support Services, 3696 Beatt Dr. Riverside

Serving the needs of blind and visually impaired persons. All services are provided free of charge. Provides information and referral, Braille transcription, independent living skills training, orientation, and mobility training, rehabilitation technology, computer training, employment preparation, job development/ placement, peer support/adjustment counseling, affordable housing, and community education. Special classes are offered for blind children and their parents, as well as blind parents, and their children. Mon. - Fri 8:00am- 5:00pm Visit web site: www.blindnesssupport.com
(951)341-9244

California School for the Deaf, Riverside

Provides parent infant program for children ages 1 -3, early childhood education for preschoolers, communication arts, elementary, middle school, high school, career / technical education, special needs, physical education, curriculum, and media services. Mastery of academic and career / technical education competencies, social and physical development standards, employment preparation skills, and a positive self-image as a deaf person are emphasized. **(909)248-7700**

Association for Developmentally Disabled Citizens, San Bernardino

Provides services to adults with developmental disabilities; facilitated by trained staff, including opportunities for paid work, community integration and leisure activities. Inland Regional Center Referral. Hrs: 8:30am - 3:30 pm.
(909) 884-6484

California Children's Services, San Bernardino

Provides medical care and rehabilitation to children with physical disabilities. Offers case management and financial assistance to children who qualify. For ages newborn to 21 years old.
(909) 387-8400

Department of Rehabilitation, San Bernardino

Mission is to work in partnership with consumers, and other stakeholders to provide services, and advocacy resulting in employment, independent living, and equality for individuals with disabilities.
(909) 383-4401

Inland Regional Center

1465 South Waterman Avenue **San Bernardino** Ca 92408
(909) 890-3000 www.inlandrc.org

Inland Regional Center (IRq) is one of 21 Regional Centers in California and is mandated through the Lanterman Act to coordinate the services for Individuals with developmental disabilities. This private, non-profit corporation contracts with the Department of Developmental Services to serve both San Bernardino and Riverside Counties.

Disabilities Resources

Inland Regional Center, San Bernardino

Provides Case Management services for C.P. D.D. Autistic, Seizures, and other category this includes placement for board and care or sheltered workshop employment for our clients from birth until death.
(909)890-3000

Rolling Start, San Bernardino

Serving individuals with disabilities. Core services include: Independent living skills, advocacy, housing information, workshops, assistive technology, deaf services, support groups, and more.
(909)884-2129

San Bernardino County Superintendent of Schools Child Development Services

Provides subsidies for low income families.
(909)384-1492

San Bernardino Valley Lighthouse for the Blind, San Bernardino

School for legally to totally blind adults. Offer transportation from clients' homes to the school. Training in Braille mobility, getting around the kitchen, cooking, basket weaving, macramé', ceramic, and sewing classes. Also offers Bible study group, computer, and Bingo.
(909) 884-3121

Team of Advocates For Special Kids

1425 South Waterman Avenue San Bernardino Ca 92408
(909) 890-9560 www.taskca.org

TASK is a nonprofit charitable organization whose mission is to enable individuals with disabilities to reach their maximum potential by providing them, their families and the professionals who serve them with training, support, information, resources and referrals, and by providing community awareness programs.

Easter Seals, Upland

Infant, Toddler & Preschool Programs for low-income or disabled children.
(909) 981-4668

Upland Head Start- for low income families. From the age of 3 to 5 year old

Hours- 8am-11:30 am or 12:30 pm - 4:00 pm
(909)931-0147

Recording for the Blind and Dyslexic, Upland

Learning through listening program loans recorded academic textbooks through membership program to assist Blind and Dyslexic individuals to complete their education.
(909) 949-4316

Domestic Violence and Sexual Assault

House of Ruth, Inc.

Advocates for, and assists battered women and their children by providing shelter, programs, and education opportunities for safe, self-sufficient living.

(909) 988-5559

National Domestic Violence Hotline

Provides Referral to local service providers for domestic violence. Will also connect call to shelters and translate services.

(800) 799-7233

Victims of Crime Resource Center

Offers two main services: 1. A statewide referral service. 2. A compensation program for victims of crime.

(800)842-8467

Doves of Big Bear, Big Bear Lake

Provides services for Women and Children, Domestic Violence and Addiction.

(909)866-1546

High Desert Domestic Violence, Hesperia

Provides shelter for battered women and children.

(760)949-4357

David and Margaret Home, La Verne

(909) 596-5921

Offers a wide range of services to surrounding communities, including:

Violence Prevention through Anger Management & Drug and Alcohol Prevention

(909) 593-0089

Foster Family Agency & Parent Project

(909) 593-0089

Mentor & Volunteer Program

(909)596-5921 Ext. 3217

Family Service Association

21250 Box Springs Road, Suite 101

Moreno Valley Ca 92557

(951) 342-3057 www.fsaca.org

12th Annual Fontana CAP Resource Fair List of Participating Organizations

FSA's mission is to provide quality human services, child development, housing, and senior services to residents of Southern California Inland Empire and to advocate on behalf of those we serve.

Domestic Violence and Sexual Assault

MHS Helping Hands Kinship Support Services

316 East "E" Street **Ontario** Ca 91762
(909) 986-9710 www.mhsinc.org

Kinship Support Services help relative caregivers and non-relative extended family members, also known as kin caregivers. Kinship Support Services offers these families the help and support they need to stay together as a family.

Project Sister Sexual Assault, **Pomona 24 hour hotline**

Crisis intervention for those who have experienced sexual assault, child sexual abuse and self defense class. Hospital, police, and court accompaniment services. Prevention education programs available.

(909)623-1619

(909)626-4357

Lighthouse Learning Resource Center, 9791 Arrow Route **Rancho Cucamonga**

Lighthouse a faith-based organization dedicated to helping those families in need to rebuild their lives and reach their full potential. Through our human service programs, including Substance Abuse Counseling, State Certified Domestic Violence, Parenting, and Youth Work Readiness we have helped over thousands of families in our communities. <http://lighthouse.community.officelive.com/default.aspx>

(909) 477-2781 Ext. 2370

San Bernardino County of Children's Services-Family to Family

9638 7th Street, **Rancho Cucamonga Ca 91730**

Providing services to families with the goals of reducing risk to children, increasing parenting skills and strengthening family support networks. www.co.san-bernardino.ca.us/dcs and www.aecf.org
Places abuse and neglected children in a home.

(909) 945-3762

San Bernardino County Children and Family Services

9518 9th Street **Rancho Cucamonga** Ca 91730

(800) 827-8724

www.sbcounty.gov

The mission of Children and Family Services is to protect endangered children, preserve and strengthen families and develop alternative family settings.

Domestic Violence and Sexual Assault

Alternatives to Domestic Violence, Riverside

Provides individual and group counseling, temporary restraining orders, court accompaniment, children's counseling, shelter, CPS, anger management classes' community education, advocacy, and referrals for free.

(800)339-7233

Casa de Paz, Riverside

Riverside other cities: Temecula, Corona and Hemet help for domestic violence.

(951)683-0829

Shelter from the Storm, Riverside

Provides shelters for women and children fleeing from Domestic Violence.

(800)775-6055

Children's Network/ San Bernardino County Child Abuse

Referral line and resources. [www. Sbcountry.gov](http://www.Sbcounty.gov)

(888)818-8988

CPS Hotline, San Bernardino

Child abuse reporting

(909) 384-9233

Inland Counties Legal Services, San Bernardino

Assists very low income individuals, and senior citizens with legal problems; including simple wills, powers of attorney, small estates, education, family, evictions, cash aid, food stamps, SSI, and consumer. Also does community legal presentations.

(909)980-0982

(909)884-8615

Option House

Outreach services at the Court house in **San Bernardino**, to assist with completion of paperwork in temporary restraining orders and child custody. Provides shelter for domestic violence victims, offers women's support groups, and domestic violence training.

(909)381-3471

San Bernardino Victim Services Unit

Provides crime victims with access to services, referral for counseling, support for victims and their families, emergency assistance for short-term needs, special services to victims of sexual assault and domestic violence, crime prevention, and information.

(909)387-6540

Domestic Violence and Sexual Assault

Veronica's Home of Mercy, San Bernardino

Provides shelter for pregnant women and their children up to 2 children, under 10 years of age.

(909)888-9064

Family Assistance Program

15075 Seventh Street **Victorville** Ca 92395

(760) 843-0701 www.familyassist.org

Our goal is to provide families with the tools necessary to create and maintain healthy family dynamics. Our program is constantly growing and evolving to better serve the needs of the community. We have various programs designed to tackle different obstacles that may affect the family. Our programs include domestic violence crisis intervention, awareness and prevention, emergency services for youth in crisis situations such as running away, being kicked out of the home, and homelessness, as well as Community Health Workers giving resources and education to the LGBT community, and much more.

Victor Valley Domestic Violence, Victorville

Hotline, referrals and counseling.

(760) 955-8723

Drug and alcohol rehabilitation

Cedar House Life Change Center

18612 Santa Ana Avenue [Bloomington](#) Ca 92316

(909) 421-7120 www.cedarhouse.org

Cedar House provides substance abuse treatment for adults.

Begin From Within

8094 Tuscanny Street [Fontana](#) Ca 92336

(909) 201-1158 www.bfwyouthprogram.com

Loma Linda Children's Hospital - Comprehensive Tobacco Treatment Program

11215 Mountain View Avenue, Suite 179 [Loma Linda](#) Ca 92354

(909) 558-3264 www.llu.edu

CTT services include: Tobacco Cessation education sessions, screening for substance abuse and depression, provision of education and resources, care coordination and follow-up at 2, 4, and 6 months from enrollment date. Infant diapers and Xylitol gum are provided to participants.

“BEGIN FROM WITHIN” (BFW), youth and young adult intervention program is a non-profit organization, founded by Diana Martin. The BFW youth program is for ages 8-17 (on school campus or churches), and the BFW young adult intervention program is for ages 18-25.

Forward Sobriety Sober Living

5024 Cervetti Avenue [Rancho Cucamonga](#) Ca 91739

(909) 855-8371 www.forwardsobriety.com

We provide a structured sober living environment for men in recovery. We our members of the San Bernardino Sober Living Network Coalition (SLN) and the California Association Addiction Recovery Resources (CAARR).

His House / New Creation Treatment Centers

9491 Pittsburgh Avenue [Rancho Cucamonga](#) Ca 91730

(909) 243-7321 www.hishouserehab.com

As one of the most highly recognized rehabilitation facilities in the country, His House & New Creation Treatment Centers are providing a new outlook and new opportunities to live a healthy, sober life. We understand that addiction is a disease that affects both the mind and the body and we are here to help. Learning to understand and conquer drug and alcohol addiction is one of the most important journeys in a person's life.

Drug and alcohol rehabilitation

Inland Valley Drug Free Community Coalition

12223 Highland Avenue **Rancho Cucamonga** Ca 91739
(909) 534-9558 www.ivdfc.org

The Inland Valley Drug Free Community Coalition is a diverse group of regional leaders and civic volunteers working together to reduce substance abuse within our communities. Our mission is to strengthen community action for the safety of our youth.

Inland Empire Teen Challenge

5445 Chicago Ave. **Riverside** Ca 92507
(951) 683-4241

Live-in residential treatment for teens and young adults with drug and alcohol problems. Call for details. No cost.

Pichardo Benefits Services LLC

7736 Regan Road **Riverside** Ca 92509
(909) 754-0441

Assist seniors and those with certain disabilities with their Medicare journey. To provide an unbiased Medicare health plan comparison that may lower drug costs and provides dental, vision, hearing and transportation.

Salvation Army

730 W. Spruce **San Bernardino** Ca 92316

(909) 884-2364. Email: Daniel.Henderson@usw.salvationarmy.org; or dan_anya@hotmail.com

Live-in residential treatment for adults with drug and alcohol problems. Call for details. No cost.

Inland Valley Recovery Services

934 North Mountain Avenue **Upland** Ca 91786
(909) 949-4667 www.inlandvalleyrecovery.org

IVRS is a drug/alcohol treatment program that provides services for people that have a substance abuse problem. Besides D/A services we also have a youth services, parenting, domestic violence, anger management, couples & family groups.

Education Programs

California Scholar Share Program

Provides college savings program for California families to meet costs of higher education. 529 plans tax deferred. Visit web site: www.scholarshare.com

(800) 544-5248

California Student Aid Commission

Provides answers to questions about Cal Grants, student loans and, other state financial aid.

(888) 224-7268

Chaffey Joint Union High School District

Serves High School Students in the west end of San Bernardino County, except for Chino and most of Upland. Works with the McKinney-Vento families, pregnant and parenting teens, and foster youth.

(909)891-3158 Ext. 2726

Mexican-American League Defense Education Fund (MALDEF)

Advocacy for educational rights, community education, leadership development, parent leadership, and wscwhwo.FlaornsthanipaCs AfoPr.ohrgigher education.

(213)629-2512

Vida-Life Ministries

11608 Cedar Avenue Bloomington Ca 91730

(323) 351-3724 www.vidalife4sq.com

We provide Free Food, New Clothes, Furniture, Immigration Services, Family and youth Counseling, Community Service hours, and Job Training and placement

Ontario-Montclair School District Preschool program Literacy Program & Family Solutions Chino Valley Adult School, [Chino](#)

(909)983-5578

(909)986-1332

Provides programs for older adults (18 years old and older): basic and vocational education, high school diploma programs, citizenship programs, GED, GED Preparation, ESL, and high school diploma.

(909) 628-1201 Ext. 1555

[Chino Valley](#) Unified School District

Literacy Program, TYKES Resource Center

(909) 628-1201

Education Programs

Center for Employment Training

1099 North Pepper Avenue Colton Ca 92324
(909) 478-3818 www.cetweb.org

Program informational material about the following training programs: Automotive Specialist, Business office Administration, Green Building Construction, HVAC Tech, Logistic Warehouse Associate, Welding, and Truck Driver.

