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PREFACE AND ACKNOWLEDGMENTS

This resource directory has been compiled by the City of Chino Human Services. Listings in this directory do not constitute endorsement, nor do they reflect an evaluation of the services listed. Omission of an organization does not imply disapproval. The goal set for this directory is to list factual and up-to-date information about each agency so as to equip the staff at City of Chino Human Services to make beneficial and appropriate referrals for the persons with whom they come in contact.

All users of this directory are encouraged to submit new resources and changes in the listing when they arise.

CAROLYN OWENS COMMUNITY CENTER
CITY OF CHINO HUMAN SERVICES
13201 Central Avenue
Chino, CA 91710
(909) 334-3259 - Business
(909) 628-1010 – Emergency
communityservices@cityofchino.org

www.cityofchino.org

Published July 1, 2016
CAROLYN OWENS COMMUNITY CENTER - RECREATION SERVICES  
(909) 334-3258  
Contact the Carolyn Owens Community Center for information about the after school programs, seasonal camps, facilities and pavilion rentals, recreation contract classes, special events, and Tiny Tots program.

CHINO EXPERIENCE TEEN CENTER 
(909) 334-3268  
The Chino Experience Teen Center is a safe place for teens in the 7th-12th grades that includes homework assistance/tutoring, intramural sports, visual and performing arts, intergenerational activities, and community service projects. Our program is designed to encourage and challenge participants to succeed in school, develop healthy attitudes and behaviors, gain life skills and develop community pride through community service. Membership is only $5 per month, which allows participants full use of all center amenities.

CHINO VALLEY INDEPENDENT FIRE DISTRICT  
(909) 902-5260  
The Chino Valley Independent Fire District has a variety of programs that the residents of Chino can utilize, these include:
- Volunteer Explorers Program (ages 14-21)
- Reserve Fire Inspectors (18 and over)
- Fire Counseling for youths of all ages
- C.P.R. and First Aid Training
- Fire Counseling for youths found setting malicious fires within the Chino Valley and for court-ordered minors engaging in unlawful fire settings activities
- Safety Presentations
- Emergency and Disaster Preparedness Education

HOUSING PROGRAM  
(909) 334-3272  
The program helps provide funding for low-income homeowners with a zero percent interest, deferred payment rehabilitation loan. The loan is available to help correct code violations, address Health and Safety issues and improve an overall condition of the housing unit. Please call the Housing Division for more information. The City of Chino also participates in First Time Homebuyer program. Please call NPHS for information at (909) 988-5979.

NEIGHBORHOOD ACTIVITY CENTER  
(909) 334-3260  
This facility is designed to provide centralized recreation and human services programs for residents. All programs are free or low cost. Services include adult exercise, community outreach, case management, boxing, basketball leagues, specialty classes, educational workshops, and open gym.

POLICE DEPARTMENT  
(909) 334-3000  
Programs and resources offered by the Chino Police Department include:
- Citizen Academy Program (Adult/Youth)
- Neighborhood Watch Program
- Business Watch Program
- CPTED Survey’s (Crime Prevention Through Environment Design)
- Safety Presentations
- Emergency and Disaster Preparedness Education
- Police Explorers Volunteer Program
- Crime Prevention Intern Volunteer Program
- Mounted Posse Volunteer Program
SENIOR CENTER
(909) 334-3271
The Senior Center offers the following programs: case management, a variety of health and wellness classes, aid equipment program, information and referral, nutrition lunch program, computer classes, and recreational programs.

UTILITY BILLING
(909) 334-3264
The Utility Billing Division is available to answer questions regarding the City utility bill and services. Please call (909) 334-3264 or visit our City website at www.cityofchino.org. In addition, there are discounts available to residents who are 65 and older for some utility services.

VOLUNTEER PROGRAM
(909) 334-3261
The City of Chino provides a variety of volunteering opportunities through the Community Volunteer Corps. Volunteers assist the City in providing quality, caring services to the Chino Community. For more information please visit www.cityofchino.org/volunteer.

PRESERVE COMMUNITY CENTER
(909) 334-3261
Programs are low cost, include before and after school, recreation, open gym basketball, youth and adult sports leagues, and specialty classes for youth and adults.

COMMUNITY SERVICES PROGRAMS

HUMAN SERVICES

COUNSELING SERVICES

Employee Counseling
Free counseling to the City of Chino staff and their families.

Family Counseling
The Family Counseling Program provides counseling services to individuals and couples seeking assistance in such areas as resolving conflicts, improving communication, parenting issues, etc. Available for free to low income Chino residents through the CDBG program.

Teen Counseling
Provides counseling to junior high and high school students experiencing family difficulties, low self-esteem, social adjustment problems and/or behavior difficulties, crisis intervention, and conflict resolution.

Youth Counseling Program
Provides counseling and support services to elementary school-age children. Issues dealt with include low self-esteem, social adjustment problems, and/or behavior difficulties. On-site elementary school-based counseling is free to students who attend a CHINO VALLEY UNIFIED SCHOOL DISTRICT school.

University Intern Counseling Program
Many of the City of Chino, Human Services programs utilize graduate and bachelor degree level university students as interns. Full clinical supervision is provided to meet school and state requirements for fieldwork and licensing hours.
**SUPPORT GROUPS & CLASSES**

**Anger Management**
This program is designed for adults with difficulty managing and controlling anger. Participants are taught ways to identify these intense feelings and ways to successfully manage them. There is a fee for this service.

**Batterers’ Treatment/ CHOICES**
Batterers’ Treatment courses are designed for men who identified that their anger has caused problems in relationships. Topics include: domestic violence dynamics, self-control/ self-awareness, improved communication, techniques to de-escalate arguments, and improved couple/family awareness. Enrollment can be voluntary or court mandated. There is a fee for this service.

**SCHOOL BASED PROGRAMS**

**Call It Quits (CIQ)**
CIQ is a collaborative effort between the School District and Chino Human Services. It is a confidential voluntary program.
- Meets as a group, weekly during class or after school to educate students with coping strategies, how to handle stress better and in a healthier way.
- Peer support while moving toward a sober lifestyle.
- Available throughout the school year at four Chino Valley Unified School District high schools, one learning academy and one continuation school.

**Children’s Academic Recovery Education (CARE)**
The Children’s Academic Recovery Education program provides assistance to homeless students and families in transition. Services include meeting with a case manager and counseling services.

**Experiences in Career Education & Leadership (EXCEL)**
The EXCEL Program provides one-on-one assistance to 10th and 12th grade students attending a school in the Chino Valley Unified School District. The program provides case management and development of a comprehensive plan to guide students’ academic success. Students receive academic support, occupational training, college career planning, and volunteer/mentoring assistance.

**CVUSD Health Center**
The CVUSD Health Center is a collaborative effort among the Chino Valley Unified School District, City of Chino, Chino Valley Medical Center, Chino Valley YMCA, and Monte Vista Park Medical Clinic. The goal of the health center is to decrease health disparities by increasing access to healthcare services in our community. The CVUSD Health Center provides free physical and immunizations for qualifying children, ages 0-18, that are uninsured, underinsured, or have Medi-Cal
Tobacco Use Prevention Education Program (TUPE)
The TUPE program consists of two intervention/prevention programs:
- The Minnesota Smoking Prevention Program (MSPP) is designed to help sixth grade students resist the pressure to use tobacco. The program will help identify reasons kids smoke.
- Project ALERT is a substance abuse program designed to give junior high students insight, understanding, and practical skills for resisting substance abuse.

HOPE Family Resource Centers
The HOPE Family Resource Centers are school based service sites dedicated to preserving and strengthening students and their families in need of support. Their purpose is to help remove a student’s nonacademic barriers to education by assisting children and families with much needed information and resources. For more information, please call (909) 628-1201 ext. 8960.

CalFresh/CalWorks Assistance ● Food & Clothing ● Child Care ● Counseling ● Parent Education ● Tutoring Information ● Housing Information ● Preschool Referrals Medi-Cal/ Covered California Assistance

Smokeless Saturdays
Smokeless Saturday is a collaborative effort between the School District and Chino Human Services. It is conducted during Saturday School.
- Assists students in making healthy choices when it comes to smoking or using any tobacco product.
- Educates students on the long-term risks of smoking, smokeless tobacco (chew), and electronic cigarettes.
- Participatory activities and videos to help motivate adolescents against smoking.
- Teach skills and strategies needed to resist pro-smoking pressure.

Tobacco Advocacy Initiative (TAI)
TAI is a collaborative effort between the School District and Chino Human Services. It is a confidential voluntary program that is offered to students with drug, alcohol, or smoking addictions.
- Weekly group sessions during school or after class.
- Educates students on various addictions.
- Students learn coping strategies, handle stress in a better healthier way.
- Peer support while moving toward a sober lifestyle.
- Program is available through the school year at four Chino Valley Unified School District high schools.

TYKES Family Resource Center
CVUSD Adult School
A collaboration among the City of Chino, the Chino Valley Unified School District, the Chino Valley YMCA, and the San Bernardino County Superintendent of Schools and First 5 San Bernardino. The program provides a multitude services including:
- Child Development Resource Center
- Early Childhood Recreation
- Case Management Services
- State Preschools and After School Day Care Referrals
- Parenting Classes (English and Spanish Classes)
RECREATION SERVICES

Camps
The City of Chino offers a safe, caring, and recreational environment during the school breaks for Fall (Thanksgiving), Winter (Christmas Holiday), Spring (Spring Break) and Summer. For more information, please call the City of Chino Recreation office at (909) 334-3258.

High Five
High Five is a 1st-6th grade after school recreation program at Newman, Howard Cattle Elementary and 1st-8th grade Preserve Community Center. Participants receive homework assistance, educational and recreational enrichment, and learn cultural arts.

Ramona After School Achievement Program (RAAP)
RAAP is a free program for students attending Ramona Jr. High School. Participants enjoy a fun and safe after school environment while getting homework assistance, and participating in enrichment and recreational activities.

Recreation Classes
The City of Chino offers a wide variety of classes for all ages, youth and adult in the following areas: Art, Computer Instruction, Dance & Movement, Enrichment, Finance & Career, Gymnastics, Fitness, Health & Wellness, Martial Arts, Special Interest, Sports, and Games.

Tiny Tots
The Tiny Tot Program introduces participants ages 3-5 to a classroom style environment. Through this structured environment, your child will be introduced to sharing, choice making, and following directions through a creative play environment.

S.O.A.R.
S.O.A.R. is a 1st-6th grade after school recreation and enrichment program at Anna Borba, Cortez, Dickson, Levi Dickey, Marshall, and Walnut Elementary. Participants receive homework assistance, educational/recreational enrichment, and learn cultural arts.

Sunrise Kids
Sunrise Kids is a recreation based, before school program. Students are walked to the school campus before the morning bell. The program is for students in kindergarten (a.m. classes only) through 8th grade at the Cal Aero Preserve Academy. Participants enjoy a light snack, crafts, games and quiet time.

SENIOR CENTER (Adults 50+)

Case Management
Provides assessment and coordination of existing resources to address individual needs.

Classes/Special Events/Health & Wellness
Programs offering activities for healthy living and well-being, such as Yoga, Zumba, and Tai Chi.
**Lunch Program**
Provides seniors with a well-balanced meal M-F at a minimal cost. Homebound meals are also available.

**Transportation (S.M.A.R.T.)**
Transportation is available for Chino senior residents to participate/visit the Center, shopping/errands, and limited doctor appointments within the City of Chino limits. Vehicle is handicapped accessible.

**Trips/Tours**
Trips/Tours is open to all adults 18+, unless otherwise noted. Seniors can experience cultural and recreational travel with friends and have the opportunity to enjoy activities outside the community.

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**NEIGHBORHOOD SERVICES**

**Case Management**
Case Managers provide information and referral services for low-income, families in transition, homeless, or Spanish-speaking clients. Case management is provided to link families and individuals with identified needs to available services. Assistance with Medi-Cal applications and assistance in applying for other public benefits. Case Management services are available at the Neighborhood Activity Center, Senior Center, Carolyn Owens Community Center, TYKES Family Resource Centers, CARE Center, and HOPE Family Resource Centers.

**Community Outreach**
Community Outreach promotes City services and programs and provides services to Chino residents who are low income, homeless, physically or mentally challenged, elderly or Spanish speaking. Case management is provided to link clients with services available throughout the City and county.

**Neighborhood Activity Center**
Youth Sports, Boxing Program, Specialty Classes, Case Management, and Community Outreach

**SPORTS -- ADULTS**
- Softball
- Women’s Soccer
- Basketball

**SPORTS – YOUTH**
- Basketball
- Pee-Wee

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**ABUSED WOMEN & CHILDREN**

**Catholic Charities - Home Office**
1450 N. D Street, San Bernardino
(909) 388-1239
- Counseling for San Bernardino/Riverside Counties
- Parenting Classes
- Anger Management
- Refugee and Immigration Services
- Family and Community Services

**Center For Healing Childhood Trauma**
101 South Olive Ave., Rialto
(909) 875-5288
- Victim therapy
- Parenting classes
- Child Family resource center
- Call for service fees
- Anger management for adolescents
Desert Sanctuary  
PO Box 1781, Barstow  
(760) 256-3733  
- Assists woman and children  
- Provides counseling/support groups, children’s program, legal assistance and housing assistance.  
- Walk-ins welcome  
- Bilingual services

Family Assistance Program  
15075 7th Street, Victorville  
(760) 843-0701  
- Anger management counseling  
- Parenting skills counseling  
- Domestic violence counseling  
- Assistance in receiving restraining orders  
- Walk-ins accepted  
- Run away shelter for kids in Redlands  
(909) 335-2676

House of Ruth  
P.O. Box 459, Claremont  
(877) 988-5559 (24 HOUR HOTLINE)  
- Assists women and children who are victims of domestic violence by providing shelter, education, information, and referrals.  
- Post-shelter services, group/individual counseling, and prevention programs.  
- No services fees  
- Admittance through new client orientation only  
- Bilingual services

LeRoy Haynes Center for Children and Family Services  
233 W. Baseline Rd., P.O. Box 400, La Verne  
(909) 593-2581  
- Residential treatment center for abused children  
- Call for fee information  
- Five major programs: Residential treatment for boys 10-17, emancipation for boys 16-18, independent living for boys 18-20, non-public school, and a foster home program for boys.

Morongo Basin Unity  
PO Box 1662, Joshua Tree  
(760) 366-9663 (Hotline)  
- Accepts clients from all areas  
- Provides individual counseling, support group counseling, substance abuse counseling, and self-esteem.  
- Emergency shelter for up to 30 days  
- Legal aid and court support available

Option House, Inc.  
813 North D, Suite A, San Bernardino  
(909) 383-1602  
- Provides services for domestic violence and their children  
- 30-day shelter  
- Food, clothing, and basic necessities  
- In-house childcare  
- Counseling/support groups  
- Referral information  
- Victim and Alleged Perpetrator  
- Domestic violence education, and parenting program.  
- Outreach program includes temporary restraining orders and child custody.

Pomona Community Crisis Center  
240 E. Monterey, Pomona  
- pomonacrisis@aol.com  
- Walk-ins and appointments welcome  
- Offers outpatient drug rehabilitation including individual and group and family counseling.  
- Men, Women and Youth counseling for ages 7-18  
(10 free sessions)  
- Insurance not accepted for services  
- Bilingual services  
- Outreach and community education.
Project Sister Family Services
363 S. Park Ave., Suite 303, Pomona
(909) 623-1619, (909) 626-4357
(Hotline)
- Counseling sessions for men, women,
  children survivors of sexual assault, as
  well as anyone else involved except for
  perpetrators of sexual assault.
- Referrals to legal services and hospital
  services also provided
- Walk-ins and appointments welcome,
  Monday-Thursday, 5:00-7:00 p.m. to
  make appointment.
- Workshops for preventive education
- Child abuse crisis services also provided
- Hotline: (909) 626-HELP (4367)
- Counseling services for children 17 and
  under.
- Homeless shelters and other referrals.
- www.projectsisiter.org

San Bernardino County Child and
Family Services
412 W. Hospitality Lane, 1st Floor, San
Bernardino
(800) 827-8724 (Hotline)
- Responds to referrals on child
  molestation, sexual abuse, physical
  abuse of children, and general neglect
  from all reporters
- Foster home licensing
- Adoptions

Trinity Youth Services
201 N. Indian Blvd., Suite A201,
Claremont, Colton
(909) 825-5588
- Group home and foster family placement
  agency from infants to age 21
- Operates own adoption agency
- Residential program includes individual
  and group therapy

ADOPTIONS

Bethany Christian Services
14125 Telephone Ave., Suite 12, Chino
(909) 465-0057
- Adoption Services
- Pregnancy counseling, family counseling,
  post-adoption counseling.

County of San Bernardino Children and
Family Services
150 S. Lena Rd., San Bernardino
(909) 388-0242
- Adoption services and foster services.
- Investigate allegations of child abuse.

