

EDUCATION AND TRAINING RESOURCES

Resource Name	Contact	Phone Number	Additional Information
American Red Cross	Receptionist	(909) 886-1481	Call for location & Cost
CPR First Aid	CNA Training Nurses Assistant		www.arcinlandempire.org
Arrowhead Regional Medical Center	Salam Stefanos	(909) 580 -2538	Call for location & Cost
Smoking Cessation Diabetes Support Healthy Heart	Post- Partum Support Cancer Support		www. arrowheadmedcenter.org
Alzheimer's Association	Sergio Calderon	(909) 944-9680	Call for location & Cost
Dementia Classes Caregiver's Training Memory Disorder Counseling Support Groups	Alzheimer's Disease End of life Memory of Aging Safe Return Program Respite (High Dessert)		
24hr Help Line		(800) 272 -3900	www.alz.org/californiasouthland/
Cooperative Extension	Clara Wilshire	(909) 387-2188	Call for location & Cost
Expanded Food and Nutrition Education Program			Low Income Family Only
SB Community Hospital		(909) 887-8333	Call for location & Cost
Diabetes Weight Loss Parenting Lost Cost Eating Safe Sitter	Healthy Heart Freedom from Smoking Asthma Childbirth Education		