Chaffey College Workforce Preparation Center, Fontana

Workforce Preparation Center provides short-term workforce development training in the areas of construction, warehouse/logistics, office, as well as certificate, and degree programs. This center specializes in providing services to Cal WORKS recipients.
(909) 652-7400

DESI Job Corps, Fontana Riverside Offers no cost job training for WOMAN ages 16-24, low income. No cost living, 3 meals a day, job placement, spending money, clothing allowance, \$1200 upon graduation, drivers' education and drivers training, DMV accompaniment fees paid. GED or high school diploma program.
(951) 955-8062

Fontana Adult School and R.O.P. Center, Fontana

Provides programs for older adults (18 years and older): basic and vocational education, high school diploma programs, citizenship programs, GED, GED Preparation, ESL, and high school diploma.
www.fusd.net
(909) 357-5490

Fontana Branch Library, Fontana

Offers Adult Literacy Programs free, providing one-on-one confidential tutoring for reading as well as writing and basic math.
(909) 574-4500

Fontana Unified School District Career Technical Programs, Fontana

FUSD provides Regional Occupational Programs (ROP), California Partnership Academies, Tech Prep programs, and Work Experience.
(909) 357-5000 Ext. 7395

Fontana Unified School District Early Education, Fontana

FUSD Early Education Programs include Infant/Toddler Care and State Preschool.
(909) 357-5000 Ext. 7110

Education Programs

Healthy Fontana

16860 Valencia Avenue **Fontana** Ca 92335
(909) 350-6542 www.healthyfontana.org

The Healthy Fontana program is a community health and wellness program designed to encourage residents to lead a healthy lifestyle by educating the community through outreach, cooking classes, walking clubs and much more.

Leading Edge Educational Foundation, Inc.

6101 Cherry Avenue **Fontana** Ca 92336
(877) 686-5334 www.leefoundationinc.org

LEEF, Inc. 501(c)3 is a non-profit organization committed to opening up doors and educational opportunities for the growth & advancement of youth & adult learners. Established in 2012, LEEF is our response to the growing number of community members who need instruction and resources to support their educational opportunities and change their future.

Pathway From Boys To Men Inc.

10533 Beech Avenue, Suite 4 **Fontana** Ca 92337
(909) 838-5623 www.pathwayfromboystomen.com

Our Mission is to provide the Life Skill Resources that make a difference to the under serve.

R.O.P., Fontana High School

Regional Occupational Program (ROP)
9453 Citrus Avenue **Fontana** Ca 92335
(909) 357-5500 Ext. 11128 www.rop.cc

The ROP/CTSS department provides a variety of career and technical education courses and School Career related services designed to prepare high school students (over 16 years of age) and adults for their future careers. Currently, the ROP offers 56 different career and technical education courses that can prepare individuals for either entry-level employment, upgrading of current job skills or for more advanced levels of education. Additional services provided include career guidance and job placement assistance. Many courses are approved for community college credit.

Education Programs

Southern California Rehabilitation Services

Satellite office at **Fontana** EDD office. Agency works with individuals with special disabilities whose condition is keeping them from getting a job (i.e. diabetes, schizophrenia on medication, recovering cancer patients, learning disabilities, etc.). Provides assistance in job search, identifies training needs, and provides one-on-one training or sends client to school to prepare them for employment opportunities. Offers one-on-one classes in literacy, beginning computer classes, software, etc. Agency offers on the job training and tax incentives for employers. No fee.

(909) 841-2626

Montclair Por La Vida Program

Bi-lingual health education courses for Latina women, conducted weekly in a 16-week cycle. Focus is on nutrition, health, and Adults and children 5 to 12 years old 6 weeks class

(909) 445-1815

Open Arms Make A Difference, Inc.

5196 Benito Street, Suite 12 **Montclair** Ca 91761

(909) 218-7951 www.openarmsmakeadifferenceinc.org

Open Arms Make A Difference, Inc. is an organization that strives to provide services to all who want help. Our main goals are to provide, to qualified recipients, nutritious meals, clothing, and other personal necessities. Clients are also given instruction on personal development and speaking skills including job interviewing. We strive to place clients in gainful employment.

Baldy View ROP, Ontario

Provides career preparation programs: business, marketing and merchandising, public service, and industrial careers.

(909)947-3400

Chaffey Adult School, Ontario

Educational offerings to adults who want to complete work towards a high school diploma, acquire entry-level job skills, or strengthen current skills for jobs. Also offers GED, ESL, and Office Occ. Classes.

(909)983-7102

Education Programs

Hernandad Mexicana Nacional, Ontario

Free services include consultations for migration status options, English classes, U.S. History, and government classes for those interested in citizenship, and help completing primary and secondary education for those from Mexico.

(888) 412-2466

California Conservation Corps, Pomona

Hires young people 18 to 25 years of age for a year of conservation and emergency work.

Emphasizes academic and job related skills. Maximum 3 years, cannot be on probation or parole.

(909)594-4206

Chaffey College Business and Professional Development Institute, Rancho Cucamonga

Offers short-term workshops, certificate programs, and continuing education classes, including medical courses, and on-site customized training programs for food handlers.

(909)652-6000

Employment Development Department, Rancho Cucamonga EDD - Workforce Services

9650 9th Street, Suite A Rancho Cucamonga, 91730

(909) 948-6632

(909) 948-6606

The EDD's Workforce Services offer a variety of services such as: job search workshops that teach skills needed to find and keep a jobs, assistance with accessing the new CalJOBS (a job search data based-system), and referral to education, training, and supportive services.

LB Life Skills

9375 Archibald Avenue, Suite 104 Rancho Cucamonga Ca 91730

(909)271-5252 www.LBLifeSkills.com

LB Life Skills was created to fill the need within our community for personal and professional skills that impact your quality of life. By Providing: Life Skill Classes, Employment Listings, Life Coaching and Volunteer Opportunities

Rancho Cucamonga Library Literacy

One-on-one computer literacy instruction available to tutors and learners enrolled in the program. Lessons include computer basics, word processing and surfing the Internet. Lessons are an hour-long

(909) 477-2720 Ext. 5009

Education Programs

Rancho Department of Workforce Development

Resource room offering use of computers with Internet access, MS Word, Excel, PowerPoint, WinWay resume software, copy machines, fax machines, telephones (for job search and direct lines to the State Unemployment Insurance Benefits Call-Center), typing tutor software, career assessment software, computer skills practice software, library section with practice test books, telephone directories, and material for occupational exploration, classified ads from local newspapers, and other periodicals. Also offered are workshops, job coaching, job placement services, and direct employer recruitments.

(909) 941-6500

GRIT Youth Services / Inland Empire Healthcare Training Institute

101 East Redlands Boulevard, Suite 203 [Redlands](#) Ca 92373

(909) 793-7746 www.grityouthservices.com

Our mission is to provide adequate training and preparation for our students, thus enabling them to pass the national registry exam for the emergency medical technician –b certification. Furthermore, it is our mission to make our emergency medical technician training available to the student who may not have the financial means or general support to attempt such an endeavor. The Inland Empire healthcare training institute will make scholarships, general assistance, job training and internships available to all students that qualify, and exhibit the ability and desire to become a life saving emergency medical technician.

Human Services, County of San Bernardino

1811 W. Lugonia Ave., [Redlands](#) Ca 92373

(888) 818-8988

During open hours, anyone may walk in and view the hundreds of job openings. They are posted in the corridor just beyond the reception desk. There are more in the room at the end of the corridor, to the right. Resume writing may be done using the computers and a knowledgeable live person also assists.

Youth Hope Foundation (ages 14 to 24 -- Map location 1)

1175 W. Redlands Blvd. [Redlands](#) Ca 92373

(909) 384-2444

Monday, Wednesday and Thursday from 3:00 p.m. to 6:00 p.m.

Rialto Unified School District

Literacy Program

(909) 820-7700

Education Programs

Inland Empire Dyslexia Association, 5225 Canyon Crest Drive, Ste 71, Box 308, **Riverside** Ca
Our branch of the International Dyslexia Association endeavors to bring researchers and relevant literacy topics to the public and to share information regarding literacy, including dyslexia, via media, personal contact, and events focused on literacy. www.dyslexia-ca.org
(951)686-9837

Inland Empire Women's Business Center, 202 E. Airport Drive, Suite 100, **San Bernardino** Ca 92408
The IEWBC's goal is to benefit the local economy by assisting existing and aspiring women business owners to start and grow successful businesses. The program also provides targeted services to Latina business owners by providing services in English and Spanish. www.iewbc.org
(909)890-1242

Boys and Girls Club of San Bernardino
After school Program from ages 5-17 years old
(909)888-6751

Campfire USA San Andreas Council, San Bernardino
Provides day camp for off-track students ages 5 to 12 years of age, Club Program for youth; ESL, after school programs.
(562) 421-2725

Community Hospital of San Bernardino Health Information & Education Center (HIEC)
Crisis intervention program, assisting with food, formula, diapers, newborn clothing, job search, and resume writing. Helps families with children ages 5 and under. Offers classes in parenting, nutrition, weight loss, diabetes, and other informational classes. Car seat program for families who meet income criteria.
(909) 887-6333 Ext. 473

EDD State Disability Insurance Program, San Bernardino
Provides assistance to those on disability with benefits. Provides workers up to 6 weeks of benefits in a 12-month period to care for parents, children, spouses, and domestic partners or to bond with a new child. Visit Web site: www.edd.ca.gov.
(909) 388-7655

GAIN, San Bernardino
Workforce development and employment services for recipients of public assistance within the County of San Bernardino.
(909) 562-5000

Education Programs

Inland Empire Job Corps Center

3173 Kerry Street **San Bernardino** Ca 92407
(909) 887-7128 www.recruiting.jobcorps.gov

Hands on education and career training center. Federally funded through DOL(FREE). Residential living for those who like to live on campus. Transitional services after student graduates.

Outreach & Recruitment/San Bernardino Valley College

701 South Mount Vernon Avenue **San Bernardino** Ca 92410
(909) 384-8762 www.valleycollege.edu

Disseminate SBVC information Stimulate SBVC prospective student enrollment growth through outreach and recruitment activities in service area high schools Maintain strong collaborative working partnerships with area high school personnel Establish a positive image of SBVC Maintain strong working relationships with churches, community organizations, political agencies, and businesses.

San Bernardino City USD - PEP program (Literacy Program)

(909) 880-6721

San Bernardino Valley College, 701 South Mt Vernon, **San Bernardino** Ca 92410 We will provide the community with general information about our college such as, financial aid, steps to enrollment, etc. www.valleycollege.edu

(909) 384-4400

State of California Employment Development Department Workforce Service

658 East Brier Drive, Suite 10 **San Bernardino** Ca 92408
(909) 382-0436 www.edd.ca.gov

State of Calif EDD provides employers & job seekers resources and employment information to get clients back into the labor workforce.

T.A.S.K., San Bernardino

Offers workshops at the following location: Inland Regional Center Family Resource Library
735 E. Carnegie Dr., **San Bernardino** Ca 92408. Parent information center, offering workshops for children with disabilities. No fee.

(909) 890-9560

Education Programs

Valley Star Community Services

1585 South "D" Street, Suite 101 **San Bernardino** Ca 92408
(909) 388-2222 www.starsinc.com

Provide services at the office, community and schools; short-term counseling, educational classes, resources assistance, and afterschool program.

Victor Community Support Services

1505 West Highland Avenue **San Bernardino** Ca 92411
(909) 522-4656 www.victor.org

Victor Community Support Services provides PEI services to help reduce stigma/discrimination related to service access by providing a variety of services in a natural community setting. These services include: Evidence-based parenting programs, Counseling and Mental health education workshops, Adult skills-based education programs, Linkages and referrals services and Vocational skills/Employment Readiness

Walden Family Services Family Program

255 North "D" Street, Suite 412 **San Bernardino** Ca 92346
(909) 264-6742 www.waldenfamily.org/parenting-classes

Walden Family Services FAMILY Program provides FREE parenting classes to teen and young parents (13-24) with children (0-5) who live in San Bernardino County.

Reach Out

1126 West Foothill Boulevard **Upland** Ca 91786
(909) 982-8641 www.we-reachout.org

Reach Out is dedicated to embracing communities, youth, and families to strengthen the human bonds that enable all members of the community to grow and thrive. Since 1969 we have worked for all young people to have access to networks of support, quality education, career options, and opportunities to develop the skills to succeed in their lives.

Family Services

Help Parents Locate Runaway Children

This is a hotline for youth & families

(800) 786-2929

New Parent Information Kit

Free kit includes information on child safety, nutrition, early learning, and child care. No fee. Must be a CA. resident and provide proof of CA. address.

(800) 543-7025

Seat Check Inspections & Recall List

Free inspections of infant carriers, boosters or other child safety seats. www.seatcheck.org

(866) 732-8243

Social Security Administration

Provides information on federal benefits

(800) 772-1213

Probation Office **Fontana** Police Department

Referral service to over 30 agencies to assist in family rehabilitation and parenting class. In office counseling, court referral, and adjudication/case resolution. Classes in anger management, petty theft, victim's awareness, and weapon's diversion. Call for more information. Tutoring classes held on Saturdays, as needed.

(909)350-7718

Transitional Assistance Department (TAD), 7977 N. Sierra Ave, **Fontana**

Offers financial assistance, food stamps, and Med-Cal. Must come in

(909) 356-3160

Mercy House, **Ontario**

(909) 888-1481

Assistance for families and individuals with resources, bus passes, hygiene supplies, and food vouchers when available. Tuesday, Wednesday, Thursday open from 9:00 am -1:00 pm. Non-homeless 4th Wednesday of the month.

(909) 391-2630

Salvation Army, **Ontario**

Provides emergency food and shelter, , informal education, ESL classes, after school programs, emergency rental assistance, holiday gifts, and spiritual guidance. Visit Web Site:

www.sandiego.salvationarmy.org . Food & Shelter available on Mondays, Wednesday, Friday from 9:00 am-11:00 am. After school program available till 5:00 pm

(909) 986-6748

Family Services

Funeral Expenses/Service, 7197 Brockton Avenue, Suite 5, Riverside

The Unforgettable Foundation is the fulfillment of a dream for Timothy Evans, chaplain in a Southern California children's hospital. During a decade of clinical ministry to children and their families, Evans helped dozens of families deal with the many crises' surrounding the death of a child; not the least of which is the crushing financial burden experienced by families with limited resources. Visit Web Site :

www.theunforgettables.com

(951) 680-9996

American Red Cross, San Bernardino

Provides food and shelter in case of disaster (fire, flood, earth-quakes, etc...) CPR and Nursing programs also available.

(909) 888-1481

Caritas Counseling Services, San Bernardino

(909) 763-4970

Catholic Charities, 1450 North D Street, San Bernardino/Riverside

Provides food and shelter, child care, counseling, utility and rental assistance, job placement, preventative services, immigration, athletics for youth, and public benefits application advocacy.