Seneca Family of Agencies
414 Tennessee Street, Suite Y,
Redlands
(909) 798-9547
- Adoption and Foster Care services
- Mental Health and Educational Services
- Specialized training for parents and
  individualized services for each child
- www.senecafoa.org

Extraordinary Families
155 N. Occidental, Los Angeles
info@extraordinaryfamilies.org
- Supports foster or adoptive parenting
- All families welcome to apply regardless
  of age, sex, race, ethnicity, religion,
  sexual orientation, gender identity,
  physical characteristics, marital or
  domestic partnership status, medical or
  disability status.
- www.extraordinaryfamilies.org
AIDS/SEXUALLY TRANSMITTED DISEASES

Bienestar Human Services Inc.  
180 E. Mission Blvd., Pomona  
(909) 397-7600
- Community Outreach
- Workshops & Presentations
- HIV Counseling & Testing
- Social & Cultural Events

Disease Control Center Information  
(800) 232-4636
- General information and referral line for HIV/STD testing
- No actual testing services provided, only referrals to clinics

Los Angeles County Department of Public Health  
750 S. Park Ave., Pomona  
(800) 576-5544
- Walk-ins only
- Free HIV testing when combined with testing for chlamydia, herpes, syphilis, and gonorrhea
- HPV vaccinations available
- HIV testing is only done in combination with other tests

Planned Parenthood of Los Angeles  
1550 N. Garey Ave., Pomona  
(800) 576-5544
- Basic reproductive testing
- Sliding scale program cost
- All STD and HIV blood testing

Project Inform  
(877) 435-7443
- Informs on treatment, infection, and risk reduction methods
- National HIV organization
- Bilingual services available
- www.projectinform.org

San Bernardino Department of Public Health  
799 E. Rialto Ave., San Bernardino  
(888) 818-8988
- Testing by appointment only- call for appointment
- www.sbcounty.gov/dph/

S.T.I. HOTLINE-American Social Health Association  
(800) 342-2437
- Crisis hotline and general information
- Medical referrals; support group referrals
- www.ashastd.org

West Valley Department of Public Health  
1647 Holt Blvd., Ontario  
(888) 818-8988  
(800) 782-4264 (SB County)
- Testing by appointment only- call for appointment
**INPATIENT SERVICES**

**American Recovery Center**  
1280 W. Valley Blvd., Pomona  
(909) 865-2336
- Appointment only
- Inpatient detox
- 12-step support group
- Cash and most insurances accepted
- Financial assistance for those who qualify
- Outpatient treatment available
- Aftercare
- Group and individual counseling
- HIV/STD education
- Long and short term residential treatment
- Day treatment and outpatient
- Single parent and children services
- Bilingual Staff
- Confidential referrals
- Nutritional Education

**Canyon Ridge Hospital**  
5353 G Street, Chino  
(909) 590-3700
- Inpatient detox program 3-5 days
- Walk-ins welcome, appointment best
- Insurance and Medi-Care accepted for all ages, Medi-Cal accepted for adolescents
- Outpatient counseling
- No sliding scale
- Bilingual translator services

**Loma Linda University Behavioral Medicine Center**  
1710 Barton Rd., Redlands  
(909) 558-9275
- Intensive outpatient drug counseling
- Psychiatric and mental health services for all ages, Inpatient/Outpatient
- Available Programs
  - Connection
  - Wisdom
  - Mends
  - Innovation/Suicide for Adults Focus
- Assist with structure and coping with illness
- By appointment only
- Insurance, cash, or Medi-Cal/Medi-Care combined only
- Inpatient detox and counseling for adults
- www.llubmc.org

**Cocaine Anonymous Referral Service**  
(800) 347-8998  
(310) 559-5833 – Business Office
- References to local area chapters
- Literature, books, and etc.
- www.ca.org

**Inland Valley Drug and Alcohol Recovery**  
916 N. Mountain, Suite A, Upland  
(909) 932-1069
- Medi-Cal/Insurance accepted for outpatient program
- $150 detox intake fee, sliding scale
- Inpatient & Outpatient services
- Men, women, & children residential facility children age 12 and under
- Appointment only
- $3,750 for 30 day residential program
Inland Valley Drug and Alcohol Recovery
939 N. D Street, San Bernardino
(909) 889-6519
- Inpatient & outpatient services
- $3,750 for 30 day residential program
- Men, women & children residential facility- children age 12 and under
- Appointment only
- $150 detox intake fee, sliding scale
- Medi-cal/ insurance accepted for outpatient program

Prototype Women’s Center
831 E. Arrow Hwy., Pomona
(909) 398-4383
- Residential programs for women
- Outpatient and day treatment programs for both men and women
- Appointment only – call for intake
- Drug testing
- Medi-Cal accepted, but no private insurance

Salvation Army-Adult Rehab Center
363 S. Dolittle Rd., San Bernardino
(909) 889-9605
- Programs range from 6 months- 1 year
- Individual and group counseling
- AA/NA classes
- In-house and residential programs only, 6-month minimum
- Informational homework assignments
- No fees, all free

Sierra Vista
3455 E. Highland Ave., Highland
(909) 862-6454
- No outpatient services provided
- Must be referred by the Department of Mental Health
- Group therapy provided, but not a specialty
- Residential psychiatric services that include drug rehabilitation

VARP, INC. (Recovery Home)
1100 N. D Street, San Bernardino
(909) 884-0840 (Men)
(909) 888-6956 (Women)
- Appointment only, phone screening
- Group/individual counseling for drug treat dependency
- Funding depends on services
- Residential, Outpatient, sober living
- Bed check daily
- 18 and older

OUTPATIENT SERVICES

Aegis Medical Systems Inc.
1050 W. Garey Ave., Pomona
(909) 986-4550, (626) 376-9736
- Walk-ins accepted
- Alcohol abuse services for members
- Substance abuse services

Alcohol Education and Recovery Services
12560 Central Ave., Chino
(909) 591-4761
- DUI counseling services only
- Cost dependent on length of court ordered treatment
- No insurance or sliding scale available
- Walk-ins accepted
Inland Behavioral Services  
1963 N. E Street, San Bernardino  
(909) 881-6146  
- IEHP, Medi-Cal, Medi-Care & Molina insurances accepted for counseling services  
- PC1000 Drug Diversion Program- cash only  
- Appointment only  
- Drug and alcohol counseling- group/individual at medical facilities only  
- Pre-natal program  
- Project Home  

Martinez Counseling Center  
9681 Business Center Dr., Suite A1, Rancho Cucamonga  
(909) 466-6939  
- Bilingual services available- Spanish and English  
- Appointment only  
- Drug testing and alcohol programs  
- Medical, IEHP, and Molina accepted  
- Group counseling (26 & 52 week)  

Matrix Center  
11777 Sebastian Way, Suite 102B, Rancho Cucamonga  
(909) 989-9724  
- Adolescent programs, crisis counseling, education/prevention information  
- Drug Testing  
- Adult outpatient treatment for drugs & alcohol  
- Parenting and anger management counseling- cash only  
- 4 month intense program with individual and family group counseling  
- Sliding scale used for fees  
- Medi-cal and other insurance is accepted  
- CFS referrals (Children & Family Services)  
- Domestic Violence (Cash referral)  

New Day Counseling Center  
11790 Central Ave., Suite 100, Chino  
(909) 517-2020  
- Appointment only  
- Closed on Fridays  
- Sliding Scale  
- PC1000 drug diversion program  
- Spanish, Arabic, Farsi, and Urdu services provided  
- Individual, group, family, child, and couples counseling  
- Anger management program  
- Chemical dependency program  
- Domestic Violence program  
- Parenting groups (12-24 weeks)  
- Counseling for sexual disorders and sexual perpetrators  
- On-site drug testing  
- Monthly progress reports to probation and social workers  

Pomona Community Crisis Center, Inc.  
240 E. Monterey Ave., Pomona  
(909) 623-1588  
- pomonacrisis@aol.com  
- No insurance accepted  
- Anger management counseling  
- Domestic violence diversion for men and women  
- Drug testing  
- PC1000 drug diversion program  
- Individual and group outpatient drug counseling  
- Bilingual  
- www.pomonacommunitycc.org  

Prototypes Men and Women Center  
831 E. Arrow Highway, Pomona  
(909) 398-4383  
- Residential programs for women  
- Drug testing  
- Outpatient and day treatment programs for both men and women  
- Appointment only- call for intake  
- Medi-Cal accepted but no private insurance
The Recovery Center
934 N. Mountain Ave., Suite A & B, Upland
(909) 949-4667
• Substance abuse counseling
• Insurance accepted. Medi-Cal accepted for the outpatient program only
• Preventive services and 12 step programs
• Recovery homes

Rialto Behavioral & Addiction Treatment Services
850 E. Foothill Blvd., Rialto
(909) 421-9000, (909) 421-9495
• Walk-ins accepted. Must attend orientation prior to intake
• Outpatient 5 month program, must attend 3 times a week
• Referrals to detox, prenatal, DUI, recovery, and drug court services
• Group drug & alcohol counseling

EDUCATION

Correctional Healthcare Company
353 W. Sixth Street, San Bernardino
(909) 888-0149
• DUI Classes
• No insurance accepted
• Must call to make enrollment appointment
• English and Spanish services
• Monday – Saturday services
• Email at jacosta@correctcaresolutions.com

Reach Out West End, Inc.
1126 W. Foothill Blvd., Ste. 250, Upland
(909) 982-8641
• PC1000
• Mentoring Program
• Parenting Classes
• For new programs offered, please email ariagna@we-reachout.org

SUPPORT GROUPS

AL-ANON/AL-ATEEN
1016 E. Cooley Dr., Suite C-2, Colton
(909) 824-1516
• Referrals to meeting locations in area

Alcoholics Anonymous
897 S. Via Lata, Colton
(909) 825-4700
• www.inlandempireaa.org

Cocaine Anonymous Referral Service
(310) 559-5833
• Referrals to local area chapter meetings

MADD San Bernardino County
242 E. Airport Dr., #205 San Bernardino
(909) 888-6233
• Call to sign up for meetings in your area
• www.madd.org/sacrament/vip

Narcotics Anonymous
(909) 622-4274
• Referrals to NA meetings

Triangle Club of Pomona, Inc.
1655 N. Berkeley Ave., Pomona
(909) 623-9070
• AA meetings and social activities in an alcohol and drug free environment
• AL-Anon
**DRUG TESTING SERVICES**

Martinez Counseling Center  
9681 Business Center Dr., Suite E, Rancho Cucamonga  
(909) 466-6939  
- Group counseling (26 & 52 weeks)  
- By appointment only  
- Drug testing and alcohol programs Spanish  
- Medi-Cal, IEHP, and Molina insurances accepted  
- Spanish and English – speaking services

Oasis Treatment Center  
222 W. Ball Road, Anaheim  
(800) 550-0467  
- National referrals for treatment center in USA  
- Onset chemical detox, residential treatment  
- $500 per month

National Council on Alcoholism and Drug Dependence  
656 N. Park Ave., Pomona  
(909) 629-4084  
- Mondays: Family Reunification  
- Tuesdays: Domestic Violence/Adolescent Treatment  
- Wednesdays: Anger and Domestic Violence  
- Thursdays: Domestic Violence classes  
- Fridays: Teen Anger Management  
- Group counseling  
- Drug testing, self-help meetings, parenting classes  
- English classes only

National Council on Alcoholism and Drug Dependence  
656 N. Park Ave., Pomona  
(909) 629-4084  
- Mondays: Family Reunification  
- Tuesdays: Domestic Violence/Adolescent Treatment  
- Wednesdays: Anger and Domestic Violence  
- Thursdays: Domestic Violence classes  
- Fridays: Teen Anger Management  
- Group counseling  
- Drug testing, self-help meetings, parenting classes  
- English classes only

Pomona Community Crisis Center  
240 E. Monterey Ave., Pomona  
(909) 623-1588  
- pomonacrisis@aol.com  
- No insurance accepted  
- PC1000 Drug Diversion  
- Individual and group outpatient drug counseling  
- Anger management counseling  
- Drug testing  
- Domestic violence diversion for men and women  
- www.pomonacommunitycc.org

**BEREAVEMENT COUNSELING SERVICES & SUPPORT GROUPS**

Fairfax Elementary Learning Center  
1362 Pacific Street, San Bernardino  
(909) 381-1283  
- CAPS after school program  
- Kinder-6th grade only

Families and Friends of Murder Victims  
P.O. Box 1222, San Bernardino  
(909) 754-6969  
- Four different groups.  
- Meets 2nd Tuesday of every month at 7:00 p.m.-8:30 p.m.  
- Must call or email prior to Wednesdays  
- Contact Rosa Madsen  
- Email at mail4ffmv@yahoo.com
Grief Recovery After Substance Passing (GRASP)
8502 E. Chapman Ave., #156, Orange
(714) 865-7879
- Support for death due to a drug overdose
  - www.grasphelp.org

Hope After Suicide Support Group
Chino Hills Community Center
14250 Peyton, Chino Hills
(909) 393-2563
- Support for suicide loss survivors
- Meetings 1st and 3rd Wednesday of the month at 7:00 p.m.
- Non religiously connected meetings
- Free

Inland Hospice Association
233 W. Harrison Ave., Claremont
(909) 399-3289
- On-going support groups
- Bereavement program for terminally ill patients and their families
- Free

Inland Hospice Volunteers
VNA Hospice & Palliative Care
150 W First St., Suite 270, Claremont
(800) 969-4862, (909) 624-3574
- Adults
- Ongoing support groups
- Free
- Spanish speaking group

Kids Konnected
26071 Merit Circle, Ste. #103, Laguna Hills
(949) 582-5443
- Support groups
- Youth leader training
- Bereavement counseling for children who lost parents
- Specific to cancer, parents only
- Teen camp- 13-18; Junior camp- 7-12
  - http://kidskonncet.org

Loma Linda University Grief Retreat/Camps
11234 Anderson Street, Loma Linda
(909) 558-4073
- Camps and retreats for children ages 10-16 (All children welcome)
- Program focused on participants who have had 6 months pass since loss from illness, accident, homicide, parent or sibling suicide
- Special victim program
- Teen retreat for children ages 14-18, who already went to Camp Grief.
- Free

San Antonio Community Well Center
7777 Milliken Ave., Rancho Cucamonga
(909) 944-9355
- Bereavement group Tuesday 7-8 p.m.
- Other community services

Senior Support Group
13170 Central Ave., Chino
(909) 334-3271
- Group meets 2nd Thursday of month
- Facilitated by volunteers
- Free

The Compassionate Friends
5500 Francis Ave., Chino
(626) 919-7206
- Support for individuals/families needing support after death of a child
- Support for grandparents and siblings
- First Tuesday of every month 7:30-9:30 p.m.
- Free
CHILD ABUSE AGENCIES

Child Abuse Counseling Agencies

Child Abuse Hotline-L.A. County
(800) 540-4000
• 24 hour hotline to report suspected child abuse
• Bilingual staff available

Child Abuse Hotline-San Bernardino
412 Hospitality Ln. San Bernardino
(800) 827-8724
• File report on-line at: www.ag.ca.gov/childabuse/forms.php
  Form SS 8572
• Reporting agency for child abuse, neglect, & exploitation. Hotline for making reports.
• Mailing address for child abuse reports
• Referrals regarding child abuse and neglect

Note: Cannot accept reports of child abuse or neglect via the internet.

Children and Family Services of San Bernardino County
P.O. Box 268, Colton CA 92304
(909) 384-9233
• Report Child Abuse
• www.hs.sbcounty.gov/cfs
• To report outside of San Bernardino County please call 1 (800) 827-8724.

