

## **CRISIS SERVICES**

### **HOTLINES**

<https://weareperseverance.com/blogs/5-steps-on-how-i-escaped-my-abusive-relationship-you-can-too/hotlines>

### **Project Sister Family Services**

*Self Defense Pomona, CA.*

*Offers Prevention and Education Workshops, 24/7 Hotline assistance, Crisis Intervention Services – Accompaniment Program. You can request a counselor to accompany you to forensic medical exams, abbreviated forensic medical exams, investigative interviews by law enforcement, interviews by district attorney, court appearances.*

*Counseling Programs, Support Groups, Walk-in Clinic*

*Rape Crisis Hotline: 909-626-4357*

*Child Abuse Hotline: 626-966-4155*

<https://projectsister.org/our-history/>

## **PREVENTION & EDUCATION**

### **10 things you can do to prevent child abuse**

<https://www.dcyf.wa.gov/safety/prevent-child-abuse>

### **SIGNS & TYPES OF ABUSE**

<https://www.tameside.gov.uk/AdultServices/Safeguarding-Adults-Signs-and-Symptoms-of-Abuse>

### **TYPES OF ABUSE**

*Identify Abuse, create a safety plan, find local resources across america*

<https://www.thehotline.org/identify-abuse/>

### **BUILDING CAPACITY**

*Find trainings to share tools, materials and resources.*

<https://www.cpedv.org/professional-training-and-services>

### **House of Ruth**

*Serves East Los Angeles and West San Bernardino Counties. Provides Emergency Shelter, Transitional Living Programs, Children's Programs, Child Abuse Treatment Programs, Community Services such as housing, emergency hotline, career counseling, calWORKS(welfare) case management, legal advocacy, community education, on site child care, volunteer programs, prevention education, domestic violence counseling & presentations.*

<https://houseofruthinc.org/services/>

### **Project Sister Family Services**

*Self Defense Pomona, CA.*

*Offers Prevention and Education Workshops, 24/7 Hotline assistance, Crisis Intervention Services – Accompaniment Program. You can request a counselor to accompany you to*

Last Updated 6/20/22

*forensic medical exams, abbreviated forensic medical exams, investigative interviews by law enforcement, interviews by district attorney, court appearances.*

*Counseling Programs, Support Groups, Walk-in Clinic*

*Rape Crisis Hotline: 909-626-4357*

*Child Abuse Hotline: 626-966-4155*

<https://projectsister.org/our-history/>

## **BOOKS**

*The Body Keeps the Score: Brain, Mind & Body in the Healing of Trauma*

Bessel Van Der Kolk, M.D.

*Women Who Run with the Wolves*

Clarissa Pinkola Estes

## **SUPPORT GROUPS/ COUNSELING**

### **Peer Counseling**

*Joaquin Caro has a history in anti-violence work by primarily providing crisis support, safety planning, and empowerment to LGBTQ people who have experienced sexual assault, domestic violence, and hate violence.*

<https://www.jdcaro.me>

### **Alcoholics Anonymous**

Glendale, CA

*Alcoholics Anonymous is a fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The primary purpose is to stay sober and help other alcoholics to achieve sobriety. Hosted at Junior High, a Community art space.*

<http://juniorhighlosangeles.com/calendar?view=calendar&month=06-2022>

### **Peer to Peer Processing Group**

hello@set-intentions.com

*Sustainable Mindfulness & Wellness for  
film & creative professionals.*

*“Each session is an opportunity for you to connect to yourself and others. through peer-to-peer sessions you are able to be heard and validated by your peers, providing a space and sharing whats on your heart, mind and what challenges you are facing. while our programs create a space for sharing in real time, we’ll also journal and reflect creative ways we take care of our own mental and physical health.*

Last Updated 6/20/22

*\*this is NOT therapy nor intended to replace therapy or group therapy. These are peer led processing groups led by a Mental Health First Aider and Mental Health writer & Advocate with lived experience."*

<https://www.set-intentions.com>

### **WE ARE PERSEVERANCE**

*Hosts free workshops for women over 18*

<https://weareperseverance.com/pages/about-us>

### **STRENGTH UNITED**

*Family, violence, child, sexual abuse counseling and advocacy*

<https://www.csun.edu/eisner-education/strength-united/services>

### **HELPING ABUSERS**

<https://www.centerforpreventionofabuse.org/i-need-help-for-someone-else/helping-abusers/>

### **East LA Women's Center**

*Providing safe space for women and families. Latinx centered*

<https://www.elawc.org/>

### **Mariposa Center**

*Not for Profit Organization. Woman Focused. Online Counseling on a Sliding Scale, Group Therapy. Takes care of Depression, Anxiety, Human Trafficking, Domestic Violence, Substance Abuse. Offers Equine Therapy.*