(909) 388-1239

Community & Emergency Services, San Bernardino

(909)481-7196

Refugee & Immigration Services, San Bernardino

(909) 388-1243

San Bernardino County Women, Infants, and Children (WIC) Program

Provides women, infant and children supplemental nutrition programs that determine the needs and priorities for nutrition services in the County. Performs nutrition interventions, consultations, and assessments to improve and maintain the nutritional status of County residents. No fee. Visit web site:

www.wicworks.ca.gov

(800) 472-2321

San Bernardino Home of Neighborly SVCS, 839 N. MT. Vernon Ave. San Bernardino

Provides Emergency food by appointment only. Offers for adults: ESL, Sewing, Aerobics and a nutritional class in Oct./ Nov. (for the residents of San Bernardino, Colton, Highland, Muscovy Only) at the completion of class seasonal food basket is given every Thursday after 3:00 pm. Offers Youth: Boxing, dance, girl scouts and boy scouts, Tahitian dancing, Modern/ Hip Hop dancing, bike club, after school tutoring at the learning center. **(909) 885-3491**

Financial Counseling

Debt Free Christian Credit Counseling

Provides finance education, counseling, and debt reduction programs.

(800) 733-2837

Equifax

(800) 525-6285

Experian

(888) 397-3742

Trans Union

(800) 680-7289

Neighborhood Partnership Housing Services

HUD approved counseling center. Provides assistance to potential and current homeowners. Also provides individual and group budgeting, default and foreclosure prevention, and pre-purchase homebuyer education.

(909) 988-5979

Social Security Fraud Line

(800) 269-0271

Springboard Nonprofit Consumer Credit Management

Provides credit, debt, and housing counseling, as well as alternatives to bankruptcy. Certified Pre Bankruptcy & Debtors Education. Visit web site for more information: www.credit.org

(800)947-3752

(951)781-0114

Food Distribution

Adelanto Foursquare Church	10931 Lawson Ave Adelanto Ca 92301	760-246-8445		
Calvary Chapel Adelanto	11641 Rancho Rd. #A&B Adelanto Ca 92301	760-530-5527	2nd & 4th Friday 10am-12pm	
Christ the Good Shepherd	17900 Jonathan St., Adelanto Ca 92301	760-246-7083	2nd & 4th Wednesday of the month 10am -1pm	
Sacred Heart	56250 Highway 371 and Baliff Anza Ca	951-763-5636	Monday - Friday 10am -3pm	
Church of the Nazarene	12935 Central Rd Apple Valley Ca 92307	760-247-8433	1st Thursday, 2nd Saturday of each month 09-11am 1st come;1st serve	Must be a resident of Apple Valley. Show utility bill, picture ID & proof of income
Living Waters Chapel	21811 OttawaRd Apple Valley Ca 92307	760-247-6488	Friday 2-4pm	Bring valid ID
Our Lady of the Desert	18386 Corwin Rd Apple Valley Ca 92307	760-242-4427	Wednesday & Thursday 9-11:30am	
Banning Church of the Nazarene	500 N. 8th St. Banning Ca 92220	951-849-5618		The location also has a soup kitchen for the homeless as well as any residents living in poverty that are facing hunger.

Blessed Kateri Tekawitha Catholic Community	157 West Nicolet St Banning Ca 92220	951-849-2434		
Helping Hands	500 N. 8th St. Banning Ca 92220	951-849-5618		Can help people apply for social services in addition to distributing food to Riverside County individuals.
Beaumont Presbyterian Church	702 Euclid Avenue Beaumont, CA 92223	951-845-9202		
San Gorgonio Catholic Church	1234 Palm Avenue Beaumont Ca 92223	951-845-9202		Free Thanksgiving and Christmas meals are also served from the pantry.
Fellowship in the Pass	650 Oak Valley Parkway Beaumont Ca 92223	951-845-2693		onsite food pantry and thrift store.
Blythe Emergency Food Pantry	181 S. Main St. Blythe Ca 92226	760-922-8836		Families faced with a crisis may qualify for support, groceries, and meals from this non-profit.

James A. Venable Community Center	14580 Broadway St Cabazon Ca 92230	951-845-9202		Staff can help low income families and senior citizens apply for CalFresh, otherwise known as Food stamps. Many other government benefits are available as well, ranging from free school lunches to USDA commodities.
Calimesa Seventh Day Adventist Church	391 Myrtlewood Dr. Calimesa Ca 92320	909-795-9741		An emergency box of food is passed out in Riverside County. Fruits, vegetables, baby formula, and other items may be included.
Isaiah's Rock	13023 7th St Chino Ca 91710	909-628-8808 877-409-5033	Wednesday & Friday 9am-12pm Meals & pastries avail 7 days a week	
Monte Vista Park	13196 Monte Vista Ave Chino Ca 91710	909-464-0729		Show utility bill
Our Lady of Guadalupe	5048 D St. Chino Ca 91710	909-591-9402 ext 2	Monday-Thursday 9-11am	ID, proof of residence & income required

St. Paul the Apostle	14085 Peyton Dr. Chino Hills Ca 91709	909-465-5503	Monday-Friday 8am-6pm	
FISH of Lower Coachella Valley	52555 Oasis Palms Coachella Ca 92236	760-398-1600		Supports the needy in California with perishable and fresh food items such as breads, vegetables, and meats.
Our Lady of Soledad	52525 Oasis Palms Ave Coachella Ca	760-398-5577	Monday - Friday 10am -12pm	
Hutton Senior Center	660 Colton Ave Colton Ca 92324	909-370-6168 909-370-5568	4th Thursday of each month 11am-1pm Clothes closet & food pantry	Bring photo ID or current utility bill with your name & new address as well as box or bag to carry food. Serves Colton & north of interstate 10
Immaculate Conception	1106 N. La Cadena Dr. Colton Ca 92324	909-825-5110	1st Thursday of each month 11am-3pm	
Luque Community Center	292 E. O St. Colton Ca 92324	909-370-5087	4th Thursday of each month 8-10am	Serves Colton, south of interstate 10 & Grand Terrace

Corona Norco Settlement House	507 S Vicentia Ave Corona Ca 92882	951-737-3504	Monday-Friday 4-5:30 pm	Bagged groceries are distributed to low-income families and individuals who have cooking facilities. All clients are screened for eligibility
Corpus Christi Catholic Church	3760 N. McKinley St. Corona Ca 92879-6132	951-272-9043	Last Monday of each month 9-11 am	
Food for Families	114 E 6th Street Corona Ca 92879	877-421-0659		Boxes of groceries, meats, fruits, and more are available for working poor families.
Inland Vineyard Church - Manna House	935 N. McKinley St. Corona Ca 92879	951-549-1192	The Pantry is open every Sunday after church from 2-3 pm.	provides food and other necessities to those in need within our congregation and the local community.
Society of St. Vincent De Paul	601 West 6th Street Corona Ca 92882	951-715-4858 for hours of the pantry.		Meals can be provided around Thanksgiving, Christmas, and the holiday timeframe.

Crest Forest Family & Community Service	23406 Crest Forest Dr. Crestline Ca 92325	909-338-4689		
St. Frances Xavier Cabrini	23079 Crest Forest Dr. Crestline Ca 92325	909-338-8459	Monday-Thursday 9-11am	
Trinity Assembly of God	35370 Mojave Rd Daggett Ca 92327	760-254-3280		
Food Now	11555 Palm Drive or Desert Hot Springs Ca 92240	760-329-4100		
St. Elizabeth of Hungary	666700 Pierson Blvd Desert Hot Springs Ca 92240	760-329-8794	Tuesday 8:30- 10:30 am	
Carpenter's House	13489 Arrow Route Fontana Ca 92335	909-355-3168	2nd & 4th Saturday of each month 8-10:30 am	
First Lutheran Church	9315 Citrus Ave Fontana Ca 92335	909-823-3457		
Fontana Foursquare Church	16725 Valencia Ave Fontana Ca 92335	909-823-4404		
Fontana Native American Indian Center	9232 Sierra Ave Fontana Ca 92335	909-428-5660		
Gloria Dei Lutheran Church	17220 Merrill Ave Fontana Ca 92335	909-822-7212	3rd Friday of each month 11am-1pm Free bag lunch	
Juniper Avenue Seventh Day Adventist Church	7347 Juniper Ave Fontana Ca 92336	909-822-4349		

Mountain View Community Church	8833 Palmetto Ave Fontana Ca 92335	909-357-9377	1st & 3rd Wednesday & 4th Saturday of each month 10am-12pm	ID required. Can receive food once a month
SOAR/V.F.W Post#6563	9190 Fontana Ave Fontana Ca 92335	909-823-2600		
St. George Helping Hands	17895 San Bernardino Avenue Fontana Ca 92335	909-877-1531	3rd Tuesday of each month 5:30-6:30pm	Bring ID, proof of residency within parish boundaries West- Sierra North- Randall East- Pepper South- Valley Blvd

<p>Water of Life Community Church</p>	<p>16815 Spring St. Fontana Ca 92335</p>	<p>909-803-1059 ext, 2203</p>	<p>Tuesdays & Thursdays</p> <p>Homeless/ Handicap 2-6 p</p> <p>General Public 3-6p</p> <p>4th Thursday of each month USDA Commodities 11:30am until all food is distributed.</p>	<p>Preference given to San Bernardino Co. residents. Guests do not have to be registered at the Food Warehouse to receive USDA commodities. -1st time guests fill out Food Application, bring picture ID, proof of address(utility bill, rental agreement). Disabled guests must bring proof of disability (DVM, SSI) printout or ID stating you're disabled. Bring your own box/bag</p>
<p>Fort Irwin Army Community Service</p>	<p>PO Box 105090 2nd St Bldg #548 Fort Irwin Ca 92310</p>	<p>760-380-3598</p>		
<p>Terrace Crest Baptist Church</p>	<p>12354 Mt. Vernon Ave Grand Terrace Ca 92313</p>	<p>909-825-8042</p>		
<p>San Secondo D'Asti</p>	<p>250 N. Turner Ave Guasti Ca</p>	<p>909-390-0011 By appointment</p>		

Community Pantry	521 N. San Jacinto St Hemet Ca 92543	951-929-1101		
Our Lady of the Valley	780 S State St. Hemet Ca 92543	951-929-6131	Monday-Friday 9- 11 am Electricity & Gas bills only	
Salvation Army - Hemet	1779 East Florida, Suite D-3 Hemet Ca 92544	800-958-7825		
Seventh Day Adventist Church Community Services	27025 Girard Street Hemet Ca 92544	951-929-2632		
Holy Family	9974 I Ave Hesperia Ca 92345	760-244-9180	2nd - 4th Wednesday of each month 10 am-12pm	
Living Water Faith Center II	17234 Main St. Hesperia Ca 92345	760-947-6621		
Joy Harvest World	2600 Highland Ave Highland Ca 92345	909-648-3411	3rd Saturday of each month 10am-12pm	
St. Adelaide	27457 E. Baseline St. Highland Ca 92345	909-862-8669	Thursdays 1-3pm	
Community First Church of God	31371 United States Highway 74 Homeland Ca 92548	951-926-1345		Meals are offered for the low income, homeless, and needy families and children. Emergency food boxes and perishable items are offered.

Idyllwild HELP Center	26330 Highway 243 Idyllwild Ca 92549	951-659-2110		Programs include hunger prevention and home delivery of meals. Rice, pudding, fruits, and more are available from the Riverside County pantry.
Catholic Charities - Coachella Valley	81626 Highway 111 Indio Ca 92201	909-388-1239		This is part of the national not for profit Catholic Charity organizations, which includes thousands of locations across the nation. They offer food as well as financial aid or basic needs, such as clothing.
Martha's Village	83791 Date Ave Indio Ca 92201	760-347-4741	3rd Wednesday of each month 9am-12 pm	
Copper Mountain Mesa Community Foundation	65336 Winter Rd Joshua Tree Ca 92252	760-362-5212	3rd Monday of each month USDA Food distribution 9-11am 1st Saturday breakfast 8-11am	

Joshua Tree Community Center	6171 Sunburst Rd Joshua Tree Ca 92252	760-366-2471		
Morongo Basin Unity Home	61607 29 Palms Hwy Ste. F Joshua Tree Ca 92252	760-366-1247	Monday-Friday 8am-4:30pm Food basket & hygiene items, emergency shelter up to 30 days, transition housing, counseling	
Jurupa Valley Community Resource Center -	5473 Mission Boulevard Jurupa Valley Ca 92509	951-328-1575		Provides not only groceries and food, but also referrals to resources such as thrift stores, clothing, and much more
Sacred Heart Church	9935 Mission Boulevard Jurupa Valley Ca 92509	951-685-5058		
Lake Elsinore Senior Activity Center	420 East Lakeshore Drive Lake Elsinore Ca 92530	951-674-2526		Meals on wheels are available for the disabled and senior citizens. There are also congregate meal sites for low income families.
Blessed Teresa of Calcutta Y.E.S. Center	117 South Lowell St Lake Elsinore Ca	951-325-7707	Monday - Friday 11am- 12pm	

Helping Our People in Elsinore	29885 Second Street Unit R Lake Elsinore Ca 92532	951-245-7510		
St. Frances of Rome Y.E.S. Center	117 South Lowell St Lake Elsinore Ca	951-325-7707	Monday - Friday 11-11:30am	
St. Francis of Assisi	47225 Washington St La Quinta Ca	760-564-1255	8:30am-4:30pm	
St. Philip Neri	25333 Third St Lenwood Ca	760-253-5412	Monday & Tuesday 9am-1pm, 1:30-4pm Friday 9am-12:30 pm	
Adventist Community Team Services(ACTS)	24914 Barton Rd Loma Linda Ca 92354	909-796-8357	Monday- Thursday 8am-1pm Friday 8am-12pm	Wednesday for residents only
St. Joseph the Worker Catholic Church	10816 Mountain View Ae Loma Linda Ca 92354	909-796-2605	2nd & 4th Saturday of each month	
St. Paul Catholic Church	8973 Mesa Rd Lucerne Valley Ca	760-248-7410	3rd Thursday of each month	
Lytle Creek Community Center	14082 Center Rd Lytle Creek Ca 92358			
Our Lady of Guadalupe Sanctuary	65-100 Dale Kiler Rd Mecca Ca	760-396-2717	Friday 8-9am	
Our Lady of Lourdes	10191 Central Ave Montclair Ca	909-626-7287 By appointment		