Family Services of San Bernardino County
9161 Sierra Ave., Suite 212, Fontana
7993 N. Sierra Ave., Suite F, Fontana
(909) 822-3533
• Family, child sexual abuse counseling, AMAC, only through referrals
• Anger Management
• Class for Perpetrator

National Child Abuse Hotline
(800) 422-4453
• 24 hour crisis counseling / Bilingual staff
• Crisis intervention information, literature, referrals to emergency social services and support resources.
• Information and referrals in child abuse, suicide and battered women cases
• Bilingual staff

Olive Crest (Safe families for Children)
2130 E. 4th St., Suite 200, Santa Ana
(714) 543-5437 (Office)
(800) 550-CHILD (Hotline)
• Early child abuse intervention
• Child abuse prevention
• Family support, stabilization, and reunification
• Day treatment

OTHER RESOURCES

Steinberger, David, PH.D
12530 10th Street, Suite C, Chino
(909) 591-4264
• Counseling for victims of child sexual abuse
**CHILD CARE**

**Child Time Child Care**
3656 Riverside Drive, Chino
(909) 591-9169
- Infants, toddlers, early preschool and pre-k
- 6 weeks to 10 years old
- Enrichment Programs
- Before and After school programs

**Chino Experience Teen Center**
13196 Monte Vista Ave., Chino
(909) 334-3268
- $5 Monthly Dues
- Shuttle service available from school *(Additional fee)*
- After school program for kids 7th-12th grade in the Chino area
- Homework assistance
- College Resource Center
- Services free to youth ages 12-18

**Chino Head Start/State Preschool**
5585 Riverside Dr., Chino
(909) 627-0206
- M-F, 8:00 a.m.-4:00 p.m.
- For low income and disadvantaged families
- 18 months – 3 years =, full day program
- Ages 3-5

**Jack Bulik Teen Center**
16581 Filbert Street, Fontana
(909) 349-6984
- Mon.-Thurs. 8:00 a.m.-8:00 p.m.,
  Friday 8:00 a.m.–5:00 p.m.,
  Saturday, 8:00 a.m.-noon.
- Teen drop-in program
- Cyber center and study lounge
- Indoor/outdoor activities, classes and programs available.
- $5 per person, per year
- Hotline or more information call (909) 350-6585

**Micah House**
1006 Oxford Dr., Redlands
(909) 747-0319
- Mon.-Thurs., 1:00–4:00 p.m.,
  Tue. & Wed., 1:00-5:00 p.m.
- Homework help and tutoring
- Literacy and life skills
- Focuses on educational, emotional, and social needs of high risk children and youth
- Adult mentoring
- Nutritious snacks are provided for free to children and families

**Preschool Services Dept.**
555 W. Maple, Ontario
(909) 984-4117
(909) 931-0147
- Mon.–Fri., 7:00 a.m.–5:00 p.m.
- 3 to 5 years old

**YMCA- Chino Valley**
5665 Edison, Chino
(909) 597-7445
- Conducts programs at various school sites
  - [www.wymca.org/chino/](http://www.wymca.org/chino/)

**YMCA of Rancho Cucamonga**
10970 Arrow Rte. #106, Rancho Cucamonga
(909) 987-0777
- Before & After School Child Care
- Summer & School Break Day Camps
- Middle School Programs
- Youth Pom-Pom Cheerleading
- Summer Resident Camping – Camp Oakes
  - [www.wymca.org/rancho](http://www.wymca.org/rancho)
YMCA Of Upland
1150 E. Foothill Blvd., Upland
(909) 946-6120
- Youth development programs
- Healthy living programs
- Gym, childcare services, pool
- www.weymca.org/upland/

CHILDREN SERVICES

Ability First
480 S. Indian Hill Blvd., Claremont
(909) 621-4727
- Social/recreational programs for special needs children 18+
- Monday – Friday (9:00 a.m.-6:00 p.m.)
- After school program hours available
- Private payments
- Regional Center
- Aquatics and exercise all week (Warm water and open to the public)

Child Find of America
(800) 426-5678
- www.childfindofamerica.org

Child Help USA
(800) 422-4453
- Child abuse hotline

Chino Boxing Club
5201 D Street, Chino
(909) 334-3260
- Complete gym set-up with weights and cardio machines
- Professionally trained instructors
- Promotes human development and physical education through sports and supportive services
- Located inside the Neighborhood Activity Center

CVUSD Health Services
(909) 628-1201 ext. 6769
- Free shot clinic for student immunization
- School entry physical exams
- Sports Physicals
- WIC referrals for children under 5 years of age
- Well-Child check-ups and CHDP exams

CFS (Children and Family Services)
412 W. Hospitality Lane, 1st Floor, San Bernardino
(800) 827-8724
- Report child maltreatment

Department of Behavioral Health – West Valley
1647 E. Holt Blvd., Ontario
(909) 458-1517
- Community based mobile crisis response program
- For children and adults experiencing a psychiatric emergency
- Responds to homicidal and suicidal calls
- Emergency pager (909) 535-1316
DMSELPA
Desert/Mountain Children’s Center
17800 Highway 18, Apple Valley
(760) 552-6700, (760) 242-5363
- Counseling center for children and adolescents
- Individual, family, and group counseling
- Services provided at child’s school site

Easter Seals Child Development Center
2999 S. Haven Ave., Ontario
(909) 923-3352
- Mon-Fri, 7:30 a.m. – 5:30 p.m.
- Parent workshops, training services, disability services, and individual consultation
- Children birth to five years of age
- Serves pregnant women and provides home-based early childhood education

Indian Child and Family Services
(951) 676-8832
- Committed to helping American Indian children through strengthening family relationships
- Applies cultural approach to practices
- Tribal consortium

Inland Empire Family Life Institute and Rainbow Reading Club
468 W 5th Street, San Bernardino
(909) 999-5433
- Parenting & Relationship education classes
- Free

Haynes Family of Programs
233 West Baseline Box 400, La Verne
(909) 593-2581
- Residential treatment center for abused children
- Operates five major programs: residential treatment for boys 10-17, emancipation for boys 16-18, independent living for boys 18-20, non-public school, and a foster home program for boys and girls.
- Email: info@ieroyhaynes.org

Salvation Army
490 E. La Verne Ave., Pomona
(909) 623-1579
- Provides emergency food, overnight shelter, counseling services, meals for the homeless, subsidies for utility bills, and preschool day care for ages 2 to 5.
- Youth Group, Fri, 7:00 p.m.

South Coast Community Services
9500 Haven Avenue, Suite 100, Rancho Cucamonga
(909) 980-6700
- Care, counsel, and coaching
- Essential support services for children, teens, young adults, and their families

**INPATIENT CHILD/adolescent psychiatric treatment facilities**

Arrowhead Regional Medical Center - Behavioral
400 N. Pepper Ave., Colton
(909) 580-1800, (909) 580-1000
- Medi-Cal beds
- Short term average stay 3 days while looking for another placement
- Inpatient & outpatient

Loma Linda University
1710 Barton Rd., Redlands
(866) 884-2334
- Behavioral Medicine Center
- Insurance, cash, or Medi-cal/Medi-care
- Psychiatric facility for adolescents and adults
- Email: bmc-info@llu.edu
Canyon Ridge Hospital
5353 G Street, Chino
(909) 590-3700
- Adolescent treatment programs
- Support groups
- Insurance, private pay, Kaiser, Medicare–Adults, Medical–Adolescents

Saint Bernardine’s Medical Center
2101 N. Waterman, San Bernardino
(909) 883-8711
- Medi-Cal beds for ages 12+
- Maximum 10-14 day stay

San Antonio Regional Hospital
999 San Bernardino Rd., Upland
(909) 985-2811
- Inpatient for 18+ years
- Insurance, Medi-Cal, Medicare
- Suicide Assessment – (909) 920-4890

San Bernardino Community Hospital
1805 Medical Center Dr.,
San Bernardino
(909) 887-6333
- Inpatient psychiatric services for adolescents, children and adults

West End Family Counseling Services
855 N. Euclid Ave., Ontario
(909) 983-2020
- Child, teen, adult, and family services available
- For development concerns such as aggression, short attention span, intense shyness, speech difficulties, motor skills, bonding, communication, feeding
- Free screening, assessment, referrals, and treatment

IMMUNIZATION

CVUSD Health Services Department
(909) 628-1201, Ext. 6769
- Free shot clinic for student immunization
- School entry physical exams
- Sports Physicals
- WIC referrals for children under 5 years of age
- Well-Child check-ups and CHDP exams

Department of Public Health San Bernardino Immunization Clinic
606 E. Mill St., San Bernardino
150 E. Holt Blvd., Ontario
(800) 722-4777
- Immunizations, Monday–Friday
  (8:00 a.m.-5:00 p.m.)

COUNSELING SERVICES

A.C.T. Family Counseling Services
2553 S. Euclid Ave., Ontario
(909) 983-5575
- Individual counseling, family counseling, marriage counseling, and hypnosis

Alta Loma Psychological Associates
9089 Baseline Rd., Suite 200, Rancho Cucamonga
(909) 989-3932
- Individual, group, family therapy
- Treatment of depression/anxiety, adolescent issues, substance abuse, victims of violent crime, school adjustment issues, weight control/eating problems, stress management, rape survivors, women’s issues, anger management, domestic violence
- Women’s support group
American Recovery Center/BHS
2180 W. Valley Blvd., Pomona
(909) 865-2336
- Medical detoxification
- Inpatient and outpatient services
- Court related services
- Residential short-term treatment (30 days or less)
- Residential long-term treatment (more than 30 days)
- Outpatient
- Partial hospitalization/day treatment
- Substance abuse treatment services
- Co-occurring mental and substance abuse disorders
- HIV/AIDS
- Gay and lesbian
- Pregnant/post-partum women
- Residential beds for clients’ children
- Cash and most insurance accepted
- Financial assistance available

Andrade, Maria, MFCC
680 Napa Court, Claremont
(909) 624-2813
- Sliding scale (no Medi-Cal)
- Victim witness
- Pre-marital & relationship classes
- Served children, couples, and family
- Stress management
- Panic and anxiety
- Bilingual counseling

Arrowhead Regional Center-Behavioral Health
400 N. Pepper, Colton
(909) 580-1800
- Assessments determine client need for hospitalization or medication

Asian American Christian Counseling
2550 W. Main Street, Suite 202, Alhambra
(626) 457-2900, (800) 970-1112
- Individual, couple, and family counseling
- Psychotherapy
- Children and adolescent counseling
- Pre-marital counseling
- http://aaccs.org

Associated Counseling Services
(800) 564-8007
- Referral to local services.
- Mental health services.

Canyon Ridge Hospital
5353 G Street, Chino
(909) 590-4001
- Assessment team
- Inpatient care: chemical dependency, detox, adult and adolescent units, involuntary and voluntary admissions
- Outpatient care: adult partial and intensive outpatient programs, adult chemical dependency outpatient programs
- Adolescent IOP intensive outpatient

Catholic Charities Counseling
1265 La Cadena, Suite 4, Colton
(909) 763-4970
- Victim- witness
- Anger management
- Divorce and separation
- General groups
- Sliding scale
- Bilingual services- Spanish and English

Center for Healing Childhood Trauma
101 South Olive Ave., Rialto
(909) 875-5288
- Referral source for sexual abuse and family related cases in San Bernardino and Orange County
- Victims of childhood abuse
- AMAC Groups
Central Access—San Bernardino County
(888) 743-1478
- Provides referrals and/or assistance for all mental health patients on Medi-Cal in the San Bernardino County area
- Los Angeles County: (800) 854-7771
- Riverside County: (800) 706-7500

Chino Hills Counseling
3833 Schaeffer Ave., Suite K, Chino
(909) 590-2260
- Marriage and family
- Christian counseling
- Anger management
- Parenting skill enhancement
- Youth anger management
- Chemical dependency
- Sliding scale
- Individual and couples counseling

Chino Valley Psychological Center
12530 10th Street, Suite 3D, Chino
(909) 591-4264
- MFCC, individual, and group counseling
- Sliding scale

City of Chino Human Services
13201 Central Ave., Chino
(909) 334-3259
- Family Counseling
- Youth Counseling
- Teen Counseling
- Domestic Violence Counseling
- Batterers’ Treatment

Cypress Clinic
1169 Fairway Drive, Suite 205, Walnut
(909) 468-0900
- Marriage and family counseling
- Neurofeedback and neuromapping
- Psychotherapy
- Counseling for children and adults with ADD
- Appointment only
- Bilingual services- English and Korean
- No insurance accepted, but Master Bill Reimbursement program is in place to help clients receive reimbursement from their insurance companies
- Accepts Blue Shield and Blue Cross

Dayna L. Tevis, M.S
12598 Central Ave., Suite 205, Chino
(909) 228-0302
- Marriage and Family Therapist
- Play therapy
- Children and adolescents

Diamond Bar Psychological and Family Services
21660 Copley Drive, Suite 210, Diamond Bar
(909) 396-6888
- MFCC, adolescents, groups, and hospital consultation
- Sliding scale
- Accepts most major insurances

Family Service Agency of San Bernardino
1669 N. E Street, San Bernardino
(909) 886-6737
- Medi-Cal insurance 0-21
- Family and child sexual abuse counselors, AMAC
- Parenting crisis
- Appointment only
- Sliding scale for fees
- Suicide Hotline: (800) 273-8255
Foothills Psychological Services, Inc.  
13193 Central Ave., Ste 200, Chino  
(909) 902-9111  
- Medi-cal, IEHO  
- Medicare  
- Appointment Only  
- MFT, Psychologists, Psychiatrists

Guthrie Perry, T., Clinical Psychologist  
10737 Laurel St., Suite 230, Rancho Cucamonga  
(909) 989-5556  
- Individual, family, and couples Psychotherapy  
- Pain management services (All ages)  
- Substance abuse services (All ages)  
- Sleep services (Adults)  
- www.aspenpsychological.com

Joyce Tessier, MFCC  
1150 N Mountain Ave., Suite 211, Upland  
(909) 920-3200  
- Attention deficit and attachment disorders

KLS Teen Life Coach Services, Dr. Scott  
15643 Dobbs Peak Lane, Fontana  
(951) 536-7845  
- Personal development program  
- Prevention, intervention, and maintenance programs  
- Sliding scale  
- Email: EKDK82@aol.com

Lidia Escobar, LCSW 23163  
(909) 957-8277  
- Services provided at client’s residence  
- Individual and group counseling of all ages  
- Medicare, private insurance, and victim of crime compensation  
- Sliding Scale  
- Appointment only  
- Bilingual services- Spanish and English

Loma Linda University Behavioral Medicine Center  
1710 Barton Rd., Redlands  
(909) 558-9200  
- Inpatient/ outpatient care and medication management  
- Addiction therapy  
- Individual, family, child, and marriage counseling

Mariposa Community Counseling  
2940 Inland Empire Blvd., Ontario  
934 N. Mountain, Suite C, Upland  
(909) 458-1350  
- Drug and alcohol services, mental disorders  
- Groups, medication, CalWorks  
- Medical, no insurance  
- Mon. - Fri., 8:00-10:00 a.m.

Martinez Counseling Center  
9681 Business Center Drive, Rancho Cucamonga  
(909) 466-6939  
- Bilingual counseling, group counseling  
- Drug testing, drug and alcohol program  
- Evening and weekend appointments

MESA Clinic  
850 E. Foothill Blvd., Rialto 92376  
(909) 421-9200  
- Outpatient mental health facility

Mountain View Behavioral Health  
585 N. Mountain Ave., Ste. B, Upland  
(909) 931-3388  
- Medication management  
- Treatment of depression and post-traumatic stress disorder  
- Sliding Scale for fees  
- No medical, other insurances accepted  
- Family counseling and child therapy
New Day Institute
11780 Central Ave., Ste 100, Chino
(909) 517-2020
- Appointment and Walk-in
- Individual, group, family, child, and couples counseling
- Parenting groups (court approved 12-24 weeks)
- PC1000
- Anger management
- Chemical dependency
- Domestic Violence
- Victim of Crime
- Counseling for sexual disorders and sexual perpetrators
- Sliding scale for fees
- Most insurance, Medi-cal, Medi-care accepted
- Spanish, Arabic, Farsi, and Urdo services provided
- Closed Fridays

Pacific Lifeline Upland
(909) 931-2624
- Long term transitional shelter for women and children
- Counseling for residents of shelter
- Case management and therapy
- Tutoring
- Referral from prior agency only

Pasadena Pacific Clinic
800 South Santa Anita Ave., Arcadia
(877) 722-2737
- Outpatient mental health
- Counseling

Pomona Prototype
831 E. Arrow Hwy., Pomona
(909) 398-4383
- Family therapy, child therapy, group therapy, counseling, medication, and drug rehabilitation
- Mental health and substance abuse

R.C Family Resource Center
9791 Arrow Route, Rancho Cucamonga
(909) 477-2781
- All ages
- Gives referrals to shelters and help with utilities
- Gives food, clothing, bus passes, and job resumes, etc.
- Taxes

Restored Hope Counseling
305 N. Harbor Blvd., Ste. 307, Fullerton
(714) 738-1134
- Individual, couple, and family counseling

Sac Health System-Norton
1455 E. Third Street, San Bernardino
(909) 382-7100
- Counseling for Mental Health concerns
- Substance abuse treatment

Samaritan Counseling Center
1126 W. Foothill Blvd., Ste.110, Upland
(909) 985-0513
- Appointment only
- BEAMS Therapy Children
- MFCC, individual, premarital, couple, child, adolescent, and family counseling
- Psychological assessments
- Attention deficit disorder counseling
- Most CPO insurances accepted
- Parenting Classes

Shield Program for Adolescent Self-Injury
Loma Linda University Behavioral Medicine Center
1710 Barton Rd., Redlands
(800) 752-5999
- Helps teens learn ways to cope with extreme emotions without resorting to self-injury
South Coast Community Services 11780 Central Ave., Suite 205, Chino (877) 527-7227 ext. 4770
- Individual and family therapy
- Behavioral modification, anger management, drug and alcohol counseling
- Redlands, Rancho Cucamonga, Colton, Yucaipa, Chino, and Upland
- www.sccs4kids.org

Stuart Kaplowitz, LMFT 12540 10th Street, Chino (909) 576-3889
- Provides mental health services for abuse, anxiety, and depression
- Marriage, family and child therapist, crisis management with children, families, victim work, and victim of crime (free)
- IEHP accepted
- Sliding scale

Tri-City Mental Health 2008 N. Garey Ave., Pomona (909) 623-6131
- Medi-Cal
- Sliding scale
- Individual and group counseling
- Services only for residents of Pomona, La Verne, and Claremont
- Day treatment for teens
- Parenting classes
- Psychiatrist on premises
- Victim-witness counseling

University of Phoenix: Counseling Skills Center 3110 E. Guasti Road, Ste. #102, Ontario (909) 472-3798
- Child, individual, marital, and family counseling
- Marriage and family therapy

Via Verde Counseling Association 1115 Via Verde Ave., San Dimas (909) 599-8800
- Child, individual, marital, and family counseling

Vista Counseling 17216 Slover Ave., Building L., Fontana (909) 854-3420
- Children seen by appointment only
- Walk-Ins for adults M, T, W, Th 8-10 am
- No court ordered services
- No insurance accepted, only MediCal

Victorville Dept. of Behavioral Health-Outpatient Clinic 12625 Hesperia Rd., Victorville (760) 955-1777
- Counseling, therapy, psychiatrist, group counseling
- Mental health services for various disorders

