

HEALTH SERVICES / SERVICIOS DE SALUD

Arrowhead Regional Medical Center..... (909) 580-1000
Asthma Referral & Education Program
Public Health (800) 782-4264 #7
Breathe Mobile (Asthma)..... (909) 213-3341
Family Health Centers - Scheduling..... (855) 422-8029
Coordinated Asthma Referral & Education
Public Health **(800) 782-4264**
Asthma home visits for children & youth 0 to 18
Colorado River Medical Center (760) 326-7100
Free Health Check-Ups and Physical Exams
for school/sports - children and youth up to 21 years
of age. *Gratis-Examen de Salud/Escolar/Deporte para*
niños/adolescentes hasta 21 años de edad.
Public Health **(800) 722-3777**
Inland Empire Community Clinic (909) 877-0510
Inland Family Community Health Center.. (909) 708-8158
Kids Come First Community Clinic..... (909) 984-7384
Public Health Information (800) 782-4264
Redlands Community Hospital
Family Clinics (909) 335-5799
SAC-Norton Clinic (909) 382-7100
Social Action Community Health System.. (909) 382-7100
Victor Valley Global Medical Center (760) 245-8691
Whitney Young Clinic..... (909) 386-7600

NUTRITION / FOOD SERVICES

NUTRICION / SERVICIOS DE ALIMENTOS

The Lord's Table (Victorville) (760) 241-2043
Senior Nutrition Services (800) 510-2020
Meals on Wheels - Upland (909) 981-0377
Women, Infants & Children (WIC) (909) 252-5170
WIC Desert Area & All Cities (800) 472-2321

PARENTING SUPPORT SERVICES

SERVICIOS DE APOYO PARA PADRES DE **FAMILIA**

Boys and Girls Club (San Bernardino) (909) 888-6751
Barstow..... (760) 255-2422
Catholic Charities Counseling Services.... (909) 763-4970
High Desert
St. Mary's Med. Center..... (760) 242-2311 ext. 8368
Children and Family Services (CFS)
San Bernardino..... (909) 388-1900
Barstow..... (760) 957-1540
Victorville (760) 243-6640

Community Hospital of San Bernardino

Classes for Parents-To-Be..... (909) 887-6333 ext. 4734
Early Start Family Resource Network..... (800) 974-5553
Family Service Agency (909) 886-6737
National Runaway Hotline
Help Parents Locate Runaway Child..... (800) Runaway
(800) 786-2929

St. Bernardine Medical Center

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

SEXUALLY TRANSMITTED DISEASES

ENFERMEDADES TRANSMITIDA

SEXUALMENTE

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

SOCIAL SERVICES /GOVERNMENT

ASSISTANCE PROGRAMS

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

Child Care Resource Center (800) 722-1091
Child Support Services (All Cities)..... (866) 901-3212
Children's Network (909) 383-9677
Department of Aging and Adult Services.. (909) 891-3900
Children and Family Services (CFS) (909) 386-1100
*alternate number for CFS..... 1-(800) 827-8724
Workforce Development Department (WDD)
Hesperia (760) 949-8526
San Bernardino..... (909) 382-0440
Probation Department
Adult Information..... (909) 386-1810
Juvenile Information (909) 383-2700
Social Security Administration (800) 772-1213
TTY Number (800) 325-0778
Transitional Assistance Department (TAD) 1-(877) 410-8829
(CalWORKs, Medi-Cal, CalFresh, Foster Care, General
Assistance and Welfare/Cash Aid)

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



COMMUNITY RESOURCES *SERVICIOS EN LA COMUNIDAD*



Transitional Assistance

Dial 2-1-1 or 1-888-435-7565

For more free & confidential information and resources

24-Hours a day, 7 days a week

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

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

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

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

ALCOHOL / DRUGS / TOBACCO ALCOHOL / DROGAS / TABACO

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

BIRTH CONTROL / PREGNANCY TESTING AND COUNSELING

CONTROL DE LA NATALIDAD / PRUEBA DE
EMBARAZO Y CONSEJERIA

County Reproductive Health/STD Services (800) 722-4777
Emergency Contraception Hotline (800) 712-4357
Planned Parenthood (S.B. - Call Center) . (909) 890-5511
Pregnancy Counseling Center (818) 895-2500