Montclair Community Center	5111 Benito St Montclair Ca 91763	909-625-9483	Commodities to be given may include canned meat, canned vegetables, flour, corn meal, pudding, sauces, pasta, juices, and frozen items. The commodities change from month to month.	To qualify, you must bring proof of income and residency. Call for information on qualifying income guidelines, confirmation of dates and food items.
Community Assistance Program of Moreno Valley	24594 Sunnymead Boulevard, Suite W Moreno Valley Ca 92553	951-485-7792		A food pantry is combined with emergency financial aid. Other resources are Emergency Food Assistance Program as well as groceries and more.
God's Helping Hand	13958 Old Highway 215 Moreno Valley Ca 92553	951-653-2529		
Hope for The Hood Inc.	24487 Sunnymead Bldg #107 Moreno Valley Ca 92553	888-471-3999	3rd Saturday of each month Food & clothing 3rd & 4th Friday of each month Hot meals	

Inland Valley Regional Office	23623 Sunnymead Boulevard, Suite E Moreno Valley Ca 92553	951-924-9964		Food, applications to WIC or food stamps, and shelter may all be arranged.
P.W. Enhancement Center	24490 Sunnymead Blvd. Ste. 107 Moreno Valley Ca 92553	951-242-7001		
St. Christopher	25075 Cottonwood Ave Moreno Valley Ca	951-924-1968 ext. 118	Monday 1-3 pm	
Church of the Lighted Cross	11518 Elbow Lane Morongo Valley Ca 92256	760-363-0046		
Greater Works Church	25823 Jefferson Avenue Murrieta Ca 92562	951-696-0152		
Salvation Army - Murrieta	40270 Los Alamos Road Murrieta Ca 92562	951-677-1324		
Senior Citizens Service Center and Food Bank	41535 Eastman Drive, Suite C Murrieta Ca 92562	951-600-9557		Groceries and boxes of food passed out are focused on special diets that seniors in Riverside may have.
St. Martha's Community Food Pantry	38444 Sky Canyon Drive #109 Murrieta Ca 92562	951-677-6347	Wednesday & Thursday 7:30am-4pm	

Set Free Muscoy	2180 W. Darby St Muscoy Ca	909-473-8622	2nd Friday of each month 9-11am Monday-Saturday food pantry and hot meals 8:30am, 12pm, 5pm	
St. Ann	218 D Street Needles Ca 92363	760-326-2721	Wednesday & Thursday 10-11 am sack lunch	
St. Vincent de Paul	839 Front St Needles Ca 92363	760-326-4420	Monday, Tuesday, & Saturday 9am-1 pm	
Newberry Springs Community Center	30884 Newberry Rd Newberry Springs Ca 92365	760-257-3613	Wednesdays, Thursdays, Fridays 12-4pm	
St. Mel	4140 Corona Ave Norco Ca	951-737-7144	Thursdays 10am-1pm	
Catholic Charities - Ontario Center	904 East California St Ontario Ca 91761	909-391-4882		
Echoes of Faith	11255 Central Ave Ontario Ca 91761	909-627-0927	2nd Saturday of each month 9-11am food and clothing distribution	
Helping Hands Ministry of Mount Zion	221 West California Ontario Ca 91761	909-460-0984	Thursdays 9:30am- until food is gone	
Jesucristo Es La Verdad	705 S. Cypress Ave Ontario Ca 91761	909-319-3750	1st Wednesday of each month	

Meals on Wheels	1017 N. Glenn Ave Ontario Ca 91761	909-983-0203	Provides home-delivered meals services to people in need	
Ontario Christian Center	1336 N. Baker Ave Ontario Ca 91761	909-983-5269	Fridays 5pm	
Operation Fresh Start	5376 Phillips Blvd. Ontario Ca 91761	909-627-0927		
Operation Reapp	1023 S. Sultana Ontario Ca 91761			
Our Lady of Guadalupe Church	710 S. Sultana Ave Ontario Ca 91761	909-986-6154		
SOVA, PIVCC	635 S Taylor Ave Ontario Ca 91761	909-391-4882	Monday-Thursday 9-11:30am; 1:30-3:30pm Utility & rental assistance, hotel vouchers	Must show proof of income, address & ID for everyone in household
St. George Catholic Church	505 N. Palm Ave Ontario Ca 91761	909-983-2637	Wednesday 8-10am	Bring a valid ID, proof of Ontario residence. Come early to line up, supplies run out after the first 35 are served.
Unidos Por La Musica-Bags of Hope	1556 S. Sultana Ontario Ca 91761	909-937-6187	Wednesday 9-10am	@ Kids Come First Community Clinic
Oro Grande Community Church	19303 3rd St Oro Grande Ca 92368	760-245-9000		

Our Lady of Solitude	151 W. Alejo Rd Palm Springs Ca	760-325-3816	Saturday 12:15-2:45 pm Sunday 8:15-8:45am sack lunch	
St. Theresa	2800 E. Ramon Rd Palm Springs Ca	760 323-2669	Monday 7:30 - 8:30 am	
Well in the Desert - Service Center	555 Commercial Drive, Suite 10 Palm Springs Ca 92262	760-327-8577		
Free Indeed Christian Fellowship	430 S. D St. Perris Ca 92570	951-657-2449		Canned goods, paper items, and personal hygiene is available as well as a box of food.
God's Helping Hand - Perris - 4th	631 West 4th Street Perris Ca 92570	951-657-3041		Call for pantry hours. Counseling can also be provided to the low income
Perris Valley Family Resource Center	371 Wilkerson Avenue, Suite L Perris Ca 92570	909-388-1239		
St. James	269 W. Third St Perris Ca	951-657-2380	Monday & Wednesday 2-4 pm	
Tiffany's House of Hope Inc	1087 Harriner St Perris Ca 92571	951-777-4673	Food, clothes, toys, misc. items	tiffanyshouseof fhope.com
Blessed Junipero Serra	8820 Sheep Creek Rd Phelan Ca 92371	760-868-4342	2nd & 4th Tuesday of each month 11am-1pm	

Phelan Community Building	9856 Sheep Creek Rd Phelan Ca 92371	760-868-3291		
Beta Center Hunger Program	209 W. Pearl Avenue Pomona Ca	909-622-7278	Monday-Thursday 9-11:30am; 1:30-3:00pm	Bring proof of address, ID & income
Inland Valley Council of Churches	1095 W. Grand Ave Pomona Ca	909-622-3806	Monday-Friday 9-11am;1-3pm Food bank in Pomona, Ontario, Claremont, & San Dimas	www.inlandvalleyhopepartner.org
Inter City Volunteers	Pomona Ca	909-865-8853	Provides food and help with housing needs	
City of Rancho Cucamonga Central Park	11200 Baseline Rd Rancho Cucamonga Ca 91730	909-477-2760 ext 8004	1st Monday of each month 11am-12:30pm	First come, first serve Base on income and residency
Cucamonga Christian Fellowship	11376 5th St Rancho Cucamonga Ca 91730	909-945-5333	Last Sunday of each month 12:45-2pm	
God Always Provides (G.A.P.) Food Bank	8768 Helms St Ste. A Rancho Cucamonga Ca 91730	909-945-1020	Thursday 4-6pm. Please do not arrive at the parking lot before 3:15pm <i>Fresh food and canned goods</i>	Valid California ID or driver's license is required to register and we ask for a \$2 donation.
North Town Community Center	10071 Freon Blvd Rancho Cucamonga Ca 91730	909-941-7465	1st Monday of each month 9-11am	For Rancho Cucamonga residents only

Our Lady of Mt. Carmel	10079 8th St Rancho Cucamonga Ca 91730	909-987-2717	Tuesday 3-4:30pm	Proof of Rancho Cucamonga residency required.
Rancho Cucamonga Neighborhood Center	9791 Arrow Highway Rancho Cucamonga Ca 91730	909-477-2781	Tuesday 12-3pm 1st Friday of each month Clothing 12-3pm	Participants are required to register and provide proper photo I.D.
Sacred Heart	12704 Foothill Blvd Rancho Cucamonga Ca 91730	909-899-1049 ext. 111	Tuesday & Thursday 9am-12pm	
Blessing Center	760 E Stuart Ave Redlands Ca 92374	909-793-5677	Tuesday, Wednesday and Saturday 9-11am Lunches for homeless available whenever the Blessing Center is open.	
Church on the Hill	1445 Ford St Redlands Ca 92374	909-793-7800		
Family Services Association	614 Lawton St Redlands Ca 92374	909-793-2673	Monday 9am-12pm Tuesday mornings homeless program Tuesday 1:30-6p Wednesday 9am-12pm Friday 9am-4:30pm	Redlands residents only. Food & clothing (appointment only)

First United Methodist Church	One E. Olive Redlands Ca 92374	909-793-2119	Monday-Thursday <i>Meals in a Bag</i> 8:30am-12pm; 1:30-5pm Fridays 8:30am-12pm	
Helping Hands Food distribution DAILY (front parking lot)	Aesthetic Skin and Laser Center 415 Orange Redlands Ca	7:10 a.m. to 7:20 a.m.		
	Redlands Seventh Day Adventist Church 520 Brookside Redlands Ca	7:30 a.m. to 7:35 a.m.		
	Elks Lodge 663 New York St Redlands Ca	7:39 a.m. to 7:49 a.m.		
	1600 block of W. Redlands Blvd.	7:43 a.m. to 7:59 a.m.		
	2000 block of W. Redlands Blvd.	8:06 a.m. to 8:16 a.m.		
	Crosswalk Church 10421 Corporate Drive Redlands Ca	8:22 a.m. to 8:32 a.m.		
Holy Name of Jesus Catholic Community A.J.'s Kitchen	1214 Columbia St Redlands Ca 92374	909-793-2469	Monday Hot meals 12-1:30 pm	
Home of Ross and Sandy Cooper	514 Lytle Drive Redlands Ca 92374		Sundays at 12pm prepared lunch	

Inland Empire Filipino 7th Day Adventist Church	604 E. State St Redlands Ca 92374	909-782-7588	Saturdays & Sundays Hot meals 12-4pm	
Salvation Army	838 Alta/Po Box 26 Redlands Ca 92374	909-792-6868	Monday, Tuesday, Wednesday & Friday 3-3:30 pm Monday-Friday Hot Meals 5pm-6pm Shower & laundry Monday, Wednesday, & Friday 10am-12pm	Recipients must bring a utility bill or rental agree to show residence in Redlands.
Set Free Christian Fellowship	821 Orange Ave Redlands Ca 92374	909-446-0033	Monday- Friday 11:30am-1pm	
University United Methodist Church	1200 E. Colton Redlands Ca 92376	909-793-1651		
Youth Hope Foundation	1175 W. Redlands Blvd Redlands Ca 92374	909-810-3848	Monday, Wednesday and Thursday 3-6pm	
Bethlehem Temple Church	1175 W. Foothill Blvd Rialto Ca 92376	909-421-2822		
Cathedral of Praise Church	1521 South Riverside Avenue Rialto Ca 92376	909-874-8676		
Loveland Jubilee Pantry	1436 N. Ayala #G Rialto Ca 92376	909-988-5683		
Love, Peach and Happiness Family Christian Fellowship Wilmer Carter High School	1471 N. Linden Ave Rialto Ca 92376	909-829-7900		

Spanish Victory Outreach	874 Meridian Ave Rialto Ca 92376			
St. Catherine of Siena	339 N. Sycamore Ave Rialto Ca 92376	909-875-1360	Wednesdays 9am- 2pm	
Sunrise Church	2759 N. Ayala Dr Rialto Ca 92376	909-875-5566		
Templo Bautista Montecalvario	311 S. Sycamore Ave Rialto Ca 92376	909-820-4630		
The Light International Outreach	913 W. Foothill Blvd Rialto Ca 92376	909-889-8091	3rd Saturday of each month 12:30pm	
Operation Provider	26525 Pine Ave Rim Forest Ca 92378	909-337-8585	Tuesday and Thursday 12-2pm	
Arlington Seventh Day Adventist Community Services	8778 Magnolia Ave. Riverside Ca 92503	951-688-6632		
Arlington Temporary Assistance	9000 Arlington Avenue, Suite 112 Riverside Ca 92503	951-689-5620		Get access to a pantry, and learn about California and federal government programs.
Casa Blanca Home of Neighborly Service	7680 Casa Blanca Street Riverside Ca 92504	951-688-3043		Can refer individuals to other local Riverside charities and not for profits.

