

SOCIAL SERVICES /GOVERNMENT

ASSISTANCE PROGRAMS

SERVICIOS SOCIALES / PROGRAMAS DE ASISTENCIA DEL GOBIERNO

Kids N Care (800) 722-1091
 Child Support Services (All Cities) (866) 901-3212
 Children’s Network (909) 383-9677
 Department of Aging and Adult Services (909) 891-3900
 Children and Family Services (CFS) (909) 382-0440
 *alternate number for CFS 1-(800) 827-8724
 Department of Workforce Development
 Hesperia (760) 949-8526
 San Bernardino (909) 382-0440
 Probation Department
 Adult Information (909) 386-1810
 Juvenile Information (909) 383-2700
 Social Security Administration (800) 772-1213
 TTY Number (800) 325-0778
 Transitional Assistance Department (TAD) 1-(877) 410-8829
 (Cal-Works, Medi-Cal, Food Stamps, Foster Care,
 General Assistance and Welfare/Cash Aid)

PARENTING SUPPORT SERVICES

SERVICIOS DE APOYO PARA PADRES DE FAMILIA

Adelanto Community Resource Center (760) 246-8401
 Boys and Girls Club (San Bernardino) (909) 888-6751
 Barstow (760) 255-2422
 Catholic Charities Counseling Services (909) 763-4970
 High Desert
 (St. Mary’s Med. Center) (760) 242-2311 ext. 8368
 Children and Family Services (CFS)
 San Bernardino (909) 388-1900
 Barstow (760) 957-1540
 Victorville (760) 243-6640
 Community Hospital of San Bernardino
 Classes for Parents-To-Be (909) 887-6333 ext. 4734
 Family Resource Network (800) 974-5553
 Family Service Agency (909) 886-6737
 Kids N Care (800) 722-1091
 Kids N Care-San Bernardino (909) 384-1492
 National Runaway Hotline
 Help Parents Locate Runaway Child (800) Runaway
 (800) 786-2929
 Para Los Niños ‘Parent Project’ (909) 230-6400
 People’s Choice ‘Parent Project’ (909) 887-4414
 St. Bernardine Medical Center
 Childbirth Education (909) 881-4420
 San Bernardino County ‘Parent Project’ (909) 387-7349

HEALTH CARE COVERAGE FOR CHILDREN

COBERTURA PARA CUIDADO DE SALUD DE LOS NIÑOS

Access for Infants and Mothers (AIM) (800) 433-2611
 California Uninsured Help Line (800-234-1317
 Healthy Families / Medi-Cal (888) 747-1222
 IEHP (866) 294-4347
 Kaiser Permanente Cares for Kids (800) 255-5053
 Molina (800) 526-8196

HEALTH SERVICES / SERVICIOS DE SALUD

Arrowhead Regional Medical Center (909) 580-1000
 Asthma Referral & Education Program (800)782-4264 #7
 Breathe Mobile (Asthma) (909) 213-3341
 Family Health Centers - Scheduling (855) 422-8029
 Coordinated Asthma Referral & Education (800) 782-4264
 --asthma home visits for children & youth 0 to 18
 Colorado River Medical Center (760) 326-4531
**Free Health Check-Ups and Physical Exams
 for school/sports - children and youth up (800) 722-3777
 to 21 years of age.**
**Gratis-Examen de Salud/Escolar/Deporte (800) 722-3777
 para niños/adolescentes hasta 21 años de edad**
 Inland Empire Community Clinic (909) 877-0510
 Inland Family Community Health Center (909) 708-8158
 Kids Come First Community Clinic (909) 673-9125
 Public Health Information (800) 782-4264
 Redlands Community Hospital
 Family Clinics (909) 335-5799
 SAC-Norton Clinic (909) 382-7100
 Social Action Community Health System (909) 382-7100
 Victor Valley Community Hospital (760) 245-8691
 Westside Park Health Center-Adelanto (760) 246-7337
 Whitney Young Clinic (909) 386-7600



Dial : 8-435-7565

For more free & confidential information and resources

24- Hours a day-7 days a week

Food / clothing / shelter / counseling / crisis services / health & dental care / elder assistance / and much more

Marque 2-1-1 o 1-888-435-7565

Para información gratuita y confidencial las 24 Horas, 7 días a la semana

Alimento / ropa / refugio / consejería / asistencia durante una crisis / salud y cuidado dental / asistencia para ancianos / y mucho mas

**San Bernardino County
Department of
Public Health**

**COMMUNITY
RESOURCES**

**SERVICIOS en la
COMUNIDAD**



Child Health & Disability Prevention Program

**Distributed by:
San Bernardino County
Department of Public Health
Family Health Services**

EMERGENCY ASSISTANCE (SHELTER / FOOD)
ASISTENCIA DE EMERGENCIA (COMIDA / REFUGIO)

American Red Cross (909) 888-1481
Victorville (760) 245-6511
Catholic Charities
East Valley (909) 880-3625
High Desert St Mary Medical Center (760)242-2311x8454
West Valley (909) 481-7196
Central City Lutheran Mission (909) 381-6921
Chino Neighborhood House (909) 628-5608
Community Action Partnership
Homeless Coalition (Referral Only) (909) 723-1500
Foothill Family Shelter (Upland) (909) 920-5568
High Desert Homeless Services (760) 245-5991
Housing Authority (Section 8)
San Bernardino & Redlands (909) 890-9533
Ontario Area (909) 983-1318
Victorville Area (760) 243-1043
Inland Temporary Homes (San Bernardino) (909) 796-6381
Inland Valley Hope Partners (Homeless Outreach) (909) 622-3806
The Lord's Table (Victorville) (760) 241-2043
Lutheran Social Services (29 Palms) (760) 361-2036
Mercy House Walk-in Center (Ontario) (909) 391-2630
Operation Provider (Rim Forest) (909) 337-8585
Poison Control Center (800) 876-4766
Salvation Army (San Bernardino) (909) 888-1336
Desert Area (760) 245-2545
Ontario Area (909) 986-6748
Samaritan Helping Hand (High Desert) (760) 243-5933
Westside Community Services (San Bern.) (909) 384-5428