Visionaries Homes 1331 West Kendall Dr., Ste. #2, San Bernardino (909) 881-3382
- Walk-In, laundry, showers
- 24 hour basic center for youth and a safe place to sleep for 17 and under
- Hot meal and education
- Counseling services

West End Family Counseling 855 N. Euclid Ave., Ontario (909) 983-2020
- Psychotherapy and counseling services
- Medi-Cal accepted
- Free screening and reference

Youthful Creations & Interventions 2026 N. Riverside Ave., Ste. C-233, Rialto (909) 991-7610
- Prevention and intervention transition support services into adulthood
- Assistance and support for youth failing in school
Asian American Christian Counseling
2550 E. Main Street, Ste 202, Alhambra
(626) 457-2900, (800) 970-1112
• Individual, couple, and family counseling
• Children & Adolescent counseling
• Other locations available
• http://aaccs.org

Catholic Charities Counseling
1265 La Cadena, Suite 4, Colton
(909) 763-4970
• Victim-witness
• Anger management
• Divorce/separation counseling
• General groups
• Sliding scale
• Bilingual services- Spanish and English

Central Access
San Bernardino County Department of Mental Health
(888) 743-1478
• Provides referrals and/or assistance for all mental health patients on Medi-Cal
• Bilingual services- Spanish and English

City of Chino Human Services
13201 Central Ave., Chino
(909) 334-3259
• Family Counseling
• Youth Counseling
• PC1000
• Domestic Violence counseling
• Teen counseling

Chino Valley Psychological Center
David Steinberger, PhD
12530 10th Street, Suite 3D, Chino
(909) 591-4264
• MFCC, individual and group counseling
• Sliding scale for fees

Cypress Clinic
1169 Fairway Drive, Suite 205, Walnut
(909) 468-0900
• Marriage and Family counseling
• No insurance accepted, but Master Bill Reimbursement program in place
• Appointment only
• Neurofeedback and neuromapping
• Psychotherapy
• English and Korean services

Family Services Agency of San Bernardino
1669 N. E Street, San Bernardino
(909) 886-6737
• Family, child sexual abuse counselors, AMAC
• Domestic violence & anger management
• Parenting classes
• Suicide Crises
• Appointment only
• Sliding Scale
• Domestic Violence Spanish
• Hotline: (800) 273-8255

Lidia Escobar, LCSW
23163 Martinez Counseling Center
9681 Business Center Dr., Bld. 14, Ste. E, Rancho Cucamonga
(909) 957-8277, (909) 466-6939
• Services provided at client’s residence
• Individual, group and bilingual counseling
• Evening and weekends, by appointments only
• Accepts Medi-Cal, private insurance, and victim of crime compensation
• Sliding scale
• Groups (26 & 52 week)
• Drug testing and alcohol program
• Spanish and English Services
New Day Institute
11780 Central Ave., #100, Chino
(909) 517-2020
- Individual, group, family, child, and couples counseling
- Parenting groups (Court approved 12-24 weeks)
- PC1000
- Anger Management
- Stress management
- Chemical dependency
- Domestic Violence
- Victim of crime counseling
- Spanish, Arabic, Fargi, and Urdo
- Sliding scale
- Insurance accepted
- Medical and Medicare accepted

Via Verde Counseling Association
1115 Via Verde Ave., San Dimas
(909) 599-8800
- MFCC, Christian counseling

Vista Counseling
17216 Slover Ave., Bldg. L, Fontana
(909) 854-3420
- Children seen by appointment only
- Walk-Ins available for adults on Monday, Tues. and Wed., 8:00–10:00 a.m.
- No insurance accepted, only Medi-Cal
- No court ordered services
- No anger management or substance abuse services
- Spanish

Tri-City Mental Health
2008 N. Garey Ave., Pomona
(909) 623-6131
- Sliding scale, Medi-Cal
- Services for Residents of Pomona, La Verne and Claremont ONLY*
- Individual and group counseling
- Day treatment for teens
- Parenting classes
- Psychiatrist on premises
- Victim-witness
- Spanish, Chinese, and other.

DISABILITY RESOURCES

AUDIOLOGICAL SERVICES

House Ear Institute
2100 W. 3rd Street, Suite 111, Los Angeles
(213) 483-4431
- Medi-Care, Medi-Cal

Rolling Start
1955 Hunts Lane, Suite 101, San Bernardino
(909) 890-9516
- Counseling referrals
- Independent Living Skills, Transition Services
- Assistance with SSI paperwork for disabled clients
- Men and women peer support group
- Help with assistive technology
- Device lending library
- www.rollingstart.com
San Bernardino Department of Rehabilitation
464 W. 4th Street, Suite 152, San Bernardino
(909) 383-4401

US Veterans Administration,
Loma Linda Medical Center,
Audiology and Speech Pathology
11201 Benton Street, Loma Linda
(909) 825-7084

DEAF COMMUNITY SERVICES

Center on Deafness, Inland Empire
3576 Arlington Avenue, Suite 211, Riverside
(951) 275-5000
- Advocacy
- Peer counseling
- Independent Living skills
- Parenting and Anger Management classes in ASL
- Job and Housing placement
- FREE
- Bilingual counselors
- Videophone: (951) 801-5674

ORGANIZATIONS

Inland Regional Center
1365 S. Waterman Ave, San Bernardino
(909) 890-3000
- General referral and assistance for developmentally disabled
- Birth to Adulthood
- Early Start
- Therapy for handicap
- Programs

San Gabriel/ Pomona Valley Regional Center
75 Rancho Camino Dr., Pomona
(909) 620-7722

MISCELLANEOUS DISABLED SERVICE

Ability First- Claremont Center
480 S. Indian Hill Blvd., Claremont
(909) 621-4727
- Recreational, socialization, and employment program for children and adults
- Adult Social recreation
- Aerobics program
- After School Program
- Aquatic program
- Provides exercise programs for individuals with arthritis
- www.arthritis.com

Blindness Support Services
3696 Beatty Drive, Riverside
(951) 341-9244
- Serving the needs of blind and visually impaired persons
- Children transition services
- www.dds.ca.gov
Casa Colina Centers for Rehabilitation
255 E. Bonita Ave., Pomona
(909) 596-7733
- Comprehensive inpatient and outpatient medical rehabilitation
- Emphasis on spinal cord injury, stroke, chronic pain, brain injury and pulmonary rehabilitation
- Appointments only

Department of Rehabilitation
464 W 4th St., Ste. 152, San Bernardino
(909) 383-4401
Riverside: (951) 782-6651
- Job employment Services

First Street Gallery Art Center
250 W 1st Street, Ste. #120, Claremont
(909) 626-5455
- Public Gallery, Monday-Friday, 9:30 a.m.-5:00 p.m.
- Must be referred by regional center to enroll in program
- Trains adults with developmental disabilities in the fine arts and markets their work in professional galleries.
- Public workshops available year round.

Lutheran Braille Workers
13471 California Street, Yucaipa
(909) 795-8977
- Makes bibles in Braille and large print

OPARC
9029 Vernon Ave., Montclair
(909) 985-3116
- Provide vocational, employment, independent living skills and training
- Monday-Friday, 8:30 a.m.-4:00 p.m.

Pomona Valley Workshop
4650 Brooks Street, Montclair
(909) 624-3555 ext. 221
- Private vocational rehabilitation facility for disabled adults-job and living skills and paid work activity.
- Monday-Friday, 7:30 a.m.-4:00 p.m.

Service Center for Independent Life
107 S. Spring Street, Claremont
(909) 621-6722
- For disabled adults and senior citizens who desire to live independently.
- Advocacy, attendant care referral, information and referral, peer counseling and housing referral.
- Assisted technology
- Benefit assistant
- Brailing
- Brail greeting cards

Visiting Nurses Association-Private Duty Care
150 W 1st Street, Claremont
1317 W. Foothill #130, Upland
(909) 621-3961
- Provide private duty home care
- Non-Medical Care

Alta Loma Psychological Associates
9089 Baseline Rd., Ste. #200, Rancho Cucamonga
(909) 597-1815
- Appointment only
- Domestic Violence group services
- Individual, group, and family therapy
- Divorce/custody evaluations

Community Baptist Church
9090 19th Street, Rancho Cucamonga
(909) 945-5001
- Lifeline divorce recovery groups Monday nights at 7:00 PM
West Coast Mediation, INC
15338 Central Ave., Chino
(909) 548-2171
• Divorce mediation
• Collaborative divorce
• Child / Spouse support
• Custody/Visitation
• Peace divorce resolution without going to court.
• www.chinoadivorcemediation.com

DOMESTIC VIOLENCE SHELTERS AND HOTLINES

Adult Protective Services of San Bernardino
686 E. Mills Street, 2nd floor, San Bernardino
(909) 891-3900
• Dependent adults and senior citizens only
• Reporting agency for adult abuse, neglect, and exploitation
• Hotline: (877) 565-2020

Alta Loma Psychological Associates
9089 Baseline Rd., Ste. 200, Rancho Cucamonga
(909) 597-1815
• Domestic Violence Group for men and women

Catholic Charities
1450 N. D Street, San Bernardino
(909) 388-1239
• Counseling Services for men and women

Center for the Pacific-Asian Family-Emergency Shelter
3424 Wilshire Blvd, Ste. 1000, Los Angeles
(323) 653-4045
• Outreach education programs
• Emergency and transitional shelter for victims of domestic violence and sexual abuse
• Counseling services provided
• Space for 10 families up to 2-3 months for emergency shelter
• Crisis Hotline: 1-800-339-3942
• www.nurturingchange.org

Domestic Violence Hotline
(877) 988-5559
• Shelter for men, women and children
• Counseling
• Case management
• Domestic violence group and classes
• Parenting Classes

D.O.V.E.S
41943 Big Bear Blvd., Big Bear
(909) 866-1546
• Educational information
• No fee for services
• Restraining order assistance
• Outreach groups for domestic violence.
• 60 days shelter program and safe housing
• Children and individual counseling
• Parenting classes
• Legal advocacy
• Emergency food and clothing
• Court accompaniment
• Emergency services
• www.doves4help.org
• Hotline: (800) 851-7601

Friends of the Family
16861 Partinia, North Hills
(818) 988-4430
• Appointment only
• Domestic Violence and anger management support group
• Individual counseling
Good Shepard Shelter
(323) 737-6111
• Transitional Shelter for battered women and children
• Must be referred by an emergency shelter
• Two or more children under age twelve (12)

House of Ruth
P.O. BOX 459, Claremont
(909) 623-4364
• No service fee
• Admittance through new client orientation only
• Help with Domestic Violence
• Bilingual services
• Hotline: (877) 988-5559

National Coalition Against Domestic Violence “Face to Face” Program
(800) 842-4546
• Reconstructive plastic surgery services for victims of domestic violence
• Face and Neck reconstruction

National Domestic Violence Hotline
(800) 799-SAFE (2233)

Option House Inc.
813 N. D Street, Ste. A, San Bernardino
(909) 381-3471
• Provides services for battered men, women and their children
• 30 Day shelter
• Food, clothing, childcare, counseling/support, referrals, domestic violence information, and parenting program
• Must call for screening before being admitted
• Outreach program includes temporary restraining orders, court support, child custody, and anger diversity

Salvation Army/Ontario Only
1412 S. Euclid Ave., Ontario
(909) 986-6748
• Emergency short-term assistance to resident families and transients including food and lodging.

San Bernardino County Children and Family Services
412 W. Hospitality Ln., Room #412, 2nd Floor, San Bernardino
(909) 384-9233
• Responds to referrals on child molestation, sexual abuse, physical abuse of children, general neglect
• Foster home licensing and adoptions
• Children and adult abuse hotline

San Bernardino County 211
(888) 435-7565
• 24/7 services
• Food, clothing, shelter, counseling, health/dental care, job services, elder assistance, and crisis services, etc.
• 211 Provides free confidential information and referrals
• San Bernardino Victim Assistance Unit
• 316 N. Mt. View Ave., San Bernardino
• (909) 387-6540
• Referrals for counseling
• Emergency assistance for short term needs
• State victim compensation
• Support for victims and their families
• Services for victims of sexual assault and domestic violence
• Transportation services

Victims of Crime Resource Center
(800) 842-8467
• State wide referral service
• Compensation program for victims of crime
**Victor Valley Domestic Violence**  
14114 Hesperia Rd., Victorville  
(760) 955-8723  
- Hotline, referrals, and counseling  
- Support groups

**Women’s Transitional Living Center**  
PO Box 916, Fullerton  
- Emergency transitional shelter and support services for men, women and children victims of domestic violence  
- Must call hotline for shelter information  
- Outreach and advocacy programs  
- Services for Human Trafficking Victims  
- Hotline: (877) 531-5522

**YWCA - Wings Domestic Violence Program**  
943 N. Grand Ave., Covina  
(626) 967-0658  
- Referrals for shelters  
- Hotline: (626) 967-0658

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**EATING DISORDERS**

**Associated Counseling Services**  
(800) 564-8007  
- Referral for local services

**Brea Mental Health Wellness Center**  
285 E. Imperial Hwy., Suite #105, Fullerton  
(714) 578-9330  
- All forms of counseling, eating disorders, psychiatry

**Overeaters Anonymous**  
13140 6th Street, Chino  
(909) 235-8940  
- Meets Saturday mornings from 8:45-9:45 a.m.

**Pacifica Recovery Services**  
415 W. Foothill Blvd., Suite #210, Claremont  
(909) 447-5081  
- Specializes in the treatment of addictive and obsessive compulsive disorders  
- No Medi-Cal or Medi-Care accepted  
- Dietary support provided  
- Evening IOP

**Valenta Eating Disorder Clinic**  
9479 Haven Ave., Rancho Cucamonga  
(909) 771-8023  
- Individual and family therapists, art therapy, yoga, educational groups, and nutrition services  
- Day treatment program for eating disorders  
- [www.valentaonline.com](http://www.valentaonline.com)
EDUCATION FOR ADULT RE-ENTRY AND PREGNANT TEENS

Chaffey Adult School
1802 E. 7th Street, Ontario
(909) 391-5365
- GED, ESL, high school diploma are available
- 18 years +
- www.chaffeyadultschool.org

Chino Valley Adult School
12970 3rd Street, Chino
(909) 627-9613
- Career Center
- Chaffey College classes
- High school diplomas, GED, and ESL/specific employer training needs
- 18 years +
- CBEST, CCET, RICA, and etc.

Crossroads Inc.
250 West 1st Street, Suite #254, Claremont
(909) 626-7847
- Shelter, 6 month program, room, board, assistance in job placement, vocational training and education, residential and therapeutic community
- Women on parole only

Head Start
555 W. Maple Street, Ontario
(909) 984-4117
- Pre-school head start for low income family.
- Some programs available for over income families
- 3 and 5 year olds

Inland Empire Job Corps Center
3173 Kerry Street, San Bernardino
(909) 887-6305
- GED preparation and ESL available
- Skills training
- College program
- Ages 16–24

Options for Youth
7011 Schaefer Ave., Suite C-F, Chino
(909) 465-9529
- Independent study public charter school (free)
- Serving student in grades 7 – 12.

San Bernardino City Unified School District: Inland Career Education Center
1200 N. E Street, San Bernardino
(909) 388-6000
- High School diploma, GED test prep, ESL, business and computer education, medical education, and industrial
- 18 years or older

University of La Verne: Campus Accelerated Programs for Adults
1950 3rd Street, La Verne
(909) 448-4151
- 17+ various degrees
- Over 25 years old

YWCA
(Youth Women Christian Association)
8172 Magnolia Ave., Riverside
- Water exercise classes
- Arthritis aerobics, kids swim program, karate, cheerleader, and teen A&A meetings
- No services for teen parents
- Childbirth preparation classes
PREGNANT TEENS

Buena Vista High School  
13509 Ramona Ave., Chino  
(909) 628-9903  
- Transport  
- Parenting classes  
- Counseling  
- Free Child Care

Younglife  
P.O. Box 1018  
Chino, CA  91708  
www.ChinoValley.YoungLife.org  
Shannon Fuller, LCSW, PPSC  
chinovalleyyounglives@gmail.com

EMPLOYMENT AGENCIES

California Conservation Corps. Center  
3530 W. Pomona Blvd., Pomona  
(909) 594-4206  
- For ages 18-25  
- High School Diploma  
- Scholarships  
- Paid Jobs program  
- Emergency response

Inland Empire Job Corps Center  
3173 Kerry Street, San Bernardino  
(909) 887-6305  
- Trade School

Pomona Valley Youth Employment Services  
720 North Park Ave., Pomona  
(909) 469-0595  
- Offers job training and placement  
- Basic computer education  
- Monday-Friday 9:00 a.m.-6:00 p.m.  
- Assistance with anger management, parenting, and domestic violence classes.