Community Services	4920 Sierra Vista Riverside Ca 92505	951-354-7095		Stop by the food pantry. Or call for information on other programs, such as coats for kids, perishable food items, baby meals and formula, summer food boxes, and other support.
Community Settlement Association Center	4366 Bermuda Avenue Riverside Ca 92507	951-686-6266		
Kansas Avenue Seventh Day Adventist Church Community Services	4491 Kansas Avenue Riverside Ca 92507	951-682-9810		
Lutheran Social Services-Myer	23310 Myer Drive Riverside Ca 92518	951-689-7847		
Lutheran Social Services - Taft Lutheran Services	3772 Taft Street Riverside Ca 92503	951-689-7847		food, groceries, and meals
Our Lady of Guadalupe Mission	2518 Hall Ave Riverside Ca	951-684-6864	Saturdays 10am-1pm	ID required for Riverside residents
Our Lady of Perpetual Help	5250 Central Ave Riverside Ca	951-689-8921	Monday - Friday 9-11:30am	
Queen of Angels	4824 Jones Ave Riverside Ca	951-689-3674	Thursdays 9-10:30 am	Zip 92503 & 92505 only

Riverside Neighborhood Services	7209 Arlington Avenue Riverside Ca 92503	951-924-9964		Learn about government aid and how to get free food and groceries. Apply for programs such as CalFresh and WIC.
Sacred Heart	9935 Mission Blvd Riverside Ca	951-685-5058	1st & 3rd Tuesday of each month 8-10:30 am	
Salvation Army - Riverside	3695 First Street Riverside Ca 92501	951-784-4490 x110		
Set Free Christian Fellowship	2511 Tenth St. Riverside Ca 92507	951-682-0960		Provides food to people, regardless of religion or faith.
St. Catherine of Alexandria	7050 Brockton Ave Riverside Ca 92507	951-781-9855	Monday-Friday 9 am-5pm	
St. Anne in the Mountains	30480 Fredalba Rd Running Springs Ca	909-867-2832	3rd Thursday of each month 4-5:30pm 2nd Thursday of each month Dinner 5-6:30pm	
Arrowhead Vista Apartments	24317 4th Street # 303 San Bernardino Ca 92410	909-381-3231		

Bethesda Baptist Church	1356 N. Mt. Vernon Ave San Bernardino Ca 92411	909-204-0022	1st Wednesday of each month	West San Bernardino residents
Boy's & Girl's Club	1180 W. 9th St San Bernardino Ca 92411	909-888-6751	2nd Tuesday of each month 8-11am	Must have ID indicating zip code 92411
Cajon High School	1200 Hill Drive San Bernardino Ca 92407	909-881-8120	1st Thursday of each month 12-1pm	
Catholic Charities	450 North D Street San Bernardino Ca 92405	909-388-1239		
Catholic Charities	1800 Western Suite 107 San Bernardino Ca 92411	909-880-3625	provides food, clothes and motel vouchers	
Central City Lutheran Mission	1354 N. G St San Bernardino Ca 92405	909-381-6921	1st & 3rd Tuesday of each month 8-9am Monday-Friday Hot meals 12-1pm	
Christian Missionary Alliance	340 E. Evans St San Bernardino Ca 92405	909-885-0012	1st Saturday of each month food and clothing	
Church of the Nazarene	1605 N. Sierra Way San Bernardino Ca	909-886-8104	Sundays 12pm after services every Saturday <i>except 1st Saturday of the month</i> 8-11am	First time need proof of address and S.S. card
Church of the Nazarene	903 E. 3rd St San Bernardino Ca 92404	909-886-8104	Mondays 10-11:30am Wednesdays food & hot meals 5:30-6:30pm	

Community Action Partnership of San Bernardino (CAPSBC)	696 S. Tippecanoe Ave San Bernardino Ca 92404	909-723-1581	Provides emergency shelter assistance, motel vouchers, emergency rental assistance, emergency food assistance, bus passes, food bank, & workfare program	Bring proof of income and ID
Cornerstone Compassion Center	903 East 3rd St San Bernardino Ca 92404	909-888-1729	Provides emergency food and clothing	
Delmann Heights Community Center	2969 N. Flores St San Bernardino Ca 92404	909-888-6751	3rd Wednesday of each month 9-11am	Need ID showing zip code 92407 or 92408
Ecclesia Christian Fellowship	1314 Date St San Bernardino Ca 92404	909-881-5551	1st Wednesday of the month 1-3pm Hot meals Wednesday <i>except 1st Wednesday</i> 5-6:45pm	Need ID. <i>Must stay for service</i>
Emmerton Elementary (Parent Center on campus)	1888 Arden Avenue San Bernardino Ca 92404	909-388-6522	3rd Friday of the month 1:30-4pm <i>120 baskets on first come, first serve basis</i>	For San Bernardino & Highland. Need ID with address
First Presbyterian Church	1900 N. D St San Bernardino Ca 92404	909-882-3308	3rd Saturday of the month 9-11am Monday-Friday emergency bags available 9am-12pm	One bag per month, per household not including 3rd Saturday distribution

Frazer Community Center	1140 W. Mill St San Bernardino Ca 92404	909-889-4424	Monday-Friday 8am Monday-Friday Hot meals 11am-1pm	Provider gives 10 bags out (one per family per day). Clothing, basic medical screenings, flu shots & haircuts available. Call for specific dates & times.
Grace Chapel Operation Grace	1595 E. Art Townsend Dr San Bernardino Ca 92404	909-382-8540	4th Tuesday of the month 9a-12p or until gone	Need to complete information form
Greater Bethel Missionary Baptist	222 E. 2nd St San Bernardino Ca 92404	909-889-7814	3rd Tuesday & 2nd Thursday of each month 10am-12pm Monday, Wednesday, & Saturday Hot meals 9am-12pm	
Greater Cornerstone Church	1604 N. G St San Bernardino Ca 92404	909-886-0095	3rd Tuesday of each month 10am	Need ID.
Greater Cornerstone Church	702 16th Street San Bernardino Ca 92404	909-886-0095	3rd Tuesday of each month 10am	Need ID.

Helping Hands Pantry-SACH Norton	1455 E. Third St San Bernardino Ca 92404 Omnitrans route 8 stops in front of the clinic just across from the parking lot of our facility	909-796-4222	Monday-Friday 8:30-11:30am Saturdays 1-3pm Sundays 8-11am USDA food on 1st Friday of each month	No ID necessary but must complete a questionnaire
Holy Land C.O.G.I.C.	1024 N. G St San Bernardino Ca 92410	909-381-2662		
Iglesia Cristiana (Maranatha)	1323 Belleview San Bernardino Ca 92404	909-473-3727	Wednesday & Friday 8:30-10:30am Sundays <i>@Lytle Creek Park 2-4pm</i>	
Iglesia Supremo Llamamiento	1978 Herrington Ave San Bernardino Ca 92411	909-644-8757	Mondays 9am-12pm	
Jefferson Hunt Elementary	1342 Pumalo St San Bernardino Ca 92410	909-881-8178	1st Friday of each month 11:30am <i>first 96</i> <i>families</i>	Need address verification(ID or utility bill
Lincoln Elementary	255 W. 13th St San Bernardino Ca 92408	909-388-6370		
Lytle Creek Recreation Center	380 South K St San Bernardino Ca 92404	909-384-5424	Monday- Thursday Hot meals 11:30am-pm	Age 63+ donation \$1.75, younger guests of seniors \$3.75. Any child 1-18yrs is <i>free</i> <i>from 12-1pm</i>

Manna Missionary Baptist Church	2525 Etiwanda Ave San Bernardino Ca 92405	951-712-3135	2nd Tuesday of each month 10am	Need ID
Mary's Mercy Center, Inc.	641 Roberds Ave San Bernardino Ca 92404	909-889-2558	Wednesdays 1:30-3pm <i>except 1st Wed of the month</i> Monday-Thursday, Saturday & Sunday Hot meals <i>except 1st Sunday of the month</i> 11:30am- 1:30pm Showers available for <i>women Monday & Wednesday men Tuesday & Thursday</i> 8:30am-12pm. Clothing & toiletries available on shower days	Numbers are given out starting at 8am
New Seasons Church	1606 W. 11th St San Bernardino Ca 92411	909-889-2784		
Option House	813 North D Street #3 San Bernardino Ca 92401	909-381-3471		
Our Lady of the Assumption	796 48th St San Bernardino Ca 92401	909-882-2931	4th & 5th Tuesday of each month 1-2pm	

Our Lady of Hope	6885 Del Rosa Ave San Bernardino Ca 92410	909-884-6375	Monday- Wednesday 9-11am Fridays 12-2pm <i>Closed the first week of the month.</i>	Must live in city limits, have address verification(ID or utility bill)
Our Lady of Rosary Cathedral	265 West 25th Street San Bernardino Ca 92405	909-883-8991		
PALS Center	2450 Blake St San Bernardino Ca 92410	909-887-7002	Wednesdays after 3pm	
Perris Hill Senior Center	780 E. 21st St San Bernardino Ca 92408	909-384-5436	Monday- Thursday Hot meals 11:30am-12:30pm Age 60+ donation \$1.75, younger guests of seniors donation of \$3.75	
Rudy Hernandez Community Center	222 N. Lugo Ave San Bernardino Ca 92408	909-384-5420	3rd Tuesday of each month 9am-12pm	Proof of residency & income required
Sahaba Initiative	242 W. 5th St San Bernardino Ca 92401	951-444-8786	Wednesdays 4-6pm <i>raw food pick up</i>	
Salvation Army	746 W. 5th St San Bernardino Ca 92401	909-888-1336	2nd & 4th Tuesdays of each month <i>must be there by 10am Hot meals</i> <i>Be there by 4:30pm to get a number.</i>	

San Bernardino Community Church	2372 E. Lynwood Dr San Bernardino Ca 92405	909-864-9221	3rd Saturday of each month 8am-12pm	Need ID. Clothing distribution.
San Bernardino High School (Sports Complex)	1850 N. E St San Bernardino Ca 92406	909-881-8217	3rd Thursday of each month	Need ID showing zip code 92407 or 92408
San Bernardino Senior Center	600 W. 5th St San Bernardino Ca 92408	909-384-5430	Monday-Friday Hot meals 11:30am-12:30pm Age 60+ donation \$1.75, younger guests of seniors donation of \$3.75	
Set Free Christian Fellowship	473 W. Baseline St San Bernardino Ca 92410	909-383-2323	Fridays 8-11am Monday-Sunday <i>Bread give-away</i> 8-9am Wednesdays <i>Spaghetti dinner</i> 6:30pm after service Thursdays <i>Pizza during NA/AA meetings</i> 7pm	
Showers of Blessing Church	166 E. 46th St San Bernardino Ca 92410	909-421-1513	2nd Saturday of each month 11am-1pm	
Spirit of Hope (Highland Ave Lutheran Church)	1820 E. Highland Ave San Bernardino Ca 92410	909-882-2961	Last Tuesday of each month 10am-12pm	
St. Anthony's Church	1640 Western Ave San Bernardino Ca 92404	909-887-3810	2nd Wednesday of each month 6-8pm Wednesdays <i>Bread give-away</i> 9pm	Need ID & proof of address showing zip code 92407 and 92411

St. Johns Episcopal Church	1407 N. Arrowhead Ave San Bernardino Ca 92405	909-889-1195	Wednesdays 11am-1pm	Mandatory sign up between 9 and 10am
St. Stephens Church	2219 W 3rd Ave San Bernardino Ca 92407	<u>909-881-1693</u>	Wednesdays 5-6pm Thursdays 4-6pm Fridays 6-7pm Sundays 10am-12pm	
T.E.L.A.C.U. Sierra Vista	650 W. 6th St San Bernardino Ca 92410	909-884-9490	2nd Wednesday of each month 1:30-5pm	Need ID & proof of income. Primarily for complex residents but will distribute whatever is left after residents
Temple Community Outreach Center	808 Medical Center San Bernardino Ca 92408	909-383-9588	Fridays Grocery, clothing & hot meals 11:30am	“Step” class offered before meal
Temple Missionary Baptist Church	1583 Union St, San Bernardino Ca 92411	909-888-2038		
The Home of the Neighborly Services	839 N. Mt. Vernon Ave San Bernardino Ca 92404	909-885-3491	3rd Thursday of each month 9am Tuesdays <i>Bread give-away</i> after 3pm-5pm	San Bernardino, Highland, & Colton residents.

The Rock Church/ World Outreach Center	2345 S. Waterman Ave San Bernardino Ca 92404	909-825-8887	Sundays 10am-12pm <i>for those who attend service</i> Thursdays 8-10am	
The Way World Outreach	3701 N. Sierra Way San Bernardino Ca 92404	909-884-7117	Saturdays 10am	
The Way World Outreach	375 W. 7th St San Bernardino Ca 92410	909-884-7117	Wednesdays & Fridays 12pm	
The Way World Outreach Church Downtown Mission Life Transformation Center	1001 N. Arrowhead Ave San Bernardino Ca 92410	909-884-1385	Wednesdays & Fridays 12-1pm	
Trinity Christian Fellowship	8158 Tippecanoe Ave San Bernardino Ca 92404	951-347-8997	3rd Saturday of each month 11am-1pm	Only for residents of San Bernardino. Need ID & proof of residence
True Vine Training Center	123 N. Mt. View San Bernardino Ca 92408	909-708-1796	Sundays Hot meals & clothing 2-3pm	
Vermont Elementary School	3695 Vermont St San Bernardino Ca 92404	909-880-6658	1st Thursday of each month 10:30am	Need ID.
Victory Outreach	990 W. Mill St San Bernardino Ca 92408	909-884-1921		
Zion Elect New Generation Ministry COGIC	2972 California St San Bernardino Ca 92407	909-296-1233	Tuesdays 11:30am-12:30pm 2nd & 4th Saturdays of each month 1pm	

St. Anthony	630 S. Santa Fe Ave San Jacinto Ca	951-654-7911	1st & 3rd Thursdays of each month 9-11am	
St. Catherine of Alexandria	41875 C St Temecula Ca	951-676-4403	Fridays 8-10:30am	
Temecula Murrieta Community Pantry -	28922 Pujol Street Temecula Ca 92590	951-676-8022		Provides free food to people in the community facing a crisis.
Calvary Chapel of Upland	2060 W. 11th St. Upland Ca 91786	909-931-3286	Monday- Thursday 12-4pm One box per week	
Church of Christ	331. W. Ninth St Upland Ca 91786	909-982-1676	2nd & 4th Monday of each month 10-11am	One bag of food on a first come, first serve basis for low income
Eleventh Street Baptist Church	990 West 11th St. Upland Ca 91786	909-982-6381	No specific day or hours. Call for more information. small boxed food distribution	
First United Methodist	262 N. Euclid Ave Upland Ca 91786	909-982-1345	Saturdays Hot breakfast 8-9am	

Foothill Family Shelter	1501 W. Ninth St Ste D Upland Ca 91786	909-920-0453	Tuesday-Friday 8am-12pm & 1-5pm	Limited once per month. Proof of residency & current ID required. Serving Upland, Ontario, Montclair, Claremont, Pomona and Rancho Cucamonga residents.
George Gibson Senior Center	250 N. 3rd Ave Upland Ca 91786	909-981-4501	Tuesdays 2-3:30pm Monday-Friday Hot meals 11:30am-1pm	
His Hands	877 North Campus Ave Upland Ca 91786	909-981-8110	Monday, Tuesday, Wednesday, & Thursday 9-11:30am <i>food and clothing distribution</i>	For Upland and Rancho Cucamonga residents only
Meals on Wheels	869 N. Euclid Ave Upland Ca 91786	909-981-0377	Provides home-delivered meals services to people in need	
New Life Christian Center	205 S. Campus Ave Upland Ca 91786	909-982-5632	Last Wednesday of each month Hot meals 7:00am	
Pentecostal Community Outreach Church	280 N. Vista Place Upland Ca 91786	909-920-3891		

