

## HEALTH SERVICES / SERVICIOS DE SALUD

Arrowhead Regional Medical Center..... (909) 580-1000  
Asthma Referral & Education Program  
Public Health ..... (800) 782-4264 #7  
Breathe Mobile (Asthma)..... (909) 213-3341  
Family Health Centers - Scheduling..... (855) 422-8029  
Coordinated Asthma Referral & Education  
Public Health ..... **(800) 782-4264**  
Asthma home visits for children & youth 0 to 18  
Colorado River Medical Center ..... (760) 326-7100  
**Free Health Check-Ups and Physical Exams**  
**for school/sports - children and youth up to 21 years**  
**of age. *Gratis-Examen de Salud/Escolar/Deporte para***  
***niños/adolescentes hasta 21 años de edad.***  
Public Health ..... **(800) 722-3777**  
Inland Empire Community Clinic ..... (909) 877-0510  
Inland Family Community Health Center.. (909) 708-8158  
Kids Come First Community Clinic..... (909) 984-7384  
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 Global Medical Center ..... (760) 245-8691  
Whitney Young Clinic..... (909) 386-7600

## NUTRITION / FOOD SERVICES

### **NUTRICION / SERVICIOS DE ALIMENTOS**

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) 252-5170  
WIC Desert Area & All Cities ..... (800) 472-2321

## PARENTING SUPPORT SERVICES

### **SERVICIOS DE APOYO PARA PADRES DE** **FAMILIA**

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  
Early Start Family Resource Network..... (800) 974-5553  
Family Service Agency ..... (909) 886-6737  
National Runaway Hotline  
Help Parents Locate Runaway Child..... (800) Runaway  
(800) 786-2929

St. Bernardine Medical Center

Childbirth Education ..... (909) 881-4420  
San Bernardino County 'Parent Project'... (909) 387-7284

## 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

## SOCIAL SERVICES /GOVERNMENT

### **ASSISTANCE PROGRAMS**

### **SERVICIOS SOCIALES / PROGRAMAS DE** **ASISTENCIA DEL GOBIERNO**

Child Care Resource Center ..... (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) 386-1100  
\*alternate number for CFS..... 1-(800) 827-8724  
Workforce Development Department (WDD)  
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  
(CalWORKs, Medi-Cal, CalFresh, Foster Care, General  
Assistance and Welfare/Cash Aid)

TAD WTW FS 77 (E/S) (11/18)



# COMMUNITY RESOURCES *SERVICIOS EN LA COMUNIDAD*



**Transitional Assistance**

**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*

### **ALCOHOL / DRUGS / TOBACCO ALCOHOL / DROGAS / TABACO**

Al Anon Support Group: Hotline ..... (800) 356-9996  
Alcohol & Drug Abuse Prevention  
Program (ADAPP) San Bernardino ..... (800) 782-4264  
Alcohol / Drug Abuse Treatment Services  
Program (Dept. of Behavioral Health) .... (909) 386-8256  
American Lung Association ..... (909) 884-5864  
California Smoker's Helpline ..... (800) NO-BUTTS  
Treatment Solutions Network ..... (888) 373-5725  
Narcotics Anonymous ..... (909) 622-4274  
Nicotine Anonymous Support ..... (877) 879-6422  
San Bernardino Drug Court ..... (909) 386-0523

### **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 ..... (800) 712-4357  
Planned Parenthood (S.B. - Call Center) . (909) 890-5511  
Pregnancy Counseling Center ..... (818) 895-2500

### **CAR SEATS / ASIENTOS DE SEGURIDA**

Child Passenger Safety Program ..... (800) 782-4264  
Seat Check (Inspections & Recall List) ..... (888) 327-4236  
First Five San Bernardino ..... (909) 386-0776

### **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) 255-5700  
Calvary Chapel - Fontana and Rialto\* ..... (909) 820-7300  
High Desert\* ..... (760) 948-2812  
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) 421-9200  
Needles Center for Change ..... (760) 326-4590  
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 Community Counseling (Fontana) ... (909) 347-1300

### **DENTAL HEALTH / SALUD DENTAL**

Loma Linda School of Dentistry Clinic ..... (909) 558-4222  
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

### **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 ..... (866) 770-7867  
Outreach Services ..... (760) 242-8877  
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 ..... (909) 623-1619

San Bernardino Sexual Assault Services . (909) 885-8884  
Yucaipa ..... (909) 918-2314  
Hotline (RAINN) ..... (800) 656-4673  
Victor Valley Domestic Violence "A Better Way"  
Shelter ..... (760) 955-8723  
Hotline ..... (760) 955-8723  
Outreach ..... (760) 955-8010

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

American Red Cross ..... (909) 888-1481  
(760) 245-6511  
Catholic Charities  
East Valley ..... (909) 880-3625  
High Desert St Mary Medical Center ..... (760) 241-6666  
West Valley ..... (909) 481-7196  
Central City Lutheran Mission ..... (909) 381-6921  
Community Action Partnership (CAP)  
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) 885-0600  
Inland Valley Hope Partners  
(Homeless Outreach) ..... (909) 622-3806  
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  
Ontario Area ..... (909) 986-6748  
Samaritan Helping Hand (High Desert) .... (760) 243-5933

### **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) 300-1506  
Healthy Families / Medi-Cal ..... (888) 747-1222  
IEHP ..... (866) 294-4347  
Kaiser Permanente Cares for Kids ..... (800) 255-5053  
Molina ..... (800) 526-8196