CAR SEATS / ASIENTOS DE SEGURIDA

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

COUNSELING / MENTAL HEALTH SERVICES APOYO PSICOLOGICO / SERVICIOS DE SALUD MENTAL

Access Unit (Counseling Referrals)
Department of Behavioral Health (888) 743-1478
Alta Loma Psychological Association (909) 980-3567
Barstow Counseling (760) 255-5700
Calvary Chapel - Fontana and Rialto* (909) 820-7300
High Desert* (760) 948-2812
Chino Human Services (909) 591-9822
Family Counseling (Big Bear) (909) 866-5721
Lutheran Family Services (909) 866-5070
Crestline (909) 867-7228
House of Ruth's Teen Violence (909) 623-4364
Mesa Counseling (Rialto) (909) 421-9200
Needles Center for Change (760) 326-4590
Redlands Psychological & Family Services (909) 793-8312
Samaritan Counseling Center (Upland).... (909) 985-0513
Victor Valley Community Services Council
"First Call for Help" (Referral Only) (760) 243-9646
West End Counseling (Ontario) (909) 983-2020
Vista Community Counseling (Fontana) ... (909) 347-1300

DENTAL HEALTH / SALUD DENTAL

Loma Linda School of Dentistry Clinic (909) 558-4222
SAC Clinic (Closed Fridays) (909) 383-8092
Tri-County Dental Society (951) 787-9700
Victor Valley Community Services (760) 243-9646
Whitney Young Clinic (909) 386-7600

DOMESTIC VIOLENCE / SHELTERS AND HOTLINES

VIOLENCIA DOMESTICA / REFUGIO Y LINEA
DE EMERGENCIA

A Better Way (High Desert) (760) 955-8010
Adult & Elder abuse hotline (877) 565-2020
Child Abuse Hotline (800) 827-8724
Desert Manna Ministries (760) 256-7797
Desert Sanctuary / Haley House (760) 256-3441
Doves Domestic Violence Outreach (909) 866-1546
Shelter - Crisis Hotline (800) 851-7601
High Desert Domestic Violence (866) 770-7867
Outreach Services (760) 242-8877
House of Ruth (909) 988-5559
Inland County Legal Services (909) 884-8615
Legal Aid (9:00 a.m. - 12:00 noon) (909) 889-7328
Morongo Basin Unity Home (760) 366-9663
Option House (909) 381-3471
Project Sister (909) 623-1619

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

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

American Red Cross (909) 888-1481
(760) 245-6511
Catholic Charities
East Valley (909) 880-3625
High Desert St Mary Medical Center (760) 241-6666
West Valley (909) 481-7196
Central City Lutheran Mission (909) 381-6921
Community Action Partnership (CAP)
Homeless Coalition (Referral Only) (909) 723-1500
Foothill Family Shelter (Upland) (909) 920-5568
High Desert Homeless Services (760) 245-5991
Housing Authority (Section 8)
San Bernardino & Redlands (909) 890-9533
Ontario Area (909) 983-1318
Victorville Area (760) 243-1043
Inland Temporary Homes (San Bernardino) . (909) 885-0600
Inland Valley Hope Partners
(Homeless Outreach) (909) 622-3806
Mercy House Walk-in Center (Ontario) (909) 391-2630
Operation Provider (Rim Forest) (909) 337-8585
Poison Control Center (800) 876-4766
Salvation Army (San Bernardino) (909) 888-1336
Ontario Area (909) 986-6748
Samaritan Helping Hand (High Desert) (760) 243-5933

HEALTH CARE COVERAGE FOR CHILDREN COBERTURA PARA CUIDADO DE SALUD DE LOS NIÑOS

Access for Infants and Mothers (AIM) (800) 433-2611
California Uninsured Help Line (800) 300-1506
Healthy Families / Medi-Cal (888) 747-1222
IEHP (866) 294-4347
Kaiser Permanente Cares for Kids (800) 255-5053
Molina (800) 526-8196