Sierra Vista Community Church	1589 Ninth St Upland Ca 91786	909-946-7822	Fridays 2-5pm Saturdays <i>Breakfast is served on designated throughout the year. Can also receive groceries and clothing</i> 9-11am. Call for dates.	ID required
St. Joseph Catholic Church His Hands Ministry	877 N. Campus Upland Ca 91786	909-981-8110	Monday-Thursday 9-11am Clothing is available for those in need	Must show proof of residency. Limited once per month for Upland & Ranch Cucamonga residents only.
Calvary Chapel Victorville	15081 Center St Victorville Ca 92395	760-241-0778 442-241-0778	Wednesdays 10a-12p Monday-Thursday Dinner 3:30-4pm	
First Christian Church	17746 George Blvd Victorville Ca 92374	760-246-4100	Tuesdays 10am-12pm	
Holy Innocents	13230 El Evado Rd Victorville Ca 92395	760-955-6010	2nd & 4th Tuesday of each month 9-11am	ID & utility bill required
Lord's Table	15512 6th St Victorville Ca 92395	760-241-2043	Monday-Friday Hot meals 11am-12pm 3rd Friday of each month food give-a-way	

New Beginnings Church	16856 "C" St Victorville Ca 92395	760-243-3300	Fridays Dinner 3pm Mondays Clothing 10:30am	
St. Joan of Arc	15512 Sixth St Victorville Ca	760-245-7674	Monday-Friday 6am-2pm	
Victor Valley Rescue Mission	16857 "C" St. Victorville Ca 92395	760-955-5958	Mondays & Thursdays 10am-12pm SBC Fairgrounds on 7th Street 2nd & 4th Monday of each month <i>Victor Valley Beauty College provides haircuts</i>	
Our Lady of the Snow Catholic Church (St. Vincent de Paul)	975 Lark Rd Wrightwood Ca 92397	760-868-4342	2nd & 4th Tuesday of each month 10am-2pm	
Canyon Hills Friends Church	2040 Fairmont Connector Yorba Linda Ca 92886	714-695-0100	Monday-Thursday 8am-4pm	

<p>Set Free Christian Fellowship</p>	<p>13700 Calimesa Blvd Yucaipa Ca 92399</p>	<p>909-466-0033</p>	<p>Every 3rd Tuesday of each month <i>Please line up at 11:30 am and bring your valid ID with you.</i></p> <p>Sundays 8:30 & 10:30 am after church services.</p> <p><i>Please see one of our ushers to get a ticket, then after the service come to the Food Trailer in the back of the Parking Lot</i></p>	
<p>St. Frances Xavier Cabrini</p>	<p>12687 California St Yucaipa Ca 92399</p>	<p>909-797-2533</p>	<p>Mondays 11:30am-3:30pm Tuesday & Thursday 12:30-3:30pm</p>	

Haircuts

Love Moves

909-528-8122

Call Lorraine to arrange a time and place.

Redlands First United Methodist Church

One E. Olive, [Redlands](#) Ca 92373

(909) 793-2119 (in the lower level of the sanctuary building)

First Saturday of each month, 10:30 a.m.

Salvation Army

838 Alta St., [Redlands](#) Ca 92373

(909) 792-6868

Wednesdays at 10:00 a.m.

Health Programs

Access for Infants and Mothers (AIM)

Provides low-cost health plan for pregnant women
(800) 433-2611

American Lung Association

Support group for breathing problems
(909) 884-5840

Foothill AIDS Project

Offer testing and various service for those infected with
(909) 482-2066

Health Insurance Counseling and Advocacy Program (HICAP)

Provides Medicare, managed care (HMOs), long-term care insurance and other related health insurance issues along with individual counseling. HICAP offers community education presentations. Free of charge
(800) 434-0222

Healthy Families

Offers low-cost insurance programs that provide health, dental, and vision coverage to children who do not have insurance, and do not qualify for no-cost Medi-Cal
(800) 880-5305

Heartland Home Health Care and Hospice, Riverside & San Bernardino Counties We provide quality home health and hospice care to patients throughout Riverside and San Bernardino counties. We provide care for the mind, body and spirit that is comforting and compassionate. We respect our patients' and families' choices. We accept and support our patients wherever they are in life's journey
(951)369-8604

IEHP – Healthy Kids

Provides subsidized health care services to children ages birth – 19 years of age. Benefits include medical, dental, vision, prescription drugs, behavioral health, and 24 hour nurse access. Call for enrollment information
(866)294-4347

Medicare – Social Security Office, Department of Health and Human Services

Medicare is generally available for individuals age 65 or older. Visit Web Site: www.socialsecurity.gov
(800) 772-1213

Molina Healthcare

Provides managed healthcare
(800) 643-7276

Health Programs

Planned Parenthood of San Bernardino Counties

Provides confidential, affordable, high quality reproductive health care, and education in family planning. Visit web site: www.pposbc.org

(909) 890-5511

Public Health Information

Provides up to date information regarding community health

(800) 782-4264

WIC Women Infants and Children

Providing healthy foods for babies and toddlers. Call for appointment

(909)387-8301

(800) 472-2321

Health Care Options

10875 Rancho Road [Adelanto](#) Ca 92301

(951) 347-9759 www.healthcareoptions.dhcs.ca.gov

Free Medi-Cal managed care information and other health information

Community Health Systems, Inc.

18601 Valley Boulevard [Bloomington](#) Ca 92316

(909) 546-7522 www.chsica.org

Provide information on Medical, Dental, Optometry services and programs, youth services and programs.

Inland Empire Community Health Center, [Bloomington](#)

Provides efficient, low cost, discounted, cost effective, high quality primary care (**adult and pediatric**), **dental care, optometry, and women's health services**, especially to those who cannot afford healthcare services. The organization also services surrounding communities

(909)877-0510

Canyon Ridge Hospital, [Chino](#)

Free 24 hour assessment or referral specializing in mental health. Substance abuse, in-patient, out-patient, day treatment, and free community services. Treats both adolescents and adults.

(909)590-3700

Health Programs

Inland Hospice Association, Claremont

Provides physical, emotional and spiritual support to terminally ill people and their families. Also provides “simple gifts”, which help frail, elderly, and chronically ill individuals. No charge. Additionally provides grief and bereavement and loss support groups
(909) 399-3289

Visiting Nurse Association and Hospice of Southern California, Inc., Claremont

Provides home health services in patients’ homes, hospice services in the home or home health and respite services for full-time caregivers throughout the Inland Empire
(909) 624-3574

American Heart Association

930 South Mt. Vernon Ave. Suite 600 Colton Ca 92324

(909) 424-1670

Provide speakers for health fairs, heart healthy information and CPR/First Aid classes. Visit Web Site:
www.americanheart.org

Arrowhead Regional Medical Center Health Center Colton

Provides comprehensive medical care
(909)422-8029

Arrowhead Regional Medical Center Eye Clinic, Colton

Provides emergency eye care. Medi-Cal and most insurance accepted
(909) 580-1000

Family & Elder Care Clinic, Colton

A specialist clinic of Arrowhead Regional Medical Center. Serving 65years old and older only. Medicare and Medi-cal. Visit web site: www.arrowheadmedcenter.org
(909)580-1675

South Coast Community Services

1461 East Cooley Drive, Suit 100 Colton Ca 92324

(909) 809-0303 www.southcoastcs.org

SCCS is an agency comprised of dedicated clinical psychologist, licensed therapist, mental health professionals, child & family service experts, mentors, and social advocates. We believe our responsibility is to promote and uphold life-affirming values.

Health Programs

County of San Bernardino, Department of Behavioral Health, Age Wise Program

11951 Hesperia Road [Hesperia](#) Ca 92345

(760) 956-2434

Representing agency focusing on the needs of the senior population within San Bernardino County's rural, urban, and suburban areas. County MHSa supportive services provided to promote independency for as long as possible.

Loma Linda Pediatric Department

(909) 558-4689

Loma Linda Ronald McDonald House

The Loma Linda Ronald McDonald House is open to families of children who are hospitalized and undergoing treatment and / or receiving treatment on an outpatient basis as Loma Linda University Children's Hospital and other area hospitals

(909) 558-8300

Loma Linda School of Dentistry

Offers **Dental cleanings, fillings, root canal treatment, braces, and implants**

(909) 558-4222

Loma Linda Surgery Center for Dentistry

Special needs children and adult surgery

(909)558-4663

Department Of Behavioral Health/ CCRT

2940 Inland Empire Boulevard [Ontario](#) Ca 91764

(909) 458-1517 www.SBCounty.gov/DBH

Health Center Women and Children, 756 N. Euclid Ave. [Ontario](#)

Health center for women/children. OB/GYN Specialist

(909) 395-0030

Kids Come First Community Clinic, [Ontario](#)

Ontario Residents Only. Birth to 18 years old

(909) 673-9125

Health Programs

West End Family Counseling Services

855 North Euclid Avenue [Ontario](#) Ca 91762
(909) 983-2020 www.wefcs.org

West End Family Counseling Services is a non –profit Mental Health outpatient clinic that has an array of services including but not limited to, Individual Counseling, Psychiatric Services, West Valley SART (Screening Assessment Referral Treatment-A First 5 Program) and OACS Services (Older Adult Community Services). We have been helping meet the needs of our community since 1955.

Tri City Mental Health, 790 E. Bonita Ave., [Pomona](#)

Hours 8am-6pm. Providing services for children and families
(909) 447-3400
Emergency Services, 822 N. Gary Ave. [Pomona](#)
(909) 623-9500

HICAP

9121 Haven Avenue, Suite 120 [Rancho Cucamonga](#) Ca 91730
(909) 256-8369 Ext. 314 www.hicapsbc.org
We provide medicare counseling and advocacy services to seniors and disabled adults.

IEHP DualChoice cal MediConnect Plan

10801 6th Street [Rancho Cucamonga](#) Ca 91730
(909) 890-2000 www.iehp.org

IEHP Medicare DualChoice Cal MediConnect (Medicare-Medicaid Plan) Offers additional benefits to members that have both Medi- Cal and Medicare. The DualChoice plan give these members Dental, Vision and transportation at no cost to them.

DBH provides Mental Health Services to all San Bernardino County Residents promoting Wellness , Recovery and Resilience. Prevention and Early Intervention, Crisis Intervention, Homeless Services, MH treatment, Drug/Alcohol Treatment and DBH CalWorks

San Joaquin Valley College, 10641 Church St. [Rancho Cucamonga](#)

Located in Rancho Cucamonga provides dental care, including free exams, x-rays, cleaning and polishing, fluoride treatments, sealants, and preventative dental care education. Services provided by students under supervision. Mon.-Thu. 8:00 m-5:00pm closed for lunch 12:00-1:00 Fri 8:00- 12:45pm
(909) 291-8121

Health Programs

Blessing Center

760 E Stuart Ave, [Redlands](#) Ca 92373
Phone: (909) 793-5677

Call (909) 793-5677 for appointment. Medical clinic is open on the first and third Wednesday of each month from 5:30 p.m. to 9:00 p.m.

Walk in medical clinic open Saturdays from 9:00 a.m. to 12:00 noon.

Dental clinic: Open Tuesdays and Thursdays from 6:00 p.m. to 9:00 p.m. and on Fridays from 9:00 a.m. to 12:00 noon. Appointments required (call 909-748-5408)

Building A Generation

932 W. Cypress Ave. [Redlands](#) Ca 92373
(909) 793-8822.

Counseling service available for families with young children ages 0-12 years old. Call to make an appointment with a Case Manager.

Christian Counseling Service

205 E. State Street, Redlands/51 West Olive Avenue [Redlands](#) Ca 92373
(909) 793-1078

CCS works with families and individuals looking for solutions to life's problems. Call for details regarding your particular issue(s).

www.christiancounselingservice.org

Christian Counseling Service is 501 C3 non-profit corporation, Our mission is to serve families and individuals in Inland Empire through professional, compassionate and evidence-based mental health services, which are rooted in community and faith.

Family Service Association of [Redlands](#)

612 Lawton St., Redlands Ca 92373
(909) 793-2673.

Family Services has a medical mobile van. Contact Family Services and sign with a case manager. The case manager informs clients when the mobile van will be available.

Health Programs

Our Place Clubhouse

721 Nevada St. [Redlands](#) Ca 92375
(909) 557-2145

Our Place Clubhouse is a safe place for individuals with a history of mental illness to gather and grow together through a variety of activities such as social groups, stress management, arts & crafts, cooking, exercise, and much more. Monday through Friday 8:00 a.m. to 3:30 p.m.. Saturday 9:00 a.m. to 2:00 p.m.

Youth Hope Foundation (ages 14 to 24)

1175 W. Redlands Blvd. [Redlands](#) Ca 92373
(909) 663-4543

Monday, Wednesday and Thursday from 3:00 to 6:00 p.m.

Pacific Clinics F.U.N

1501 South Riverside Avenue [Rialto](#) Ca 92376
(909) 877-4889 www.pacificclinics.org

Clubhouse provides educational, vocational, and housing resources to the adult mentally ill population, as well as peer to peer support groups

Adult Mental Health, Community Hospital of [San Bernardino](#)

Serves residents of San Bernardino County. Provides acute, short-term inpatient psychiatric care to patients 18 years and older. Also treats moderate medical problems; offers outpatient program; involuntary treatment available when unable to consent.

(909)887-6333 Ext 3800

African American Mental Health Coalition

1505 West Highland Avenue, Suite 8 [San Bernardino](#) Ca 92411
(909) 880-1343 www.theaamhc.org

Free educational mental health presentations, brochures on mental health, mental illness, healthy habits. "Eliminating the Stigma of Mental Illness."

Coordinated Asthma Referral & Education - Public Health Department

340 North Mountain View Avenue [San Bernardino](#) Ca 92415
(909) 387-5035 www.dph.sbcounty.gov

We provide information about our home visitation program for asthma and referrals to asthma resources and other Public Health programs

Health Programs

American Lung Association in California
441 MacKay Drive [San Bernardino](#) Ca 92408
(909) 321-3285 www.lung.org/california

The American Lung Association is the leading organization working to save lives by improving lung health and preventing lung disease through Education, Advocacy and Research. With the generous support of the public, we are "Fighting for Air." When you join the American Lung Association in the fight for healthy lungs and healthy air, you help save lives today and keep America healthy tomorrow. Molina Health Care FREE clinic for medical, dental, vision and acupuncture.