<https://www.mariposacenter.org>

### **South Coast Community Services**

*Must live in San Bernadino County. When you call you will be asked a series of questions to inform the person doing intake what programs they have available. They have some free programs for people who are seeking help for the first time/ do not have health insurance. Must have San Bernardino Medi Cal for other services. Online & In Person.*

*877-527-7227*

<https://www.sccs4kids.org/services/>

### **House of Ruth**

Last Updated 6/20/22

*Serves East Los Angeles and West San Bernardino Counties. Provides Emergency Shelter, Transitional Living Programs, Children's Programs, Child Abuse Treatment Programs, Community Services such as housing, emergency hotline, career counseling, calWORKS(welfare) case management, legal advocacy, community education, on site child care, volunteer programs, prevention education, domestic violence counseling & presentations.*

<https://houseofruthinc.org/services/>

## **Project Sister Family Services**

*Pomona, CA.*

*Offers Self Defense workshops, Prevention and Education Workshops, 24/7 Hotline assistance, Crisis Intervention Services – Accompaniment Program. You can request a counselor to accompany you to forensic medical exams, abbreviated forensic medical exams, investigative interviews by law enforcement, interviews by district attorney, court appearances. Counseling Programs, Support Groups, Walk-in Clinic*

*Rape Crisis Hotline: 909-626-4357*

*Child Abuse Hotline: 626-966-4155*

<https://projectsister.org/our-history/>

## **West End Family Counseling Services**

(909) 983- 2020 Ontario, CA.

“Supported by First 5 San Bernardino and Behavioral Health funding, a specially trained trans-disciplinary team of Agency professionals including mental health therapists, psychologists, pediatrician, and a registered nurse provides Screening, Assessment, Referral, and Treatment for children under the age of seven. We work with children with, anxiety, extreme shyness, aggression, lack of focus, developmental problems and other behavioral and emotional challenges. Our therapists have expertise with children who are struggling in preschool and kindergarten and those with a history of trauma or drug exposure. We provide parents with coaching and parenting skills and training.”

Eligibility: Children in San Bernardino County with Medi-Cal and some children with other insurance may be eligible, or children without insurance can receive services at no cost. English and Spanish services available.

## **LIFT**

Chicago, DC, Los Angeles, New York

National Office Number (202) 289-1151

“Works one-on-one with caregivers of children 0-8 in meeting long term goals in areas of finance, education, and employment...Poverty, like wealth, is passed down from generation to generation. And decades of racial inequity and underinvestment in our communities have kept families trapped in a cycle. Our Mission is to break that cycle by investing in parents. We build families' well-being, financial strength, and social connections to lift two generations at once.”

## **Pacific Clinics**

**San Bernardino Call for Art. County Supervisors Office Art Submissions for Mental Health Month May some work is showcased in a calendar. Meet the artist night.**

## **ADVOCACY**

### **PROJECT SISTER VOLUNTEER ADVOCATE PROGRAM**

*Take a state certified training course to be eligible to be a Crisis Intervention Counselor for Sexual Assault, Provide crisis counseling on the phone and in-person advocacy at hospitals, police stations and in court. You will learn about:*

*Crisis intervention*

*Psychological, sociological, and medical aspects of sexual assault*

*The criminal justice process*

*Legal procedures and valuable social service resources*

*Law enforcement & more*

<http://projectsister.org/get-involved/be-a-volunteer/>

### **Childcare For All Campaign via DSA-LA**

*“(1) Our current childcare system is grossly unaffordable market-based one, under which working families can expect to pay a third of their annual household paycheck on childcare alone.*

*(2) Inadequacy of our current childcare system is also demonstrated by the conditions of childcare workers and providers. In California unorganized childcare workers are paid a median wage of \$23,760.*

*Universal childcare does not currently exist in Los Angeles, or anywhere in the country. Our society must intentionally decide to put the needs of children, their families, and their teachers before the needs of capital, and universal childcare exemplifies the heart of this urgent task.*

*Join this Fight -- [childcare4all@dsa-la.org](mailto:childcare4all@dsa-la.org)”*

### **CREATE POSTERS// INFO GRAPHICS**

Pull a selection of resources off of this sheet or create a QR code and:

1. Create a pretty graphic/short video to share on social media
2. List them on a poster and share them in your community spaces.



**Things you can do now:**

- 1.) Identify your support network, know what friends & loved ones you can lean on.
2. ) Let your friends and loved ones know you appreciate them.
- 3.) Practice & become mindful of consent

**SUBMIT RESOURCES**

Email [marlena.ariana@gmail.com](mailto:marlena.ariana@gmail.com) to submit additional resources to this document or comment on how services from this document have helped you/community.