

## 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	<b>(800) 782-4264</b>
--asthma home visits for children & youth 0 to 18	
Colorado River Medical Center	(760) 326-4531
<b>Free Health Check-Ups and Physical Exams</b> <b>for school/sports - children and youth up to 21 years of age.</b>	<b>(800) 722-3777</b>
<b>Gratis-Examen de Salud/Escolar/Deporte</b>	<b>(800) 722-3777</b>
<b>para niños/adolescentes hasta 21 años de edad</b>	
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 2-1-1 or 1-888-435-7565

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)  
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