San Bernardino County Workforce Investment Board  
10722 Arrow Rte., Suite #808, Rancho Cucamonga  
(909) 481-0270  
- Career institute

San Bernardino County Workforce  
658 E. Brier Dr., #100, San Bernardino  
(909) 382-0440  
- Job search/ Job training
HOSPICE

Citrus Valley Hospice
820 N. Phillips Ave., West Covina
(626) 859-2263
- Home health services
- Short-term inpatient care for symptom control
- Social Services
- Therapy
- www.cvhp.org

Kaiser Permanente Hospice Program
Palm Court II, 17284 Slover Ave., Ste. #105, Fontana
(909) 609-3838
- Home health and hospice care
- Provides palliative and supportive home care to terminally ill patients and their families.
- Bereavement services

Inland Hospice Volunteers
233 W. Harrison Ave., Claremont
(909) 399-3289
- Volunteer companionship, and bereavement counseling services
- Support for family 12 months after
- Referrals for nursing, health care, and medical equipment

HOSPITALS AND MEDICAL INFORMATION

ALL EMERGENCY SITUATIONS CALL: 911

American Cancer Society
6355 Riverside Ave., Riverside
(800) 227-2345
- Provides patients with transportation for medical appointments
- Sends volunteers to visit patients in hospital
- Breast cancer, Reach to Recovery
- Look Good, Feel Better Cancer Program
- Free wigs and hats

American Red Cross (Inland Empire)
202 W. Rialto Ave., San Bernardino
(909) 888-1481
- Disaster organization, disaster training, and disaster relief
- CPR, first aid, and certified nurse assistant classes
- Not for hospital treatment

Arrowhead Regional Center Behavioral Health
400 N. Pepper Street, Colton
(909) 580-1800
- Hospital aftercare program
- Homeless placement
- Case management
- CSU Crisis Stabilization Unit

Assure Pregnancy Clinics
9161 Sierra Ave., Suite #108, Fontana
(909) 398-4838
- Pregnancy tests, ultrasounds, options counseling, and health information
- Free
Augustus F. Hawkins Mental Health Hospital
1720 E. 120th Street, Los Angeles
(310) 668-4272
- Case management, community outreach, medication, mental health services
- Outpatient mental health services

Casa Colina Centers for Rehabilitation
255 E. Bonita Ave., Pomona
(909) 596-7733
- Comprehensive inpatient and outpatient medical rehabilitation
- Emphasis on spinal cord injury, stroke, chronic pain, brain injury and pulmonary rehabilitation

Chino Valley Medical Center
5451 Walnut Ave., Chino
(909) 464-8600
- General Medical Services: surgery, critical care, emergency services, and rehabilitation services, etc.

Doctor’s Hospital
725 S. Orange Ave., West Covina
(626) 338-8481
- Medi-Cal, surgery

Family Health Center
1770 N. Orange Grove Ave., Suite #101., Pomona
(909) 469-9494
- Medi-Cal services

Free Drug Card
www.freedrugcard.us

Kaiser Permanente Hospital
9961 Sierra Ave., Fontana
(909) 427-5000
- Emergency services, urgent care, and pharmacy

Martin Luther King Jr. Multi Service Ambulatory Care Center
12021 S Wilmington Ave., Los Angeles
(310) 668-4321
- Urgent Care
- Various clinics

Partnership for Prescription Assistance
(888) 4PPA-NOW
www.pparx.org

Robert and Beverly Lewis Family Cancer Care Center
1910 Royalty Dr., Pomona
(909) 865-9555
- Support groups
- Wellness programs
- Library about cancer
- Wig program

San Antonio Community Hospital
999 San Bernardino Rd., Upland
(909) 985-2811
- Full Service hospital

San Bernardino County Dept. Of Health
1647 E. Holt Blvd., Ontario
(909) 458-9716
- Full Service hospital

Together Rx Access
www.togetherrxaccess.com

True Rx Savings
- Print card to get discounts on FDA approved prescription/generic Medications.
  - www.rxfreecard.com/true/

Visiting Nurses Association
150 West First Street, Suite #270, Claremont
(800) 969-4862
- Health care at home for ill and disabled persons.
- RN, physical, occupational and speech therapists; medical social workers, dietitians, and home health aides.
- Medi-care/Medi-Cal
Abundant Living Family Church  
9269 Utica Ave., Rancho Cucamonga  
(909) 987-7110  
- Community outreach center  
- Provides food and clothing  
- Monday-Friday, 8:30 a.m.-5:00 p.m.  
- Tues. and Thurs., 4:00 – 6:00 p.m.  
- Saturday, 10:00 a.m. – 1:00 p.m.  
- Sunday, 9:00 and 11:00 a.m. service for children

Assisi House / Mercy House  
(909) 460-6768  
- Transitional shelter  
- Case manager available

Caring for the Hills  
15554 Cecilia Street, Chino Hills  
(909) 597-1454  
- Food provided

Catholic Charities  
1450 N. D Street, San Bernardino  
(909) 388-1239  
- Food vouchers  
- Temporary shelter  
- Transportation assistance  
- Counseling  
- Immigration services

Chino Neighborhood House  
13130 Sixth Street, Chino  
(909) 628-5608  
- Food, clothing, books, and toys  
- Monday-Friday, 9:00 a.m.-2:00 p.m.

City of Chino Housing Program  
(909) 334-3272  
- Home improvement program  
- Low interest loans for home repair  
- First time home buyer program

Corona-Norco Rescue Mission  
420 W. Harrison Street, Corona  
(951) 493-2091  
- Transitional living  
- 12-24 month programs, not emergency shelter  
- Meals served at 6pm to public  
- [www.inlandempirerescuemission.org](http://www.inlandempirerescuemission.org)

Community Action Partnership of San Bernardino County  
696 S. Tippecanoe Ave., San Bernardino  
(909) 723-1500  
- HEAP: Home Energy Assistance Program  
- Bus Passes  
- Food bank  
- Emergency shelter and emergency rental  
- Assistance with utilities  
- Family Development  
- Workfare program  
- Rental Assistance  
- Job referral  
- [www.sbcounty.gov/capsbc](http://www.sbcounty.gov/capsbc)  
- Toll Free number: 800-635-4618  
- Monday-Friday, 8:00 a.m.-5:00 p.m.

Department of Social Services  
1637 Holt Blvd., Ontario  
(877) 410-8829  
- CalWorks  
- Childcare  
- Cash aid  
- Food Stamps

Domestic Violence Help-Line  
(800) 548-2722

Downtown Women’s Center  
442 S. San Pedro Street, Los Angeles  
(213) 680-0600  
- Drop-in center, meals, showers, receive mail, housing and counseling  
- [www.downtownwomenscenter.org](http://www.downtownwomenscenter.org)
Fair Housing Board  
330 N. D Street, Suite #357, San Bernardino  
(909) 984-2254  
- Housing, counseling, provides mediation in relation to housing  
- Help with mortgage, fraud and senior help  
- Provide information to low moderate income

Foothill Family Shelter  
1501 W. 9th Street, Suite D, Upland  
(909) 920-0453  
- Transitional housing for 120 days  
- Food, clothing, and counseling  
- Must qualify

Frazee Community Center  
1140 W. Mill Street, San Bernardino  
(909) 889-4424  
- Assist homeless and low-income individuals and families  
- Transitional housing for 120 days for males only  
- Food, clothing, and counseling  
- Monday-Friday, 8:00 a.m.–4:00 p.m.  
  mailto:frazecandice@live.com

Friends Outside Hospitality Center  
14901 Central Ave., Chino  
(909) 597-5428  
- Drop in center, meals, showers, and counseling  
- Saturdays and Sundays, call for questions on Tuesdays  
  http://www.friendsoutside.org/

Haven House (Jewish)  
(626) 564-8880  
- Provides 30 day shelter for women and children of domestic violence  
- Counseling  
- Prevention & Education Program  
- Residential & Children’s Programs  
- Crisis Line: (323) 681-2626  
  www.jfsla.org/havenhouse

High Desert Homeless Services  
14049 Amargosa Rd., Victorville  
(760) 245-5991  
- 90 day homeless shelter  
- Job and career training  
- Job search  
- Clothing donations  
- Free showers  
  www.highdeserthomelessservices.org

Home Again Program  
612 Lawton Ct., Redlands  
(909) 792-9626  
- Job training  
- Family activities  
- Rental assistance for families with children, elders and disabled  
- Food and clothing  
- Only for Redlands, Loma Linda, Yucaipa, Highland, Grand Terrace, and Mountain Cities residents

Housing Authority of San Bernardino  
672 S. Waterman Ave., San Bernardino  
(909) 890-0644  
- Provide affordable housing  
- Home Ownership program  
- Waiting list available  
- Ontario: (909) 890-9533  
  424 N. Lemon Ave, Ontario

I Care Shelter Home  
P.O. Box 749, Riverside  
(951) 354-2273, (951) 359-8350  
- Emergency shelter, 3 days  
- On-site classes  
- Food, clothing  
- Extended transitional living  
  www.icaresheltherhome.org

Inland Fair Housing & Mediation  
1500 S. Haven Ave., Ste. 100, Ontario  
(909) 984-2254  
- Landlord/Tenant Mediation  
- Information and education to low moderate income housing  
- Assistance with housing discrimination
Inland Temporary Homes
P.O. Box 239, Loma Linda
(909) 796-6381
- 90 day homeless shelter
- Life skills classes
- Families with children under 18
- Case management
- Rental assistance

Inland Valley Hope Partners Sova Program Center
904 E. California Street, Ontario
(909) 391-4882
- Emergency food
- Food bank & clothes program
- Utility assistance

Isaiah’s Rock
13031 7th Street, Chino
(909) 628-8808
- Food distribution
- Youth and adult activities
- Community service *(Hours available for school or as needed)*
- Emergency shelter

Mercy House Walk-In Center
435 S. Mountain View, Ontario
(909) 391-2630
- Homeless prevention, emergency services
- Transitional housing or permanent housing with supportive services

New Hope Christian Fellowship Church
1333 Ramona Ave., Chino
(909) 628-8612
- Food Only – No shelter
- Open 1st & 2nd Sat of every month

Our Lady of Guadalupe
5048 D Street, Chino
(909) 591-9402
- Delivers hot meals

PHOP
(Pomona Homeless Outreach)
1006 S. Garey Ave, Pomona
(909) 796-6381
- Student run
- Bi monthly dinners & monthly clinics
- Health care
- Food, clothing, and edication
  - phop@westernu.edu

Pomona Inland Valley Council of Churches (PIVCC Beta Center)
209 W. Pearl, Pomona
(909) 622-3806 ext. 301
- Family shelter and daycare
- Job and housing placement
- Support groups
- Motel vouchers
- Pantry
- Development program

Rate Assistance-Edison
P.O. Box 788, Rialto
(800) 447-6620
- Offers discounted rates through CARE and FERA programs

Salvation Army
490 E. La Verne Ave., Pomona
(909) 623-1579
- Emergency food and shelter
- Counseling
- Informal education, preschool
- Limited utility assistance
- Licensed childcare
- Holiday gifts
- Bus Tokens
- Donations
  - www.salvationarmyusa.org
- Ontario: 1412 S. Euclid Ave., Suite #406, Ontario (909) 986-6789

San Bernardino County Housing
820 E. Gilbert St., San Bernardino
(909) 387-8619
- Housing and employment for the mentally ill.
Southern California Gas
Energy Savings Assistance Program
P.O. Box 2295, Santa Fe Springs
(800) 331-7593

PUBLIC HOUSING OFFICES

Advantage Property Management
13088 Monte Vista Avenue, Chino
(909) 628-3413
• Loma Linda, Yucaipa, Redlands, San Bernardino, Waterman Gardens

Crossroads Inc.
P.O. Box 15, Claremont
(909) 626-7847
• Services for female parolees re-entering the community
• Residential therapeutic community

East San Gabriel Valley Coalition
(626) 333-7204
• Winter shelter open every night December 1st - March 15
• Transitional services

Empire Management
13088 Monte Vista Ave., Chino
(909) 628-3413
• Bloomington, Chino, Montclair, Ontario, Rancho Cucamonga

Fresh Start Housing Program
2008 N. Garey Ave., Pomona
(909) 623-6131
• Transitional housing for adults with psychiatric disabilities, actively enrolled
• Mon., Tues., and Thurs., 8:30 a.m.-5:00 p.m., Friday until 5 p.m.
• Community Advocator

Housing Authority
803 West Brockton Ave., Redlands
(909) 890-5320
• Serves Highland, Redlands, Yucaipa, and Loma Linda

Passageways
1020 S. Arroyo Pkwy., Pasadena
(626) 403-4888
• Intake and referrals to shelter
• Transitional housing referrals
• Mental health services
• Prevention and early intervention to recovery and wellness
• www.pacificclinics.org
• info@pacificclinics.org
• 800 S. Santa Anita Avenue, Arcadia

SOLVA (Inland Valley Hope Partners Program)
904 E. California Street, Ontario
(909) 391-4882
• Utility assistance
• Food Bank

Southern California Edison
(800) 447-6620
• Discounted rates through CARE program which is based on income and people in household

Southern California Gas Company
(877) 238-0092
• Discounted rates through CARE program which is based on income and people in household
HOTLINES

BHC Alhambra Hospital
(800) 235-5570
• 24 Hour intake services

Boys Town National Hotline
(800) 843-5200
• Crisis counseling, referral system, patch-through services
• Text, chat, email services for teens and young adults.
• [www.yourligeyourvoice.org](http://www.yourligeyourvoice.org)

Canyon Ridge Hospital Assessment Hotline
(909) 590-4001
• 24 hour assessment

Community Crisis Response Team
West Valley Office (909) 458-1517
Pager (909) 535-1316
Kaiser Permanente
(800) 900-3277
• After-hours help line
• Behavioral health assessment
• Referrals
• Crisis intervention
• Guidance

Psychiatric Assessment Triage
(800) 235-5570
• Intake service offered to the community 24/7
• Trained professionals under the direction of a psychiatrist

Regional Drug & Poison Center
(800) 876-4766

LEGAL ASSISTANCE SERVICES

LEgal Assistance Services: Courts

Department Of Child Support Services: San Bernardino
10417 Mountain View Ave., Loma Linda
(866) 901-3212

House of Ruth
P.O. Box 459, Claremont
(909) 623-4364
• Restraining orders for Domestic Violence
• Hotline: (877) 988-5559

Inland Counties Legal Services
10565 Civic Center Dr., Suite 200, Rancho Cucamonga
(909) 476-7875
• Family law services
• Free legal clinics

• Guardianships, tenant defense
• Free legal assistance 60+
• [www.inlandlegal.org](http://www.inlandlegal.org)
• 715 N. Arrowhead Ave, San Bernardino
• 1040 Iowa Ave., Suite 109, Riverside

Inland Empire Latino Lawyers Association Inc.
2060 University Avenue, Riverside
(951) 369-3009
• Assigns misdemeanor offenders to a community volunteer in lieu of fine or jail time
• Court ordered
• Youth program: Just4U
Inland Valley Volunteer & Resource Center
436 W. Fourth St., Suite #201, Pomona (909) 629-1187
- Assigns misdemeanor offenders to a community volunteer in lieu of fine or jail time
- Court ordered / Community Service program
- On Point Mentoring program
- Youth program: Just4U

Legal Aid Society of San Bernardino
588 W 6th Street, San Bernardino (866) 889-7328
- Free consultation, advice, and preparation of legal documents

Law Offices of Bill LaTour
1420 E. Cooley Dr. Suite 100, Colton (909) 424-0907
- Social Security Benefits
- Disability
- www.drbillatouratty.com

San Bernardino Superior Courts
Fontana Courthouse
17780 Arrow Blvd., Fontana (909) 350-9322
- Resources available
- www.sb.court.org

Legal Aid Clinics
(866) 889-7328
Please bring all existing orders. There is limited space therefore absolutely no children or guests will be permitted. Non-legal residents must provide proof of eligibility. (Bring a copy of both sides)
- San Bernardino Clinic 588 West Sixth Street, San Bernardino
- Every Mon., Tue., & Thu. at 9:00 a.m. Wednesday at 4:00 p.m.
- Victorville Clinic
  13911 Park Ave., Suite 210
  Victorville, CA
- Every Thursday at 2:00 p.m.
- Legal Help
- Help with existing cases, documents needed
- ID needed, proof of income of every member

Victim Witness Advocacy Program
Rancho Cucamonga
(909) 945-4241
- Employer intervention
- Restitution assistance
- Victim compensation claims
- Offers services for victims and witnesses of crimes
- Court information
- Property return
- Credit intervention
- Mon.-Fri., 8:00 a.m.-5:00 p.m.