Asian-American Resource Center
1115 South "E" Street [San Bernardino](#) Ca 92408
(909) 383-0164 www.aarc-ie.org

AARC's mission is to improve overall health, and educational well-being by providing informational and developmental programs to Asian-Americans & other ethnic groups who are low-income, isolated, vulnerable, and underserved throughout San Bernardino and Riverside Counties

Ballard Rehabilitation Hospital, [San Bernardino](#)
Specializing in physical rehabilitation. Medicare accepted
(909) 473-1200

Department of Public Health, 351 N. Mountain View Ave. [San Bernardino](#)
Provides up to date information on community health
(800) 782-4264

El Sol Neighborhood Educational Center
766 N Waterman Avenue [San Bernardino](#) Ca 92410
(909) 884-3735 www.elsolnec.com

We are a non profit organization for Mental health education such as bipolar, schizophrenia, depression, etc.

Family Service Agency, 1661 North E Street, [San Bernardino](#) Ca 92405
Outpatient Mental Health, Info & referral, counseling & mental health treatment for child sexual abuse, domestic violence intervention counseling, dysfunctional families, parenting classes, anger diversion classes, high-risk youth programs. S.N.A.A.P. (Narcotics/alcohol abuse program for teens). Suicide/crisis hotline 24 hrs/7 days. OFC HRS: M-Thu 12 pm-9. Spanish spoken. ADM REQ: Varies per program. Accepts Medi-Cal, sliding fee scale
(909)886-6737

Health Programs

IBHS/Project Home Again

1963 North "E" Street **San Bernardino** Ca 92405
(909) 881-6146 www.ibhealth.org

"One Stop" shop would describe Health Services, Counseling, Homeless Support services, dental, and Mental Services available through Inland Behavioral and Health Services, Inc.

Norton Social Action Community (SAC), **San Bernardino**

Sliding fee or no-cost health care. Medical and dental, physical and occupational, speech therapy, pre- natal, immunization, health promotion, and preventative care. Mental health, social work, and counseling services relating to STDs and HIV
(909) 382-7135

****San Bernardino** County Behavioral Health Children's Crisis Response Team, Rialto & S.B.**

Mobile team that responds to a specific location to de-escalate situations where a child is hurting self or others. Team will remain with the child until medically cleared, transferred, and placed in facility or hospitalized
(909) 421-9233

****San Bernardino** County Public Health AIDS/STD Control Program 799 E. Rialto Ave, S.B.**

Visit Web Site: www.sbcounty.gov/dph/

(800) 722-4777

Chino, Chino Hill, Fontana, Rancho Cucamonga and Upland

(909) 458-9628

High Desert

(760) 956-2345

San Bernardino County Preschool Services - LIFT Prenatal Program

662 South Tippecanoe Avenue **San Bernardino** Ca 92415

(909) 383-2107 hss.sbcounty.gov/psd

The LIFT Program provides free prenatal education, support, and empowerment. These services are provided through home visits by a registered nurse. After the child is 6 weeks, the nurse or family advocate continues visits to promote the infant's health & development until 3 years of age.

Health Programs

San Bernardino County Women, Infants & Children (WIC) Program

1505 South "D" Street [San Bernardino](#) Ca 92415
(909) 388-5671 www.sbcounty.gov/WIC

WIC is a federally funded Nutrition Education and Supplemental Food Program for Women, Infants and children under 5 years old. Women pregnant, Breastfeeding up to one year and post partun, nonbreastfeeding for up to 6 months

Social Action Community Health System (SACHS)

1455 East 3rd Street [San Bernardino](#) Ca 92410
(909) 382-7174 www.sachealthsystem.org

SAC Health System is a Federally Qualified Health Center (FQHC) dedicated to the health and well being of people living and working in the Inland Empire and neighboring communities. SACHS' mission is to provide accessible, high quality, whole-person healthcare to the community, enabling families to live vibrant and healthy lives.

Victor Community Support Services for Youth

1908 Business Center Drive [San Bernardino](#) Ca 92408
(909) 385-2567 www.victor.org

We provide children's mental health services to individuals 0-21 yrs. of age.

Aid Healthcare Foundation (AHF), Upland

Please call for information and appointment. HIV service for 18 years and over. Visit web site:
www.aidshealth.org
(909) 579-0708

County of San Bernardino Behavioral Health

[Upland](#) out-patient clinics
(909)579-8100

San Antonio Community Hospital Dental Center for Children Upland

Child must be referred by a school health tech or qualified person while at school.
Open during school year only
(909)920-4766

HOUSING/SHELTER	VETERANS RESOURCE
<p>CityLink Water of Life 8440 Nuevo Ave Fontana Ca 92335 909-803-1059 Office Hours 9am-4:30pm Open to the public Monday-Thursday closed for lunch 12-1pm Friday 9am-1pm Tami Cazenave x2203 Administrative Coordinator-Homeless Ministry</p>	<p>Hygiene Kits- Admin Office Mon-Fri Food Bags- Admin Office M, W, F Food Bags- Food Warehouse Tues,Thurs Blankets/Jackets Admin Office-check for availability Clothing-Thrift Store voucher-Admin office</p>
<p>Veterans Partnering with Communities 16779 Spring Street Fontana Ca 92335 veterans4communities.org 909-355-3036 Danny Marquez Fontana Ca 92335</p>	<p>Eliminate homelessness and unemployment within the veteran community. Assisting veterans navigate HUD-VA Supportive Housing Program, HUD-VASH provides housing vouchers that allow homeless veterans to rent privately owned housing, help find housing and complete the required paperwork, help provide furniture and refrigerators to veterans in need</p>
<p>Women Veterans Unity Group 11251 Sierra Avenue, Suite 2E-601 Fontana Ca 92337 (323) 517-1145 www.womenveteranunity.org</p>	<p>A women veterans organization.</p>
<p>VA 11201 Benton Street Loma Linda Ca 92357 (909) 825-7084 Ext. 2318 www.va.gov</p>	<p>Homeless Outreach services connecting veterans to appropriate community partners for housing.</p>
<p>Mercy House 521 Virginia Avenue, Suite A Ontario Ca 91764 (909) 460-6768 www.mercyhouse.net</p>	<p>Mercy House is an organization that helps the homeless and low income. We have a Transitional Shelter for single men, women and single mothers. We have a walk in center and permanent housing .</p>
<p>Neighborhood Partnership Housing Services 320 West "G" Street, Suite 103 Ontario Ca 91762 (909) 988-5979 www.nphs.info</p>	<p>Neighborhood Partnership Housing Services builds stronger communities in the Inland Empire by providing innovative homeownership opportunities, helping families succeed in homeownership and partnering to improve the quality of life in neighborhoods.</p>

HOUSING/SHELTER	VETERANS RESOURCE
Salvation Army 1412 S Euclid Ave Ontario Ca 91762 (909) 986-6748	Provides emergency food and shelter , emergency rental assistance Food and Shelter Available on Mondays, Wednesday, Friday from 9-11 am
Housing Opportunities Collaborative Inland Empire 8711 Monroe Court, Suite A Rancho Cucamonga Ca 91730 (909) 553-1080 inlandempire.housingcollaborative.org	Housing Opportunities Collaborative mission is “to promote equal access to housing for all persons in the region , especially low income and underprivileged individuals and families, by educating the public concerning home ownership and landlord-tenant rights and responsibilities, seeking financial and capacity building resources, providing financial and other resources, monitoring compliance with housing related laws, and conducting related activities.”
Christian Counseling Service 205 E. State Street Redlands Ca 92373 (909) 793-1078	CCS works with families and individuals looking for solutions to life’s problems . Call for details regarding your particular issues
Family Services of Redlands 612 Lawton St. Redlands Ca 92373 (909) 792-9626	Second Tuesday of every month. Call for an appointment first. This program provides families with comprehensive case management (counseling, food, basic life skills, parenting, job training and housing support)
KEYS 909-890-5394	Permanent supportive housing for veterans . Call for details and appointment.
My Father's House Address is not public information 909-202-5747	Residence facility for unwed mothers . Open 24 hours.
Salvation Army 838 Alta St. Redlands Ca 92373 (909) 792-6868	December through March when temperature is 40° or less and/or rain is predicted. 8:00 p.m. for men, women and children if 30% chance of rain
Our House 940 Stillman Redlands Ca 92373 (760)-949-4357 24 hours	This organization has programs for assisting with lodging, including a home for runaway children ages 11-17 (Our House), lodging for women on probation, and a domestic violence facility for women and children

HOUSING/SHELTER	VETERANS RESOURCE
<p>Olive Crest 555 Technology Court Riverside Ca 92507 (951) 300-9853 www.olivecrest.org</p>	<p>We provide good homes, services and education for abused, neglected and at-risk children. Working to prevent child abuse</p>
<p>City of San Bernardino Police Department Marci Atkins Homeless Advocate Officer Crisis Intervention 710 North D St San Bernardino Ca 92401 909-384-5499</p>	<p>Homeless Advocate</p>
<p>Clearwater Residential Care 1127 East 3rd Street San Bernardino Ca 92410 (951) 924-5732 www.clearwaterresidential.org</p>	<p>The mission of Clearwater Residential Care for the Elderly, inc. is to serve seniors, the disabled, our Veterans and low income families who are homeless or at risk of becoming homeless, live meaningful lives of dignity, enjoyment, and useful purpose through our "Bridging the Gap" Program. We achieve this goal through a continuum of care of housing, supportive Social Services and individualized case management - enriching each life we touch with the opportunity to enhance their independence, celebrate life and reach their fullest potential.</p>
<p>County of San Bernardino - Community Development and Housing Department 385 North Arrowhead Avenue, 3rd Floor San Bernardino Ca 92415 (909) 387-4389 www.saveyourhomesbcounty.org</p>	<p>We provide information on down payment assistance and foreclosure prevention.</p>
<p>House of Ruth, Inc. 909-988-5559</p>	<p>Advocates for and assists battered women and their children by providing shelter, programs and education opportunities for safe, self-sufficient living.</p>
<p>IBHS/Project Home Again 1963 North "E" Street San Bernardino Ca 92405 (909) 881-6146 www.ibhealth.org</p>	<p>"One Stop" shop would describe Health Services, Counseling, Homeless Support services, dental, and Mental Services available through Inland Behavioral and Health Services, Inc.</p>

HOUSING/SHELTER	VETERANS RESOURCE
<p>NID Housing Counseling Agency 2050 North Mountain Vernon Avenue San Bernardino Ca 92411 (909) 887 8700 www.nidonline.org</p>	<p>We are a non-profit housing counseling agency assisting with loan modifications, first time home buying, credit counseling and Keep Your Home California. All of our services are free.</p>
<p>Obershaw House 696 S. Tippecanoe Ave. San Bernardino Ca 92408-2607 (909) 723-1568 Monday- Friday 8:00 a.m. to 5:00 p.m</p>	<p>The Obershaw House Community Action Partnership operates the Obershaw Transitional Housing Program. This is a 12-month case management program available through Referral ONLY! The Obershaw Program is designed to assist low-income homeless families in becoming self-sufficient and obtaining permanent housing.</p> <p>Requirements to reside at the Obershaw House Client must be REFERRED to the Program by an organization that is assisting them to obtain housing. Client must be homeless. Client must meet income-guidelines. Client must agree to case management and comply with an established case management plan. Client MUST obtain employment within 30 days of entering program. Program has a ZERO Tolerance for drugs/alcohol/ violence.</p>
<p>Office of Homeless Services 303 East Vanderbilt Way, 1st Floor San Bernardino Ca 92415 (909) 386-8297 www.sbcounty.gov/sbchp</p>	<p>OHS serves as a “clearing house” of homeless issues for all county departments. Any homeless issue encountered by county staff can be referred to this office for resolution. OHS staff plays a vital role in the San Bernardino County Homeless Partnership as the administrative support unit to the organization. OHS insures that the vision, mission and goals of the Partnership are carried into effect.</p>

HOUSING/SHELTER

VETERANS RESOURCE

Vision of Hope
323 W 7th Street
San Bernardino Ca 92401
909-386-1620

HOPE FOR HEROES PERMANENT SUPPORTIVE HOUSING

This program provides Permanent Supportive **Housing for homeless, disabled veterans and their families**. This program promotes family unification, education and employment assistance and benefit stabilization.

To be eligible, you must:

Be a United States Veteran with a discharge of other than dishonorable.

Be age 18 or older and a US citizen

Have income and the ability to pay 30% of your adjusted gross income for an occupancy charge.

Additional means to pay a \$50 program fee, your utilities, food and hygiene items.

Be homeless on the street, in emergency shelter or transitional home where you originally came from the street.

Be diagnosed with a disability, have a long term condition, that has lasted (or will last) more than a year

Must meet HUD's income guidelines, at or below 50% AMI

Medically and psychologically stabilized

HOUSING/SHELTER

VETERANS RESOURCE

Vision of Hope
323 W 7th Street
San Bernardino Ca 92401
909-386-1620

HOPE FOR HEROES 2
PERMANENT SUPPORTIVE HOUSING PROGRAM
HFH2 is a Permanent Supportive **Housing for single homeless disabled veterans. (Preference is given to chronically homeless individuals.) This program focuses on critical case management, reduction of barriers and benefit stabilization.**

To be eligible, you must:

Be a United States Veteran with a discharge of other than dishonorable.

Be age 18 or older and a US citizen

Have income and the ability to pay 30% of your adjusted gross income for an occupancy charge.

Additional means to pay your utilities for food and hygiene items.

Be homeless on the street, in emergency shelter or transitional home where you originally came from the street. Chronic meaning continuously homeless for one year or more, or who has had at least four episodes in the last three years.

Be diagnosed with a disability, have a long term condition, that has lasted (or will last) more than a year

Must meet HUD's income guidelines, at or below 50% AMI

Medically and psychologically stabilized

Vision of Hope
323 W 7th Street
San Bernardino Ca 92401
909-386-1620

INDEPENDENT HEROES
INDEPENDENT HOUSING PLACEMENT
THROUGH MEDIATION

This pilot program was **created to meet the needs of homeless veterans whose income exceeds 50% Area Media Income.** These clients are provided with landlord mediation and assistance to secure housing placement, furnishings, and living skills. Clients must be willing and able to pay fair market rents plus a sliding scale program fee of \$75 -\$150 per month for case management services.

Individuals must complete a self paced independent living course during the first 6 months of residency.

