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

(People's Choice, 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) 294-3437
Kaiser Permanente Cares for Kids (800) 255-5053
Molina (800) 526-8196

HEALTH SERVICES / SERVICOS 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.

Gratuito-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

Westside Park Health Center-Adelanto (760) 246-7337
Whitney Young Clinic (909) 386-7600

HEALTH CARE RESOURCES

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

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

REV 02/12
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) (909) 337-8586
Mercy House Walk-in Center (Ontario) (909) 391-2630
Operation Provider (Rim Forest) (800) 676-4766
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
ALIMENTOS / SERVICIOS ALIMENTARIOS

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 Human 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
Sacramento (Closed Fridays) (909) 383-8092
Tri-County Dental Society (951) 787-9700
Victor Valley Community Services Council
Whitney Young Clinic (909) 386-7600

CAR SEATS / ASIENTOS DE SEGURIDAD
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) 256-7977
Desert Sanctuary / Haley House (760) 256-3441
Doves Domestic Violence Outreach (909) 866-1546
Shelter – Crisis Hotline (800) 851-7601
High Desert Domestic Violence (760) 770-7867
Outreach Services (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 / TABACCO
ALCOHOL/ DROGAS / TABACCO
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) 243-9292
American Lung Association (909) 858-8604
California Smoker’s Helpline (800) NO-BUTTS
Drug / Alcohol Abuse Treatment National Holistic Recovery Treatment Network (866) 806-3595
Treatment Solutions Network (866) 806-4723
Narcotics Anonymous Support (877) 879-6422
San Bernardino Drug Court (909) 889-8000

CHILD PASSION SAFETY PROGRAM
(CAR SEATS / ASIENTOS DE SEGURIDAD)
Timeless Treasures (800) 722-4777

CHILD ABUSE HOTLINE
ADULT & ELDERS ABUSE HOTLINE
CHILD ABUSE HOTLINE
DEPARTMENT OF BEHAVIORAL HEALTH
ALCOHOL & DRUG ABUSE TREATMENT SERVICES
DOMESTIC VIOLENCE OUTREACH
DOMESTIC VIOLENCE SHELTERS
VIOLENCIA DOMESTICA / REFUGIO Y LINEA DE EMERGENCIA
CHILD ABUSE HOTLINE
ALCOHOL & DRUG ABUSE TREATMENT SERVICES