U.S. Citizenship & Immigration Services
995 Hardt Street, San Bernardino (800) 375-5283
- Must make appointment before visiting office

Immigration Services
- Schedule appointment at http://uscis.gov

U.S. Department of State
(603) 334-0700
- http://nbc.state.gov

IMMIGRATION SERVICES
US Immigration and Legalization
2130 N. Arrowhead Ave., Ste. 201A, San Bernardino
(909) 521-0601
- Document preparation
- Renew Green Card/Citizenship
- Renewal of Deferred Action
- Payment plans available
- www.usimmigrationcorporation.com

Diplomatic Missions
- http://usembassy.gov

LITERACY PROGRAMS

California Literacy Program - Chino Library
13180 Central Avenue, Chino
(909) 465-5280
- Matches volunteer tutors with students in need of literacy skills.
- Adults only
- Pomona Library: 625 S. Garey Ave., Pomona (909) 620-2047
- Upland Library: 450 N. Euclid Ave., Upland (909) 931-4211
- Monday - Wednesday, 11:00 a.m. - 7:00 p.m.
- Thursday-Friday, 10:00 a.m.-6:00 p.m.
- Saturday, 9:00 a.m.-5:00 p.m.
- Sunday, closed

International Dyslexia Association
5225 Canyon Crest Dr., #71-308, Riverside
(951) 686-9837
- Inland Empire chapter
- Adults & children
- Assistance with reading, writing, and language
- www.dyslexia-ca.org

MEDIATION AND ARBITRATION

Inland Fair Housing and Mediation Board
1500 S. Haven Ave., Ontario
(909) 984-2254
- Information on fair housing, discrimination cases, senior services/shared housing, default and foreclosure counseling, and mobile home mediation.
- Serves low to moderate income population
- Mon.-Fri., 8:00 a.m.-5:00 p.m. (closed lunches, 12:00-1:00 p.m.)
- www.IFH&B.com

West Coast Mediation Inc.
15338 Central Ave., Chino
(909) 548-2171
- Divorce mediation
- Collaborative attorney
- Family law
- Mon.-Thurs., 9:00 a.m.-5:00 p.m. (closed lunches, 12:00-1:00 p.m. and Friday’s)
**MEDI-CAL**

Medi-Cal is a State of California medical assistance program. The federal counterpart for all other states is Medicaid. Medi-Cal takes about 30 days to process. There are no emergency cards. Medi-Cal will pay retroactively although it is up to you to find a hospital that will allow that arrangement. You may also transfer from a placement such as Ward-B once you get your card. A letter from Medi-Cal stating that the client will receive benefits has helped clients get admitted into the hospital the same day they applied for Medi-Cal. They also had a psychiatrist sign papers that day for Medi-Cal.

For more information contact:

**Arrow Regional Medical Center**  
400 N. Pepper Ave., Colton  
(909) 580-1000

**Ontario Public Health**  
150 E. Holt Blvd., Ontario  
(800) 722-4777  
- Immunization clinic  
- Accepts Medi-cal and IEHP

**Victim Witness Advocacy Program**  
8303 Haven Ave., 4th floor, Rancho Cucamonga  
(909) 945-4214

**MEDI-CARE**

Medi-Care is a Federal medical assistance program. Medi-Care is given only to people over the age of 65 and to some who are disabled (2+ years). More hospitals are likely to take Medi-Care and people who have both Medi-Cal and Medi-Care over just Medi-Cal.

**PHYSICIANS WHO ACCEPT MEDI-CAL**

**Family Practice**

Frank Chen, M.D.  
1435 S. Grove Ave., #8, Ontario  
(909) 983-0027

King Yee Yu, M.D.  
1902 Royalty Dr., #100, Pomona  
(909) 620-4048

**Hematology/Oncology**

Treats problems involving the blood or blood-forming organs.

Kyu D. Ahn, M.D.  
1900 Royalty Dr., #205, Pomona  
(909) 620-0389

Naveen Gupta, M.D.  
360 E. 7th Street, #B, Upland  
(909) 946-6792

Vinod C. Patwardhan  
918 W. Foothill Blvd., #B, Upland  
(909) 949-4435  
- Mon.-Fri., 8:00 a.m. - 5:00 p.m. (closed lunches, 12:30-2:00 p.m.)
**Internal Medicine**
General treatment of internal disorders

**Youhef Dehgani, M.D.**
9655 Monte Vista Ave., Montclair
(909) 626-3563
- Mon.-Thurs., 9:00 a.m. - 5:00 p.m.
  (closed lunches, 1:00-2:00 p.m.)
- Fri., 9:00 a.m.-1:00 p.m.

**Nephrology**
Sub specialist of internal medicine who deals with disorders of the kidney.
- All doctors at this location
  1317 W. Foothill Blvd., Ste. 148,
  Upland
  (909) 981-5882

**OB/GYN**
Provides health care during pregnancy and delivery and sees patients for general medical and surgical treatment of the female reproductive systems.

**Frank L. Chiang, M.D.**
160 E. Artesia St., Suite #330, Pomona
(909) 622-5654

**Thomas T. Lee, M.D.,**
4950 San Bernardino Street, #106,
Montclair
(909) 625-0615.

**Pediatrician**
Cares for the health of children from birth through adolescence.

**Bharati Ghosh, M.D.,**
9645 Monte Vista Ave., #304, Montclair
(909) 625-3396

**Ching-Chih D. Huang**
160 E. Artesia Street, Suite #235,
Pomona
(909) 397-5205

**Podiatry**
Involves the medical and surgical treatment of disorders and injuries of the bones.

**Family Foot Center**
Brad Katzman, DPM
728 N. Euclid Ave., Ontario
(909) 984-5614

**MEDICAL FACILITIES**

**Arrowhead Fontana Family Health Center**
16854 Ivy Ave., Fontana
(909) 580-1000
- Inpatient care and outpatient care
- Part of Arrowhead Regional Medical Center

**Dental (909) 920-4766**
- Non-medical
- K-8th grade
- Mon.-Fri., 8:30 a.m.-12:00 p.m.

**Assistance League of the Foothill Communities**
(909) 987-2813
California Children’s Services
150 E Holt Blvd., Ontario
(909) 458-1637
- Medical assistance to handicapped children
- Financial assistance for medically eligible conditions
- Therapy for 21 and under
- Fax: (909) 986-2970

CVUSD Health Services
12970 3rd Street, Room 18, Chino
(909) 628-1201, ext. 8918
- Free shot clinic for student immunization
- Health clinic

Community Health Systems, Inc.
18601 West Valley Blvd., Bloomington
(909) 546-7520
- Care for adults and children
- Optometric services
- Maternal services
- Teen counseling

County of San Bernardino: Department of Behavioral Health
303 E. Vanderbilt Way, San Bernardino
(909) 388-0801
- Referrals for mental health services
- Alcohol and drug abuse
- Anger management
- Parenting issues
- Questions about medications or side effects

East Valley Community Health Center
1555 S. Garey Ave., Pomona
(909) 620-8088
- Low Income Clinic
- Adult Medicine
- Pediatric
- Prenatal
- Behavioral Health
- Dental

Monte Vista Park Medical Clinic
13152 Monte Vista Ave., Chino
(909) 590-7093
- Non-profit clinic for patients from Chino or Chino Hills with no insurance
- Basic care

Moreno Valley Health Center
22675 Alessandro Blvd., Moreno Valley
(951) 571-2350
- Family practice
- Internal Medicine
- Optometry
- Dentistry
- Pediatric healthcare
- Women's health services
- Immunizations
- Physicals
- Pediatrics
- Medi-Cal/Medi-Care accepted
- Sliding scale fees if no insurance

Park Tree Community Health Center
1556 S. Sultana Ave., Ontario
(909) 984-7384
- Care for uninsured or underinsured children ages 0-17
- Adults 18+
- Immunizations
- Vision
- Hearing
- Dental
Western University Medical Center
795 E 2nd Street, Pomona
(909) 865-2565
- Family medicine
- Physical medicine
- Dental
- Eye care
- Limb preservation
- Pharmacy

Tattoo Removal

El Monte Police Department
11333 Valley Blvd., El Monte
(626) 258-8652

Dental Providers

Bloomington Dental Clinic
18601 Valley Blvd., Bloomington
(909) 546-7520
- Optometry
- Medical
- Dental
- Medi-Cal
- Low cost services

Tri County Dental Society
3993 Jurupa Ave., Ste. #104, Riverside
(951) 787-9700
- Represents dentists from Riverside and San Bernardino County
- Non-medical
- Referrals
- www.tcds.org

SAC Clinic
1455 E. 3rd Street, San Bernardino
(909) 382-7120
- Low cost services
- Accepts Medi-Cal
- Sliding Scale

Whitney Young Clinic
1755 Maple Street, San Bernardino
(909) 386-7600
- Low cost services
- Accepts Medi-Cal

Parenting Counseling and Classes

Caritas Counseling Catholic Charities
(909) 763-4970
- Marriage, family, child, parenting, and anger management counseling for free
- Monday-Friday, 8:30 a.m.-5:30 p.m.

Chaffey Adult School
1802 E. 7th Street, Ontario
(909) 391-5365
- Parent/child classes
- High School Diploma, GED, ESL, computer courses
- 18+
Hope Family Resource Center
TYKES Program
12970 Third St., Chino
(909) 628-1201, ext. 8960
- Free parenting classes for parents with children 0-5 years of age.
- 16 week program
- English and Spanish available
- Child care provided.

New Parent Information Kit
735 E. Carnegie Dr., Ste. 150, San Bernardino
(800) 543-7025
- Free kit includes information on child safety, nutrition, early learning, and child care
- Must be a California resident and provide proof of address
- For parents with children 0-5 years old
- www.first5californai.com

San Bernardino Valley College
701 S. Mt. Vernon Ave, San Bernardino
(909) 384-4400
- Positive discipline workshops
- Family literacy activities
- Health & wellness information
- College courses available
- Counseling Services

West End Family Counseling
855 N. Euclid Ave., Suite 3, Ontario
(909) 983-2020
- Counseling 0-5 start program
- Various psychiatric problems
- Hotline: (888) 743-1478
- After Hours Hotline: (909) 983-5632

PARENTING SERVICES:
INFORMATION AND SUPPORT GROUPS

AARP (American Association of Retired Persons)
(877) 333-5885
- Access to health insurance, automobile insurance, homeowners insurance, and other services from AARP
- Discounts on travel
- Learn more about healthy living, financial planning, consumer protection, and caring for parents
- www.aarp.org

Family Services Counseling Agency of San Bernardino
1669 N. E Street, San Bernardino
(909) 886-6737
- Monday-Thursday, 9:00 a.m.-9:00 p.m.

Families Anonymous
(800) 736-9805
- www.familiesanonymous.org
- 12 Step Fellowship for the family and friends of those individuals with drug, alcohol, or behavioral related issues.

Grandparents As Parents
22048 Sherman Way, Suite #217, Canoga Park
(818) 264-0880
- Support group
- Referral service
- Social Services
- www.grandparentsasparents.org
New Day Counseling Center  
11780 Central Ave., Suite #100, Chino  
(909) 517-2020  
- Parenting Classes (Court Approved)  
- Parenting on Domestic Violence and Child Abuse  
- Therapy for family and children through referral or cash patients, if needed.  
- Sex offenders program; must be referred  
- www.newdayinstitute.org  

Parents Anonymous  
250 W. 1st. St., Ste. 250, Claremont  
(909) 621-6184  
- Self-help group for parents who physically, verbally, emotionally, or neglectfully abuse their children.  
- Parent insured leadership  
- Donations accepted  

The Access Unit  
303 E. Vanderbilt Way, San Bernardino  
(888) 743-1478  
- Telephone service with professional counselors for behavioral health clients, families, and providers. Call to get crisis help.  
- Can help clients with medical or no insurance  
- Provides screenings and referrals to the entire system of care including fee-for-service, contract, and department of behavioral health provides  
- Access to all languages  

United Fathers of America  
1651 E. 4th Street, Suite #107, Santa Ana  
(714) 558-7949  
- Advocate for father’s rights  
- Case management and organization  
- General education and information about family court  
- www.unitedfathers.org  

POLICE/SHERIFF DEPARTMENTS WESTERN SAN BERNARDINO COUNTY  

Emergency Number Only 9-1-1  

California Highway Patrol  
9530 Pittsburgh Street, Rancho Cucamonga  
(909) 980-3994 Business  

Chino Police  
5450 Walnut Ave., Chino  
(909) 628-1234 NON EMERGENCY  

Chino Hills Sheriff Station  
14077 Peyton Dr., Chino Hills  
(909) 364-2000  
(909) 465-6837 NON EMERGENCY  

Colton Police  
650 North La Cadena Dr., Colton  
(909) 825-2211 EMERGENCY  
(909) 370-5000 Business  

Fontana Police  
17005 Upland Ave., Fontana  
(909) 822-1121 EMERGENCY  
(909) 350-7740 Business  
(909) 350-7700 Non-emergency
Montclair Police
4870 Arrow Hwy., Montclair
(909) 621-4771 Dispatch
(909) 448-3600 Business

Ontario Police
2500 S. Archibald Ave., Ontario
(909) 395-2001

Pomona Police
490 W. Mission Blvd., Pomona
(909) 620-2155 Business
(909) 622-1241 Non-emergency

Rancho Cucamonga Sheriff
10510 Civic Center Dr., Rancho Cucamonga
(909) 941-1488 EMERGENCY DISPATCH
(909) 477-2800 Business

Rialto Police
128 N. Willow Ave., Rialto
(909) 820-2578 Business
(909) 875-3210 Business

San Bernardino Police Department
710 N. D Street, San Bernardino
(909) 384-5742 Business
(909) 383-5311 Non-emergency

San Bernardino County Sheriff
655 E. 3rd Street, San Bernardino
(909) 387-3545
(909) 988-6571 Central Dispatch
• Serves unincorporated areas of Chino, Chino Hills, Claremont, Upland, Montclair, Ontario and Fontana.

Upland Police
1499 W. 13th Street, Upland
911 EMERGENCY
(909) 946-7624 Business

ASSURE Pregnancy
9161 N. Sierra Ave., Ste. #108, Fontana
(909) 232-8460
• Pregnancy tests
• Ultrasounds
• STI testing
• Options counseling
• Health information
• Abortions
• www.assurepregnancy.org

Bethany Christian Services
14125 Telephone Ave., Ste. #12, Chino
(909) 465-0057
• Free Crisis and Pregnancy Counseling
• ADOPTS program
• Adoption services
• Post adoption counseling
• Client must call for services
• Licensed foster care while making decision for one month
• Provide resources for women

PREGNANCY INFORMATION, ASSISTANCE & HOTLINES
Family Planning Associates Group
1996 Indian Hill Blvd., Pomona
(909) 626-2463
- No age limits, no counseling
- Fees for medical services
- Free pregnancy testing
- Abortions performed, tubal counseling, no tubal ligation
- Annual exams
- STD testing
- www.familyplanning.org

LDS Family Services
15501 San Fernando Mission Blvd., Ste. 302, Mission Hills
(818) 781-5511
- Counseling
- Marriage and Family Counseling

Planned Parenthood
1873 Commercenter W, San Bernardino
(909) 890-5511
- Counseling, contraceptives, pregnancy testing, abortions
- Sliding scale
- Covering San Bernardino and Orange Counties
- www.plannedparenthood.org

St. Anne’s
155 N. Occidental Blvd., Los Angeles
(213) 381-2931
- Residence for pregnant teens
- Must be single and 14-23 years old
- No cost if single, under 18, and mother commits
- Foster care available
- S.C. counseling center
- www.stannes.org
  mailto:stannes@stannes.org

WIC – Food Program for Pregnant Women & Children
4774 Riverside Drive, Chino
(888) 942-2229
- The WIC food packages provide supplemental foods designed to meet the special nutritional needs of low income pregnant, breastfeeding, non-breastfeeding, postpartum women, and children up to five years of age.
- Breast feeding clinics
- Referrals
- www.phfewic.org

Breastfeeding National Network Breast Feeding Network Medela INC.
P.O Box 660, McHenry, IL
(800) 835-5968
- Information Services
- Nursing Bras
- Milk Banks & Special Needs
- Videos & Books
- www.breastfeedingnetwork.org

La Leche League
(877) 452-5324
- Breastfeeding assistance
PRISONER & PAROLEE SERVICES

Crossroads Inc.  
250 W. 1st St., Ste., 254 Claremont  
(909) 626-7847  
- Home for female parolees re-entering the community  
- Residential therapeutic community

PRISONS

California Institution For Men Chino  
14901 Central Ave., Chino  
(909) 597-1821  
- CIW houses inmates with special needs such as pregnancy, psychiatric care, methadone, and medical problems such as HIV infection

California Institution For Women Chino  
16756 Chino Corona Rd., Chino  
(909) 597-1771

RESIDENTIAL FACILITIES & SUPPORT SERVICES

Boys Republic  
1907 Boys Republic Dr., Chino Hills  
(909) 628-1217  
- Group/family counseling for students in placement.  
- Education, vocational/work experience  
- ILP and after care programs  
- Must be a ward or dependent of the court

Casa Colina Centers for Rehabilitation  
255 E. Bonita Ave., Pomona  
(909) 596-7733  
- Comprehensive inpatient and outpatient medical rehab. With emphasis on spinal cord injury, stroke, chronic pain, brain injury, and pulmonary rehab.  
- Physician Services  
- www.casacolina.com

D.O.V.E.S.  
41943 Big Bear Blvd., Big Bear  
(909) 866-1546  
- Bilingual Services  
- Walk-ins welcome  
- Domestic Violence Educational classes  
- No fee for services  
- Child/individual counseling  
- Legal advocacy  
- Educational information  
- Emergency food and clothing  
- 60 day shelter available depending on circumstances
David & Margaret Home
1350 3rd Street, La Verne
(909) 596-5921
- Residential program for teenage girls
- Adoption assistance
- Foster Family Agency
- Vocational skills training for foster youth
- Intakes

Family Assistance Program
15075 7th St., Victorville
(760) 843-0701
- Domestic violence counseling
- Assistance in receiving restraining orders
- Walk-ins are accepted for the outreach program and assistance in receiving restraining orders
- Anger management counseling
- Parenting skills counseling
- www.familyassist.org

Family Services Association of Redlands
612 Lawton Street, Redlands
(909) 793-2673
- Provides rental assistance
- Food and clothing
- Parenting classes