HOUSING/SHELTER

VETERANS RESOURCE

Young Visionaries Youth Leadership
Academy
1331 W Kendall Drive, Suite 2
San Bernardino Ca 92407
(909) 881-3382 www.yvyla-ie.org

The mission of Young Visionaries Youth Leadership Academy is to **enrich the lives of at-risk youth in The Inland Empire by providing quality emergency shelter and youth development programs.**

Hygiene/Showers/Laundry

Blessing Center

760 E Stuart Ave [Redlands](#) Ca 92373
(909) 793-5677

Home of Sandy and Ross Cooper

514 Lytle Drive [Redlands](#) Ca 92373
Showers and laundry available Sundays, all day.
No showers. Hygiene kits are available when the Blessing Center is open

Redlands First United Methodist Church

One E. Olive [Redlands](#) Ca 92373
(909) 793-2119 (in the lower level of the sanctuary building)
Showers on Saturdays, 8:30 a.m. to 11:30 a.m.

Salvation Army

838 Alta St. [Redlands](#) Ca 92373
Monday and Wednesday, 10:00 a.m. to 12:00 and the morning after, on evenings when the all night shelter is open. The case worker will sign up clients for showers in the evening when the shelter opens.

Legal Assistance

Pathway From Boys To Men Inc

10533 Beech Avenue, Suite 4 **Fontana**, 92337
(909) 838-5623 www.pathwayfromboystomen.com

Peaceful Resolutions is a public education, outreach, resource and referral for family law mediation. Our mission is to inform the general public of the benefits of mediation, instead of litigation, in family. We provide workshops, attend community events and work with community organizations. Our online website provides information and referral services for the public to find local mediators and mediation services.

Office of Clients' Rights Advocacy w/ Disability Rights California

3602 Inland Empire Blvd., Suite B-100 **Ontario** Ca 91764
(909) 383-1133 www.disabilityrightsca.org

The Office of Clients' Rights Advocacy provides free legal services to individuals with developmental disabilities who are Inland Regional Center consumers or trying to obtain regional center services.

Peaceful Resolutions, Inc.

3281 East Guasti Road, Suite 700 **Ontario**, 91761
(909) 477-2700 Ext. 2367 www.familylawpeacefulresolutions.org

12th Annual Fontana CAP Resource Fair List of Participating Organizations
Pacific Clinics F.U.N Clubhouse provides educational, vocational, and housing resources to the adult mentally ill population, as well as peer to peer support groups

Blessing Center

760 E Stuart Ave, **Redlands** Ca
(909) 793-5677

Paralegal assistance is available only. Paralegals are not allowed to provide legal advice. They can assist preparing and filing the following legal documents:

- Dissolution of Marriage (divorce, legal separation, and nullity)
- Custody/Visitation/Support issues
- Unlawful Detainer (Eviction)
- Simple Will
- Living Trust
- Small Claims
- Corporations, S-Corps, LLCs
- Deeds
- Fictitious Business Name
- Unemployment benefits disputes
- Social Security Disputes

Inland Counties Legal Services

715 North Arrowhead Avenue, Suite 113 **San Bernardino**, 92401
(909) 884-8615 Ext.7512 www.Inlandlegal.org. We are a legal services law firm that provides legal services to low income person and also seniors

RENTAL/UTILITY ASSISTANCE

<p>Corona Norco Settlement House Inc 507 S Vicentia Ave Corona, CA - 92882 (951) 737-3504</p>	<p>Corona Norco Settlement House offers rental and utility assistance to those that qualify when funds are available. Rental Assistance applicants must provide proof of eviction notice and the ability to continue paying rent.</p>
<p>Transitional Assistance Department(TAD) 7977 N. Sierra Ave Fontana Ca 92335 909-356-3160</p>	<p>Offers financial assistance, food stamps, and med-cal. Must come in</p>
<p>Water of Life 8440 Nuevo Ave Fontana Ca 92335 909-803-1059 M-Thurs 9a-4:30p closed from 12-1p Fri 9a-1p</p>	<p>Julie Amaya x2206 Case Manager-ESG/utilities Lois Levitt x2204 Case Manager-Emergency Solution Grant/utilities Tami Cazenave x2203 Admin Coordinator/Homeless Ministry grant is used to assist Fontana residents with rent and security deposits*Live in Fontana city/limits *Schedule an appointment & meet with case manager to establish eligibility *Have a source of income/matching funds required *Valid ID, 2 months gas/electric bills, SS#s all members of household *Current proof of income for last 30 days for all adult members of the household *Rental agreement/mortgage statement</p>
<p>Lutheran Social Services of Southern California- Riverside Amelias 23310 Meyer Road March Air Force Base, CA 92518 (951) 656-6020</p>	<p>Lutheran Social Services of Southern California may sometimes be able to offer Rental or Mortgage assistance as eviction prevention when funds are available. Generally funds are available for such assistance between March and September. Applicants must meet eligibility requirements to receive assistance.</p>
<p>Inland Fair Housing and Mediation Board (IFHMB) 800-321-0911</p>	<p>IFHMB is a private, non-profit, HUD Approved housing counseling agency and qualified fair housing organization providing fair housing investigation and enforcement, landlord-tenant mediation, default and foreclosure counseling, senior services, financial education and other housing related services.</p>

RENTAL/UTILITY ASSISTANCE

<p>Quality Conservation Services 4751 Arrow Highway Montclair, Ca 91763 866-794-5129</p>	<p>Uses public funds collected from Edison and The Gas Company to provide minor no cost home improvements to income qualified homes. These improvements make the home more energy efficient, lower utility bills.</p>
<p>Salvation Army Ontario 1412 S Euclid Ave Ontario, CA (909) 986-6748</p>	<p>rental assistance</p>
<p>Building a Generation 932 W. Cypress Ave Redlands Ca 92374 909-793-8822</p>	<p>Assistance with water, gas and electric bills available for families with young children ages 0-12 years old. Call to make an appointment with a Case Manager</p>
<p>Family Services, Redlands 612 Lawton St Redlands, CA (909) 793-2673</p>	<p>Provides low income assistance and rental assistance. www.redlandsfamilyservice.org</p>
<p>Housing Support Program Transitional Assistance Department 1811 W. Lugonia Ave Redlands Ca 92374 (877) 410-8829</p>	<p>This is a temporary program lasting until June 30, 2015 with the possibility of extension depending upon funding. It offers housing assistance to people who are enrolled in the CalWORKS program. Office hours are 8:30 a.m. to 4:30 p.m. Monday through Friday. For further information, log onto the following URL: http://hss.sbcounty.gov/HSS/default.asp</p>
<p>Salvation Army Redlands Corps Community Centre 838 Alta Street Redlands, Ca 92374 (909)792-6868 (909) 792-8818</p>	<p>provide referrals, case management, and advice. Other centers offer emergency rent assistance and utility bill assistance, as funding and resources allow. Utilities- For Southern California Gas and Southern California Edison customers. Call at 9:30 on Mondays and make an appointment with a case worker. Must have utility bill in client's name. An appointment will be scheduled for the following Thursday with a case worker</p>

RENTAL/UTILITY ASSISTANCE

Souther California
Edison
1-800-655-4555

The United Way and SCE work together to provide up to \$100 per 12-month period to qualified customers struggling to pay their electricity bills. CARE and FERA programs- you could be eligible for a **monthly discount on your bill**. If you're having trouble making ends meet, you might be eligible for a rate program that could help you save on your electricity bill. We offer the California Alternate Rates for Energy (CARE) and Family Electric Rate Assistance (FERA) programs to provide our income-qualified customers with much needed bill relief.

You can qualify for CARE if you or someone in your home participates in at least one of the eligible public assistance programs listed below:

Medi-Cal/Medicare
CalFresh/SNAP (Food Stamps), WIC, Medi-Cal for Families (Healthy Families A&B), LIHEAP, Supplemental Security Income (SSI), National School Lunch Program (NSLP), Bureau of Indian Affairs General Assistance, Head Start Income Eligible (Tribal Only) or if you meet the income guideline qualifications.

Community Action
Partnership of
Riverside County
2038 Iowa Avenue,
Suite B-102
Riverside, Ca 92507
(951)955-4900

Housing assistance, energy bill funds, and other financial aid is available. Or look into employment and job training programs. More on [Riverside Community Action](#).

Community Connect
Riverside County
2060 University
Avenue #212
Riverside, CA 92507
(951) 686-4402

Community Connect Riverside County is a non profit organization that has been serving community residents for over 40 years. The VCRC provides community services including **rental assistance**

Ted Richier, Housing
Counselor
(951) 328-8279
trichier@vcrivco.org
www.connectriverside.org

RENTAL/UTILITY ASSISTANCE

Lutheran Social Services - Taft
3772 Taft Street
Riverside, California
92503
(951) 689-7847

Lutheran Services offer many forms of assistance, in addition to food, groceries, and meals. Apply for government aid, **rent help**, counseling, and other services.

Salvation Army - Riverside
3695 First Street
Riverside, CA 92501
(951) 784-4490 x110

financial assistance programs for rent and utilities, and even referrals to government and public assistance. Also runs the Angel Tree program that offers gifts for children, and may have school supplies.

California ACORN
Financial Justice
Center
1726 N D St Suite A
San Bernardino Ca
92405
(909)804-4004

You may be eligible for the following programs: \$500 in property tax or **rental rebates** for families earning \$35,000 a year or less in California

Catholic Charities,
San Bernardino
Address: 1800
Western Ave # 107
San Bernardino, Ca
92411
(909) 880-3625

Assistance with **utilities**, clothing, prescriptions, **rental assistance**, & food.

RENTAL/UTILITY ASSISTANCE

<p>Community Action Partnership of San Bernardino County (CAPSBC) Family Development 696 S. Tippecanoe Avenue San Bernardino, CA 92408-2607 (909) 723-1569</p> <p>HEAP (909)723-1620 M-F 8 am- 5 pm</p>	<p>Food, information on job training, grants for rent or utilities , motel voucher, eviction prevention assistance other aid is available. Monday- Friday 8:00 a.m. to 5:00 p.m For emergency assistance, you must have a disconnected and final call notices on utility accounts. Clients must: Call (HEAP) Home Energy Assistance Program Direct Appointment Lines (909)723-1680 for an appointment Monday-Friday between 8 am and 4:45 pm. Non-emergency utility assistance- clients without a disconnect notice may apply fo an annual HEAP credit by contacting us to receive an application packet by mail to be returned to us completely filled out. It takes six to eight weeks once the application is approved for the credit to be applied to your specified utility bill. Clients no longer taken on a walk-in basis & HEAP appointments are on a 1st called, 1st scheduled basis. Due to high demand, HEAP appointments may be scheduled as far as one to two months out.</p>
<p>The Salvation Army San Bernardino Corps Community Center 746 W 5th Street San Bernardino, Ca 92410 909 888-1336</p>	<p>provide referrals, case management, and advice. Other centers offer emergency rent assistance and utility bill assistance, as funding and resources allow. Each case and application will be carefully assessed to determine legitimate need.</p>
<p>Volunteers Of America's Family Resource Center 720 South E. St San Bernardino Ca 92408 (909)855-0471</p>	<p>Renter's assistance Housing Transportation 10a-8pm M-F 9am-12pm Sat</p>
<p>Westside Community Service Center 1505 W. Highland Ave San Bernardino Ca 92408 (909)384-5428</p>	<p>Assistance with utilities, rent, food, and clothing</p>

RENTAL/UTILITY ASSISTANCE

Victor Valley Corps
Community Center
14585 La Paz Drive,
Victorville, CA
92392-4222
(760)245-2545

Smiles For Seniors
Foundation
PO Box 1113
Yucaipa, CA - 92399
(909)790-6671

Smiles For Seniors Foundation offers **assistance to seniors** who qualify when funds are available and approved by the Board. Applicants must be 65 years of age or older and reside in California as well as meet income and other eligibility requirements. Once an applicant fills out an application and they are found to be eligible , it is then sent to the Board of Directors for approval.

Transportation to Medical Appointments, Grocery Stores and Pharmacy

Fontana Community Senior Center

16710 Ceres Avenue **Fontana**, 92335

909-854-5153 www.fontana.org

The Fontana Community Senior Center offers classes, resources, and services to the community. Seniors 55+ can purchase a membership and partake in numerous of clubs. The center offers something for everyone.

County of San Bernardino, Department of Behavioral Health, Age Wise Program

11951 Hesperia Road **Hesperia**, 92345

(760) 956-2434

Representing agency focusing on the needs of the senior population within San Bernardino County's rural, urban, and suburban areas. County MHSa supportive services provided to promote independency for as long as possible.

Highland Senior Center

3102 Highland Ave, **Highland** Ca

(909) 862-8104

Call to arrange transportation

The Transportation Assistance Program provides seniors with transportation to their doctor appointments, pharmacy and grocery store. Volunteers pick up the client, take them to their appointment, wait for them, and return them to their residence. Charge is \$.33/mile from the client's residence to the destination and return

Department of Aging and Adult Services/Senior Information and Assistance

9445 Fairway View Place Suite 110 **Rancho Cucamonga** Ca 91730

(909) 948-6234 <http://hss.sbcounty.gov/daas/>

The San Bernardino County Department of Aging and Adult Services is dedicated to helping seniors and at risk individuals to improve or maintain Choice, Independence and Quality of Life. Information on department programs and services will be provided at resource

Transportation to Medical Appointments, Grocery Stores and Pharmacy

Building A Generation

932 W. Cypress Ave., [Redlands](#) Ca
(909) 793-8822

Transportation assistance for families with young children ages 0-12 years old. Call to make an appointment with a Case Manager.

InnovAge Greater CA PACE

410 East Parkcenter Circle North [San Bernardino](#), Ca 92408
(909) 890-2800 www.myinnovage.org

The mission of InnovAge Greater California PACE (IGCAP) is to enable aging individuals to live with dignity in their own homes and communities. To enroll in our program, an individual must be 55 or older, live in our service area, be certified as nursing home- eligible by the State of California, and able to live safely at home and in the community, with the support our program provides.

Valley Transportation Services

299 West Foothill Boulevard, Suite 202 [Upland](#) Ca 91786
(909) 981-5099 www.vtrans.us.com

Valley Transportation Services (VTrans) aims to improve mobility for seniors, individuals with disabilities, and individuals of low income. We offer Travel Training, a volunteer driver program, and taxi voucher program.