NUTRITION / FOOD SERVICES

NUTRICION / SERVICIOS DE ALIMENTOS

Hotline for Food (Learning to Cook) 1-(800) 435-7565
• San Bernardino County 211
• TTY 1-(866) 856-4749
The Lord's Table (Victorville) (760) 241-2043
Senior Nutrition Services (800) 510-2020
Meals on Wheels - Upland (909) 981-0377
Women, Infants & Children (WIC) (909) 387-8301
WIC Desert Area & All Cities (800) 472-2321

SEXUALLY TRANSMITTED DISEASES

ENFERMEDADES TRANSMITIDA SEXUALMENTE

California AIDS Hotline (800) 367-2437
CDC STD & AIDS Hotline (24 hours) (800) 232-4636
San Bernardino County Public Health STD Clinics (800) 722-4777
STD Hotline American Social Help Association
STI Resource Center (800) 227-8922

BIRTH CONTROL / PREGNANCY TESTING

AND COUNSELING

CONTROL DE LA NATALIDAD / PRUEBA DE EMBARAZO Y CONSEJERIA

County Reproductive Health/STD Services (800) 722-4777
Emergency Contraception Hotline (888) NOT-2-LATE
Perinatal and Adolescent Life (PALS) (909) 388-0400
Planned Parenthood (Upland – Call Center) (909) 985-0065
Planned Parenthood (S.B. – Call Center) (909) 890-5511
Pregnancy Counseling Center (909) 825-6656

COUNSELING / MENTAL HEALTH SERVICES

APOYO PSICOLOGICO / SERVICIOS DE SALUD MENTAL

Access Unit (Counseling Referrals)
Department of Behavioral Health (888) 743-1478
Alta Loma Psychological Association (909) 980-3567
Barstow Counseling (760) 256-5026
Calvary Chapel (Fontana and Rialto)* (909) 820-7300
(High Desert)* (760) 948-2812
*All loc. offer spiritual counseling ONLY
Chino Human Services (909) 591-9822
Family Counseling (Big Bear) (909) 866-5721
Lutheran Family Services (909) 866-5070
Crestline (909) 867-7228
House of Ruth's Teen Violence (909)623-4364
Mesa Counseling (Rialto) (909) 421-9301
Redlands Psychological & Family Services (909) 793-8312
Samaritan Counseling Center (Upland) (909) 985-0513
Victor Valley Community Services Council
“First Call for Help” (Referral Only) (760) 243-9646
West End Counseling (Ontario) (909) 983-2020
Vista Counseling Center (Fontana) (909) 854-3420

DENTAL HEALTH / SALUD DENTAL

Bloomington Dental Clinic (909) 746-0840
Loma Linda School of Dentistry Clinic (800) 422-4558
SAC Clinic (Closed Fridays) (909) 383-8092
Tri-County Dental Society (951) 787-9700
Victor Valley Community Services (760) 243-9646
Whitney Young Clinic (909) 386-7600

CAR SEATS / ASIENTOS DE SEGURIDA

Child Passenger Safety Program (800) 782-4264
Seat Check (Inspections & Recall List) (866) SEAT-CHECK

DOMESTIC VIOLENCE / SHELTERS AND

HOTLINES

VIOLENCIA DOMESTICA / REFUGIO Y LINEA DE EMERGENCIA

A Better Way (High Desert) (760) 955-8010
Adult & Elder abuse hotline (877) 565-2020
Child Abuse Hotline (800) 827-8724
Desert Manna Ministries (760) 256-7797
Desert Sanctuary / Haley House (760) 256-3441
Doves Domestic Violence Outreach (909) 866-1546
Shelter – Crisis Hotline (800) 851-7601
High Desert Domestic Violence Outreach Services (760) 770-7867
(760) 843-0701
House of Ruth (909) 988-5559
Inland County Legal Services (909) 884-8615
Legal Aid (9:00 a.m. – 12:00 noon) (909) 889-7328
Morongo Basin Unity Home (760) 366-9663
Option House (909) 381-3471
Project Sister (800) 656-4673
San Bernardino Sexual Assault Services (909) 885-8884
Victorville (760) 952-0041
Yucaipa (909) 790-9374
Hotline (RAINN) (800) 656-4673
Victor Valley Domestic Violence
A Better Way Shelter (760) 955-8723
Hotline (760) 955-8723
Outreach (760) 955-8010

ALCOHOL / DRUGS / TOBACCO

ALCOHOL / DROGAS / TABACO

Al Anon Support Group: Hotline (800) 356-9996
Alcoholics Anonymous East Valley (909) 881-3230
Alcohol & Drug Abuse Prevention Program (ADAPP) San Bernardino (800) 782-4264
Alcohol / Drug Abuse Treatment Services Program (Dept. of Behavioral Health) (909)421-4601
Alcoholic's Anonymous (909) 825-4700
Apple Valley (760) 242-9292
American Lung Association (909) 884-5864
California Smoker's Helpline (800) NO-BUTTS
Drug / Alcohol Abuse Treatment National Holistic Recovery Treatment Network (866) 806-3595
Treatment Solutions Network (800) 537-6237
Nicotine Anonymous Support (877) 879-6422
San Bernardino Drug Court (909) 889-8000