Foothill Family Shelter
1501 W. 9th St., Ste. D, Upland
(909) 920-5568
- Transitional housing for families
- Pay stub, proof of enrollment in school, and drug test required
- Clothing Bank
- Support services, basic necessities
- Services offered for homeless individuals with unresolved misdemeanors
- Emergency food assistance
- Open Tues-Fri, 9:00 a.m.-5:00 p.m. (closed lunches, 12:00-1:00 p.m.)
- Must call for appointment
- Adults must have picture ID
- Service area: Claremont, Montclair, Ontario, Pomona, Rancho Cucamonga, Upland
- www.foothillfamilyshelter.org

Frazee Community Center
1140 W. Mill Street, San Bernardino
(909) 889-4424
- Transitional housing for male veterans referred by the VA
- Case management for vet males
- Food, clothing, and counseling

God Cares and Opens Doors
2646 E. Base Line Rd., Rialto
(909) 938-9856
- Provides assistance to men on parole with meals, shelter, and help finding a job

Haley House
703 E. Main Street, Barstow
(760) 256-3733
- Assists women and children from all areas
- Bilingual services available
- Provides domestic violence outreach services for women and children, as well as legal assistance, and housing assistance
- Walk-ins welcome
- Hotline: (760) 256-3441

House of Ruth
599 N. Main St., Pomona
(909) 623-4364
- Serves LA & SB Counties
- Up to 30 day stay for women & children with domestic violence issues
- Can call collect if no money
- Counseling for children/teens
- Monday-Friday, 9:00 a.m.-5:00 p.m.
- 24 hour hotline: (877) 988-5559

Housing Authority, County of SB
715 E. Brier Drive, San Bernardino
(909) 890-0644
- Low income housing and section 8 program
- Mon.-Thurs., 7:30 a.m.-5:00 p.m.
- Fri., 7:30 a.m.-4:30 p.m. (Closed every other Friday)
- www.hacsb.com
Inland Housing Solutions
P.O. Box 239, Loma Linda
(909) 796-6381
- Email: info@ithomes.org
- Rapid Rehousing Program for homeless families with at least one child under the age of 17
- Designed to place families in permanent housing
- Support services, job skills assessment
- Counseling, food, and clothing assistance
- Mon.-Thurs., 9:00 a.m.- 4:00 p.m.
- Friday, 9:00 a.m.-1:00 p.m.
- Case Management
- www.ithomes.org

Inland Valley Hope Partners
1753 N. Park Ave., Pomona
(909) 622-3806
- Food Security Program: Locations in Ontario, Pomona, Claremont, Upland, Chino and San Dimas
- Housing programs: Our House Shelter, Rapid Rehousing, and Claremont Homeless Advocacy Program
- Healthy Living Programs: Hope Partners @ Amy’s Farm, Gleaning Hope and the Pomona Valley Certified Farmers Market
- Monday-Thursday, 8:00 a.m.-6:00p.m.
- http://inlandvalleyhopepartners.org/

Le Roy Haynes Center
233 W. Baseline Road, Box 400, La Verne
(909) 593-2581
- Operates five major programs: Residential treatment for boys 10-17, emancipation for boys 16-18, independent living for boys 18-20, non-public school, and a foster home program for boys and girls
- Home for abused, abandoned and neglected boys who have emotional and/or behavioral problems
- Referred by parent, DPSS, probation or volunteer basis
- www.leroyhanes.org

McKinley Children’s Center
762 Cypress Street, San Dimas
(909) 599-1227
- Adolescent residential treatment program for boys from 7-15 years old
- Emotional/behavioral problems
- Referred by Dept. of Children & Family Services
- Adoption services
- Development office

Olive Crest - Strong Families, Safe Kids
555 Technology Court, Suite 300, Riverside
(951) 686-8500
- Long-term placement for 2-18 year-old boys & girls
- For abused, neglected and troubled children
- Foster care, adoption programs
- Mon.-Fri., 8:30 a.m.-5:00 p.m.
- www.olivecrest.org

Operation Safe House
9685 Hayes St., Riverside
(951) 351-4418
- Emergency shelter, intervention, and outreach programs to run away, homeless, and youth in crisis.
- Only service teens ages 11-17
- www.operationsafehouse.org

Option House Inc.
813 North D St., Ste. A, San Bernardino
(909) 381-3471
(909) 383-1602 – 24 Hour Line
- Services for battered women and children
- 30 Day shelter
- Food, clothing, childcare, counseling, referral information, domestic violence education, parenting program
- Outreach program includes temporary restraining orders, court support, child custody, and anger diversity
- Bilingual services provided
Pomona Community Crisis Center
232 E. Monterey Ave., Pomona
(909) 623-1588
- pomonacrisis@aol.com
- Walk-Ins and Appointments Welcome
- Drug Screening
- Offers outpatient drug rehabilitation including individual, group, family counseling, and youth counseling for ages 7-21
- Bilingual Services available
- Insurance not accepted for services
- Drug and domestic violence diversion

Path of Life
2530 3rd Street, Riverside
(951) 275-8755
- Shelter
- 60-90 day program
- Aid in employment and housing
- Intakes by appointment only
- www.thepathoflife.com

Salem Christian Homes In.
6921 Edison Ave., Chino
(909) 614-0575
- Residential services for adults who have primary diagnosis of mental retardation.
- www.salemchristianhomes.org

Section 8 Housing
505 S. Garey Ave., Pomona
(909) 620-2368

The Access Unit
(909) 381-2420
- Provides screenings and referrals to the entire system of care
- Professional counselors answer your call
- Access to all languages

Trinity Youth Services
201 N. Indian Hill Blvd., Ste. A-201, Claremont
(800) 964-9811
- Foster Care and Adoption Placement
- Residential Programs
- Community-Based Mental Health Services
- Appointment only
- Email: info@trinityys.org
- http://trinityys.org/

RUNAWAY HOTLINES, FOOD, CLOTHING & SHELTERS

Angels Flight
357 S. Westlake Ave., Los Angeles
(213) 413-2311
- Shelter services for 10-17 year old
- 24 hour crisis (800) 833-2499
- Transportation home, food, clothing
- Temporary shelter, 16-21 days or more if necessary
- Free
- Bilingual staff
- Counseling
- Schooling

California Youth Crisis Line
(800) 843-5200
- 24-hour hotline
- Crisis intervention counseling for ages 12-24
- Information and referrals to services in every county of California
- Homeless youth shelters, youth-serving medical clinics, and on-going counseling services
Casa Youth Shelter
10911 Reagan Street, Los Alamitos
(562) 594-6825, (800) 914-2272
- Runaway and homeless youth, ages 12-17
- Fees based on sliding scale
- 14 day shelter-males and females
- Cannot accommodate youth with physical disabilities, substance abuse problems, or who are violently or mentally ill
- Parenting classes
- Resident only counseling available for groups, individual and families.

Chino Neighborhood House
13130 6th Street, Chino
(909) 628-5608
- Food provided to families on referral basis
- Toys and food provided to needy families at Christmas
- Mon.-Sat., 9:00 a.m.-2:00 p.m.

City of Chino Housing Department
Housing Division
13220 Central Ave., Chino
(909) 334-3272
- Deferred interest loans
- Home Improvement Grant and Loan Program
- Chino Housing Authority: 13088 Monte Vista Ave, Chino (909) 628-3413

Covenant House California
1325 N. Western Avenue, Los Angeles
(323) 461-3131
- Confidential crisis counseling to parents and youth
- Ages 17-21
- Hotline for runaways, homeless, troubled youth
- www.covenanthousecalifornia.org

Crossroads
250 W. 1st St., Ste. 254, Claremont
(909) 626-7847
- Transitional home for women on parole
- Anger management counseling
- Life skills training
- Up to 6 month stay

Missing Children’s Hotline
(800) 843-5678
- 24-hour service
- Bilingual assistance

National Runaway Safeline
(800) 786-2929
- Referrals for runaways and parents
- Issues free bus tickets home to returning runaways

Operation Safehouse
9685 Hayes Street, Riverside
(951) 351-4418
- Emergency shelter for at risk youth ages 11-17
- Emergency counseling, substance abuse counseling, food, shelter, and education services provided
- 21 day program includes life skills, STD, and substance abuse awareness

Pomona Homeless Outreach
2040 N. Garey Ave., Pomona
(909) 593-4796
- Emergency food
- Vouchers for utilities and rent when available

Pomona Inland Valley Council of Churches
1753 N. Park Ave., Pomona
(909) 622-3806
- Emergency food, shelter, and supportive services
Pomona Neighborhood Center
999 W. Holt Ave., Suite D, Pomona
(909) 524-9799
- Provides assistance to homeless and low income individuals and family
- Emergency food/shelter
- Educational counseling, job development, placement

Runaway Adolescent Project-RAP
16360 Rascoe Blvd., Van Nuys
(323) 466-7776
- Services for 14-17 year olds
- Assistance in finding shelter and permanent placement in foster home or group home
- Food, clothing, brief counseling

Salvation Army
490 E. La Verne Ave., Pomona
(909) 623-1579
- Food, clothing, shelter, and other services
- [www.salvationarmyusa.org](http://www.salvationarmyusa.org)

Shelter Info Line-211 Los Angeles
(800) 339-6993

The H Street Clinic
1329 N. H Street, San Bernardino
(909) 381-0803
- Provides advocacy, public policy, and education services
- Resource sharing to help primary care clinics maintain and strengthen their regional network of quality and accessible care
- Bilingual staff

Traveler’s Aid Society of Inland Empire
2900 E. Airport Dr., Ontario
(909) 957-1258
- Assistance for travelers experiencing crisis situations, including homeless persons, runaways, and persons new in the area
- Bilingual and free
- Office number: (909) 544-5378

Youth Crisis Line
(800) 843-5200
- 24 Hours-Statewide
- Crisis intervention counseling, confidential phone line

**SENIOR SERVICES**

Adventist Community Team Services
24914 Barton Rd., Loma Linda
(909) 796-8357
- Provides Meals on Wheels for senior citizens.
- [www.ureachlluc.com](http://www.ureachlluc.com)

Agewise Program
850 E. Foothill Blvd., Rialto
(909) 421-9470, (800) 451-5633
- Senior/peer counseling
- In-home and on-site mental health counseling
- Case management to seniors 60+

Alzheimer’s Association Helpline
(800) 272-3900
- Sponsors family support groups for caregivers
- Provides information on medical, nursing, and respite care
- Many different languages available
- Confidential care consultation provided
- [www.alz.org](http://www.alz.org)
Arrowhead United Way
646 North D Street, San Bernardino
(909) 884-9441
• Referral services
• Mon.-Fri., 8:00 a.m.-5:00 p.m.

Catholic Charities
1450 N. D Street, San Bernardino
(909) 391-4882, (909) 481-7196, (909) 388-1239
• Gas utility assistance
• Call to make an appointment
• San Bernardino/Riverside Counties
• Mon.-Fri., 9:00 a.m.-5:00 p.m.

Chino Senior Center
13170 Central Ave., Chino
(909) 334-3271
• Case management
• Nutrition information
• Senior companionship program
• Recreational activities, medical Equipment availability
• Trips
• Transportation
• Mon.-Sat., 8:00 a.m.-8:00 p.m.
• Sun., 10:00 a.m.-6:00 p.m.

City of Montclair Senior Services
5111 Benito Street, Montclair
(909) 625-9483
• Recreation, counseling, and medical clinic programs

Community Senior Services
141 S. Spring Street, Claremont
(909) 621-9900
• Programs, services, and support for senior citizens, aging adults, and caregivers
• Mon.-Fri., 10:00 a.m. 4:00 p.m.
• www.communityseniorservices.com

Department of Aging & Adult Services
686 E. Mills Street, San Bernardino
(909) 891-3900
• Info. and referral service for seniors and others
• Advocate for residents of Fontana, Chino, Chino Hills, Upland, Ontario, Montclair, Alta Loma and Rancho Cucamonga.
• Rancho Cucamonga: (909) 948-6200

Elder Abuse Hotline
(877) 565-2020
(800) 392-0210

Fountains at Sierra Apartments
16946 Ceres Ave., Fontana
(909) 854-8783
• Senior housing for ages 55 and older

HICAP-Health Insurance Counseling and Advocacy Program
(800) 434-0222
• Medi-Care
• Counseling
• Free
• Legal help and representation

Highland Senior Center
3102 E. Highland Ave., Patton
(909) 862-8104
• Companion program
• Weight loss program
• Trip program

Inland Christian Home Inc.
1950 Mountain Ave., Ontario
(909) 983-0084
• Provides comprehensive retirement and health care services for the elderly
• Independent and Assisted Living
• Skilled Nursing
• Memory Care
• In-Home Care Services
• www.ichome.org
Inland Fair Housing & Mediation Board
1500 S. Haven Ave. Suite 100, Ontario
(800) 321-0911, (909) 460-0274
- Default and foreclosure counseling
- Senior services/ shared housing
- Information and workshops on fair housing
- Mobile home mediation
- Mon.-Fri., 8:00 a.m.-5:00 p.m. (Closed lunches 12:00-1:00 p.m.)
- www.ifhmb.com

Inland Valley Volunteer & Resource Center
436 W. Fourth Street, Ste. 201, Pomona
(909) 623-1284
- Recruitment and referral of volunteer retirees to over 350 non-profit partners
- Mon.-Wed., 8:30 a.m.-4:30 p.m.
- Fri., 8:00 a.m.-1:00 p.m.
- Evenings and Thursday by appointments only
- Email: ivvrcoffice@gmail.com
- www.SoCalServiceCorps.org

Joslyn Senior Center
660 N. Mountain Ave., Claremont
(909) 399-5488
- Lunch program
- Information and referrals
- Exercise classes
- Health screening
- Case management
- Social activities

Long Term Care Ombudsman Program
686 E. Mill Street, San Bernardino
(866) 229-0284
- Advocates for residents of long term care facilities such as nursing homes, and board-and-care

Meals on Wheels
- Claremont – (909) 621-4018
- Pomona Office - (909) 620-2301
- Montclair Office - (909) 625-9456
- Upland Office – (909) 981-0377
- La Verne Office – (909) 596-1828
- www.mealsonwheelsamerica.org

Mt. San Antonio Gardens
Congregational Homes Inc.
900 E. Harrison Ave., Pomona
(909) 624-5061
- Provides comprehensive and secure life care services, housing, meals, and health care to 470 residents on a 30-acre garden site.

Neighborhood Partnership Housing Services
9551 Pittsburg Ave., Rancho Cucamonga
(909) 988-5979
- Safe home for senior programs
- Foreclosure prevention
- First time buyer down payment assistance
- Affordable Solar panels
- www.nphsinc.org

Oldtimers Foundation
8572 Sierra Ave., Fontana
(909) 829-0384
- Sponsors senior programs
- Nutrition programs
- Home maintenance program
- Retired senior volunteer program

Perris Hill Senior Center
780 E. 21st Street, San Bernardino
(909) 384-5436
- Senior Wellness
- Board games and bingo
- Lunch program
- Line dancing, Yoga, Tai chi
- Ice cream social
- Food distribution, 3rd Wednesday of the month
Pomona Community Services  
499 E. Arrow Hwy., Pomona  
(909) 620-2324  
- Nutrition education  
- Trips  
- Health assessments  
- Volunteer opportunities  

San Bernardino County Aging Services  
Adult Protective Services  
686 Mills Street, San Bernardino  
(909) 891-3900  
(909) 338-6718 Fax  
(877) 565-2020 24-hour hotline  
- Health and human care  

Social Security Office  
1100 E. Holt Blvd., Ontario  
(866) 331-2216  

The Orchards Active Senior Living Apartments  
8185 Palmetto Ave., Fontana  
(909) 356-8526  
- Senior housing for ages 55 and older  

YWCA of San Gabriel Valley  
915 N. Grand Ave., Covina  
(626) 858-8382  
- Provides services that enables and empowers seniors of diverse cultural and economic backgrounds to enrich their lives and live in their own homes with independence, quality of life, and dignity.  

SEXUAL ASSAULT/RAPE SERVICES  

House of Ruth Community Center  
599 Main Street, Pomona  
(909) 623-4364, (800) 656-4673  
- Emergency Shelter  
- Counseling and outreach programs  
- Community education  
- National Sexual Assault Hotline  
- Mon.-Fri., 9:00 a.m.-5:00 p.m.  
- Domestic Violence Hotline:  
  (977) 988-5559  
- http://houseofruthinc.org/  

Pacific - Asian Family and Women’s Emergency Shelter  
3424 Wilshire Blvd., Ste. 1000, Los Angeles  
(323) 966-4590  
- Domestic violence, spouse abuse, sexual assault, child sexual abuse, etc.  
- Space for 18 families  
- Boys up to 12 years, girls of any age  
- 2-4 week stay  
- Emergency transitional shelter  
- Non-residential counseling  
- Support groups for sexual assault  
- 24 hour hotline - 1 (800) 339-3940
Project Sister Pomona/San Bernardino County
363 S. Park Ave. Suite #303
(909) 623-1619
- Sexual assault counseling
- Referrals
- Crisis counseling, awareness education, and other programs
- Accompany to hospital, court, and police
- Self-defense workshops
- Rape survivors support group
- Services are free
- Services for children who have been exposed to any type of abuse.
- Hotline - (909) 626-4357

Rape Crisis Hotline, 24 hours
(714) 957-2737

Riverside Rape Crisis Center
1845 Chicago Ave. Suite A, Riverside
(951) 686-7273
- Counseling, hospital, and court advocacy
- Support groups
- Community education
- Bilingual staff
- Referrals
- Mon.-Fri., 8:00 a.m.-5:00 p.m.

San Bernardino District Sexual Assault Services

444 N. Arrowhead Ave., Suite #101,
San Bernardino
(909) 885-8884
- 24HR Crisis Hotline
- Sexual Assault Services Hotline: (909) 656-4673
- Rape Crisis Hotline: (909) 626-4357
- Sexual assault and domestic violent resources
- Services are free
- www.sbsas.org

Victims of Violent Crimes
- Assistance with court procedures
  Victims must report crime to police
- LA County/ Pomona - (909) 620-3381
- Rancho Cucamonga - (909) 945-4241
- Ontario - (909) 395-2713
- San Bernardino - (909) 387-6540
- Victorville - (760) 243-8619

SUICIDE HOTLINE/ ASSESSMENT TEAMS

Aurora
1161 E. Covina Blvd., Covina
(626) 966-1632
- Inpatient Detoxification
- Residential Treatment
- Partial Hospitalization
- Intensive Outpatient Services
- On-site Chemical Dependency support groups

BHC Alhambra Hospital
4619 Rosemead Blvd., Rosemead
(626) 286-1191
- Free psychiatric Assessment Services
- Can assess children, adolescents, and adults experiencing: Depression, Anxiety, Suicidal ideation, stress, and threatening or destructive behavior.
Canyon Ridge Hospital
5353 G Street, Chino
(909) 590-3700
- 24 hour crisis hotline
- Chemical dependency
- Mental health care

Community Crisis Response Team (CCRT)
Available 24 hours, 365 days
Pager: (909) 535-1316
- West Valley: (909) 458-1517
  Mon.-Fri., 8:00 a.m.-5:00 p.m.
- Assist with: Mental health assessments, relapse prevention, intense follow-up services, on-site crisis intervention community based mobile crisis team.
- Community based mobile crisis team

Loma Linda University Behavioral Medicine Center
Mobile Assessment and Referral Team
(800) 752-5999, (866) 884-2334
- Mobile team only available if open bed exists
- Free assessment

National Hope-Line Network
(800) 784-2433
- www.hopeline.com

National Suicide Help-Line
(800) 273-8255
- Provides 24/7 free and confidential support for people in distress, prevention and crisis resources for you or loved ones.
- www.suicidepreventionlifeline.org

San Antonio Regional Hospital
Crisis Assessment Team
999 San Bernardino Rd., Upland
(909) 985-2811
- Adults only (18 or older)
- No fee for evaluation and referrals

SUPPORT GROUPS

Al-Anon & Alateen
1016 E. Cooley Dr. Suite #C2, Colton
(909) 824-1516
- 12-Step Program
- Family and friends of alcoholic fanatics
- All services free

Canyon Ridge Hospital
5353 G Street, Chino
(909) 590-3700
- Narcotics Anonymous
- Al-Anon
- Over-eaters Anonymous
- Alcoholics Anonymous
- Gamblers Anonymous
- Call for schedules

Del Sol Psychological Center
397 N. Central Ave., Upland
(909) 608-9222
- Domestic Violence
- Anger Management
- Family Counseling
- Individual/ couples counseling

Depression and Bipolar Support Alliance
9800 Baseline Rd., #1, Alta Loma
(800) 826-3632
- 1st & 3rd Wednesday each month
Divorced Fathers
(909) 625-5077
Cyndi Stadler, Ph.D - Private practice
• Support and Counseling

Sex Addicts Anonymous
ISO Office P.O 70949, Houston TX
(800) 477-8191
• National Service Organization of SAA
• www.saa-recovery.org

TEENAGE SERVICES

Anger Management Boot Camp
(714) 458-3976
• Combined group therapy and exercise program.

Boys & Girls Club
1420 S. Gary Ave., Pomona
(909) 242-1110
• Social and recreation facility age 6 and older
• No insurance needed and appointments only

Buena Vista High School For Pregnant Teens
13509 Ramona Ave., Chino
(909) 628-9903
• Credit recovery
• English and Spanish services
• www.chino.k12.ca.us/Page/65

California Youth Crisis Line
(800) 843-5200
• Assists 12-24 years of age including family members
• Crisis counseling by phone
• Family conflict, depression/ referral system
• Based in Sacramento, CA
• http://youthcrisisline.org/

California Youth Connection
3530 Willshire Blvd. Suite 411, Los Angeles
(213) 514-5663
• Promotes the participation of foster youth in policy development and legislative change to improve the foster care system, and strives to improve social work practice and child welfare policy

Chaffey College Re-Entry Program
5885 Haven Ave., Rancho Cucamonga
(909) 652-6000

David and Margaret Youth and Family Services
1350 3rd Street, La Verne
(909) 596-5921
• Residential home for teenage girls ranging from 11-18 years of age
• Foster care program
• Mental health therapist available
• Both walk-ins and appointments
• English and Spanish services
• No service fees
• Mon.-Fri., 9:00 a.m.-5:00 p.m.
• www.davidandmargaret.org

Focus West
211 W. 5th Street, Ontario
(909) 467-5203
• No insurance needed
• Ages 13-18
• Anger Management
• Petty Theft
• Drug/ alcohol
Grit Program
101 E. Redlands Blvd., Ste 203, Redlands
(909) 793-7746
- Anger management
- Drug/Alcohol classes
- Call for appointment
- Israel Riley- Program coordinator

House of Ruth
599 N. Main St., Pomona
(909) 623-4364
- Counseling for teens
- Teen dating violence
- Spanish and English services, other translators upon request
- Hotline: (877) 988-5559

Juvenile Intervention Program
655 E. 3rd Street, San Bernardino
(909) 387-3700
- Ages 13-17
- Juvenile must not have been to Juvenile Hall or currently involved in any ongoing criminal proceedings.
- Must have parent or guardian who is capable and willing to attend.
- Families must reside in San Bernardino County
- Hotline: (909) 387-3676

Loma Linda Hospital Intake Facility
1710 Barton Rd., Redlands
(909) 558-9275
- Individual therapy
- Eating disorders
- Cutting
- English and Spanish services, other translators available

New Beginnings
9637 Arrow Rte., Bld. 4, Suite A, Rancho Cucamonga
(909) 945-8894
- Counseling for mental health
- Parenting/ co-parenting
- No fee and appointment only
- Homeless assistance
- Independent living skills
- Domestic violence
- Depression/anxiety groups
- Reaction activity and tutoring
- Employment agencies
- Drop in center for youth ages 16-25 who need assistance in becoming independent
- Anger management
- Any court related cases in any county

The Olive Branch
9033 Baseline Rd., Suite A, Rancho Cucamonga
(909) 989-9030
- Sliding scale for services
- Victim awareness
- Petty theft
- Anger management
- Drug & alcohol (w/drug testing)
- Parenting/ co-parenting classes

Provisional Accelerated Learning
2450 W. Blake Street, San Bernardino
(909) 887-7002
- Charter High School for boys 14-18 years old, 9th-12th Grade
- Transitional housing, education and employment for youth who have “aged out” of foster care and/or probation system.
- Vocational program for males 18-21 years old.
- Operation Safe Harbor Program
RAP (Rehabilitation Alcohol Program)  
17205 Arrow Blvd., Fontana  
(909) 356-9390  
- Appointments only  
- DUI only  
- Mon.-Fri., 8:00 a.m.-10:00 p.m.

Reach Out  
1126 W. Foothill Blvd., Ste. 250, Upland  
(909) 982-8641  
- Ages 13-21 youth mentor program for foster and probation youth  
- Bilingual services along with walk-ins/appointments  
- Mentor program for youth and parenting classes

San Bernardino City Unified School District/ Adult School  
1200 N. E Street, San Bernardino  
(909) 388-6000  
- 18 years or older  
- Counseling  
- Computer assistance/ tutoring classes

San Bernardino County Sheriff's Dept.  
- Parent Project - (909) 477-2625  
- Young Visionaries - (909) 881-3382  
- Insight Treatment Program  
  (800) 599-8820  
- Homeless Program through DBH  
  (909) 388-5600  
- Gang Reduction Intervention Team  
  (909) 793-7746  
- www.ngycp.org/state/ca2

Shield Program for Adolescent Self-Injury  
1710 Barton Rd., Redlands  
(800) 752-5999  
- Helps teens learn ways to cope with extreme emotions without resorting to self-injury

Teen Line Online  
(800) TLC-TEEN  
(310) 855-HOPE (4673)  
- www.teenlineonline.org

YJC - Youth Justice Center  
900 E. Gilbert Street, Bldg. 31, San Bernardino  
(909) 387-7358, (909) 387-7359  
- 12-18 years old  
- Anger management  
- Drug/alcohol  
- Gang awareness  
- Parenting  
- Petty theft  
- Truancy program

**MILITARY SCHOOLS**

Military Schools Information for troubled Teens  
(866) 826-8990  
- AKA Parent Help

American Christian Academy  
9229 Utica Ave., Ste., 130, Rancho Cucamonga  
(877) 226-2399

Youth Alternative Solution Program (YASP)  
(909) 558-4077  
- Drug and alcohol education program  
- All teens between 13-18 years old  
- Referrals accepted
The American Legion Post 229
13759 Central Ave., Chino
(909) 628-2080
- Nonprofit veterans club
- Service officer available to help with VA claims and claims regarding health issues
- Community service projects available
- Various youth outreach programs
- Recreation hall available for public rental of private events
- $40/year membership required

The American Legion Post
11201 Benton Street, Loma Linda
(909) 825-7084

Department of Veteran Affairs
8575 Haven Ave., Rancho Cucamonga
(909) 948-6470
- Mon.-Thurs., 8:00 a.m.-4:00 p.m.
- Closed Fridays

East Los Angeles Outpatient Clinic
5426 E. Olympic Blvd., Los Angeles
(323) 725-7372
- General mental health
- Only for veterans in combat with honorable discharge
- PTSD treatment
- Purple heart owners are free
- Mon.-Fri., 7:70 a.m.-4:00 p.m.

East Los Angeles Vet Center
5400 E. Olympic Blvd., Ste. 140, Commerce
(323) 728-9966
- Counseling services
- Cost is free for all services
- Veterans with trauma
- Combat veterans only

Frazee Community Center Shelter
1140 W. Mill Street, San Bernardino
(909) 889-4424
- Provides emergency food, shelter, and clothing
- Homeless veterans program available
- Transitional housing offered

Gardena Outpatient Clinic
1149 W. 190th St., Gardena
(310) 851-4705
- Audiology and lab services
- Mental health
- Veterans only
- 2 years of active service requirement
- Sliding scale cost
- VA apply for benefits first

Lancaster Community Based Outpatient Clinic
(661) 729-8655
- Primary care
- X-ray lab & dietitian
- Audiology
- Veterans only with honorable discharge
- Sliding scale cost

Loma Linda Medical Center
11201 Benton Street, Loma Linda
(909) 825-7084
- No pediatrics
- Full service hospital for all needs and medical services
- Provides medical services to veterans
- DOD triactive-Dependence active retired
Los Angeles Veterans Resource Center
1045 W. Redondo Beach Blvd., Suite 150, Gardena
(310) 767-1221
- PTSD counseling
- Marriage counseling
- Trauma and Medical referrals
- Homeless Services
- Domestic Violence
- Have to have been in a war but not specifically combat

Oxnard Outpatient Clinic
1690 Universe Cir., Oxnard
(805) 204-9135
- Primary Care
- Psychologist/Psychiatrist
- Veterans only with honorable discharge
- Mental Health Services
- Sliding Scale Costs

San Luis Obispo-Pacific Medical Plaza
1941 Johnson Ave., San Luis Obispo
(805) 543-1233
- Veteran Clinic
- Application required
- Primary and Audiology Care
- Co-pay for Primary care is $15- Specialty is $50

Ventura Vet Center
790 E. Santa Clara Street, Suite 100, Ventura
(805) 585-1860
- Re-adjustment Program
- Vocational rehab
- Career Services
- Services free for all veterans
- Counseling
- Call first for appointments, walk-ins available
- Services are only for Veterans and Veteran’s dependents
- Must be a combat veteran or have MST (Military Sexual Trauma)

Veteran of Foreign War
1341 E. D Street, Ontario
(909) 986-9066
- Services are for Veterans and Veteran’s dependents
- Transition to civilian life
- Financial services
- Insurance benefits
- End of life services
- Travel services
- Contact Johnny Dunkin

Vetlink (Veteran Services)
- www.211sb.org
- Extensive database with a broad source of resources, including veteran assistance information

West Los Angeles Medical Center
11301 Wilshire Blvd., Los Angeles
(310) 478-3711
- Mental health services
- Pharmacy, Veteran research, teaching
- Full-service hospital
- Veterans only

West Los Angeles Vet Center
5730 Uplander Way, Ste. 100, Culver City
(310) 641-0326
- PTSD Counseling Service
- Career and Job services
- Available to veterans or dependent spouses
- Free on all levels
VICTIM ASSISTANCE

Bridge Community, LLC
12554 Central Ave., Chino
(714) 458-3976
- Sliding scale for fees
- Counseling and Case Management
- Provide individual and group therapy for victims of crime resulting in: grief/loss, anxiety, post-traumatic stress disorder, depression, and anger.
- Appointments only
- English/Spanish services

Victims Witness Assistance Program
400 Civic Center Plaza, Room 201, Pomona
(909) 620-3381
- Aid in obtaining reimbursement for medical expenses, loss of income/support, therapy, and funeral expenses.
- No service fee
- Both walk-in and appointments are available.
- English/Spanish services

Victim’s Witness Advocacy Program
8303 Haven Ave., Rancho Cucamonga
(909) 945-4241
- Court escorts
- Crisis intervention
- Counseling
- Referral to community agencies

WEBSITES (RESOURCES)

ALCOHOL AND DRUG

www.ca.org
- Cocaine Anonymous website provides references to local area chapters.

www.casacolumbia.org
- The National Center on Addiction and Substance Abuse at Columbia University. Provides informative studies, articles and statistical information.

www.drugfree.org
- Take Action Against Substance Abuse and Gun Violence. Join together is a project of the Boston University School of Public Health. Information, studies and articles against substance abuse and gun violence.

www.madd.org
- Mothers Against Drunk Drivers (MADD) website.

www.samhsa.gov
- US Department of Health and Human Services for Alcohol & Drug Information (fact sheets).

www.womenforsobriety.org
- Self-help program for women with drinking problem
COUNSELING AND MISCELLANEOUS SUPPORT GROUPS

www.adaa.org
- Anxiety Disorders Association of America

www.add-adhdinfo.com
- ADHD information.

www.allaboutcounseling.com
- Provides general information, discussions, therapist directory, other counseling site links and professional resources.

www.griefshare.org
- Provides grieving people throughout the internet community a place to access information, exchange idea, and share their own personal experiences in regards to the grieving process as well as provides list of local support groups.

www.gamblersanonymous.org
- Helpful information and links to support groups.

www.kidsturn.org
- A non-profit organization to help kids and parents through divorce.

www.marriagebuilders.com
- Helpful tips and information to help build a happy marriage.

www.mediate.com
- Family Mediators

www.mentalhealthscreening.org
- Depression screening

www.nhpco.org
- Hospice Care/Grief Counseling (800) 658-8898 National Hotline.

www.ncpgambling.org
- Referrals to mental health professionals trained to work with gamblers and their families.

www.peaceathome.com
- Domestic Violence: The Facts (under “products”).

www.pflag.org
- Parents, Families and Friends of Lesbians & Gays.

www.psychologytoday.com
- Search for a Therapist, self-tests, advice and general information.

www.sa.org
- Helpful information and links to support groups for
- Sexaholics Anonymous.

www.selfinjury.com
- SAFE (Self Abuse Finally Ends) Alternatives to self-mutilation.

www.stepfam.org
- National step family resource center.

www.steptogether.org
- Online support for step families.

www.survivorsofsuicide.com
- Helpful information and links to support groups.

www.suicidepreventionlifeline.org
- Suicidal prevention hotline.

www.thetrevorproject.org
- Support to gay, lesbian, bisexual and transgender youth.

www.autismsupportnetwork.com
- Dedicated to resources concerning autism.

www.teenhelp.com
- Advice for parents and teens.
WEBSITES (GOVERNMENT AGENCIES)

City of Chino
www.cityofchino.org
- City of Chino homepage provides City history, information on departments, services, and community programs available throughout the city.

City of Chino Police Department
www.chinopd.org
- City of Chino Police homepage provides links and information to department bureaus, specialty units and volunteer programs.

California, State of (Homepage)
www.ca.gov
- Homepage provides links to all statewide programs, services, aid, and resources available in California.

California Department of General Services
www.dgs.ca.gov
- To ensure quality, cost-conscious, and timely assistance and support to state and other public agencies so they can efficiently deliver necessary and essential services to citizens.

California Department of Social Services
www.dss.cahwnet.gov
- To serve, aid, and protect needy and vulnerable children and adults in ways that strengthen and preserve families; encourage personal responsibility; and foster independence.

California Department of Education (CDE)
www.cde.ca.gov
- Provides leadership, assistance, oversight, and resources so that every Californian has access to an education that meets world-class standards.
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