



Preface

Community Resource Directory – Purpose Statement

This directory is intended to assist in providing helpful referrals for situations that may arise within our families, schools, and the broader community. We hope the information contained in this booklet will be a useful resource for parents, students, and staff seeking support.

Please note: The information in this booklet is subject to change. Every effort has been made to include accurate and up-to-date local resource information.

If you notice any errors or have updated details to share, please complete the **Correction/New Listing Form (Form 60)**. We appreciate your help in keeping this resource current and reliable.



Community Resources

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ABUSED OR LOST CHILDREN

Child Abuse Hotline (800) 827-8724

Child Find America (800) I-AM-LOST or (800) A-WAY-OUT P.

O. Box 277

New Paltz, NY 12561

Hours: Monday - Friday 9:00 a.m. - 5:00 p.m. (Eastern Standard Time)

Services: Registers and helps to locate missing children under the age of 18 years.

Child Protective Services (800) 827-8724

412 W. Hospitality

San Bernardino, CA 92415-0029

Hours: 24-Hour Hotline

For Reporting Child Abuse: If you are unsure whether a child abuse report needs to be made, you may describe the situation to a screener at the above number (without giving any identifying information) and the screener will inform you as to whether or not it is reportable. If a child is suspected of being in immediate danger the local police department should be notified immediately, or call 911.

Fontana Sheriff's Department (909) 829-3728

17780 Arrow Route

Fontana, CA 92335

National Center for Missing and Exploited Children (800) 843-5678

Services: A clearing house for information of technical assistance, training, and publications. Free literature upon request.

Project Sister (909) 623-1619

Services: Project Sister provides a variety of crisis intervention services and outreach and prevention programs

Fees: First 10 sessions are free; additional sessions available on sliding scale schedule (25 cents to \$5.00)

Rancho Cucamonga Sheriff (909) 477-2800

10500 Civic Center Drive
Rancho Cucamonga, CA 91730

San Bernardino Referral Hotline Phone Number: 211 www.connectie.org

Hours: 24 hours a day / 7 days a week / 365 days a year

Hotline will connect people from anywhere in the County of San Bernardino to a centralized, 24 hour service offering multi-lingual information and referrals for a vast array of social services in their area.

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ADD/ADHD PHYSICIANS

Dr. Faisal Qazi (909) 949-7443

Inland Neurology
901 San Bernardino Road, Suite 102
Upland, CA. 91786

Dr. Habib Ismail (909) 989-7551

1330 W. Covina Boulevard
San Dimas, CA. 91773

Dr. Michael Saito (951) 782-3682

7117 Brocton Avenue
Riverside, CA. 92506

Loma Linda University Medical Center PTO

ASTHMA RESOURCES

American Lung Association (800) 586-4872

Services: The Home Visitation Asthma Education Program will help a family learn how to better manage their child's asthma. Families who qualify for the program receive services for up to 12 months, and increase confidence by learning asthma management skills that can help reduce asthma episodes.

Misc: Must live in San Bernardino County, child has asthma or recurrent bronchitis, child is 5 years old or younger.

ARMC'S Breathmobiles (909) 498-6277 or (909) 213-3341

Through Arrowhead Regional Medical Center

Services: If a child has problems with frequent coughing, asthma attacks, recurrent bronchitis, or allergy symptoms, the Breathmobile Asthma clinic Program can help! The fully-equipped mobile clinic is staffed by a physician and health care team that specializes in treating asthma and allergies.

Misc: Call number above for available Breathmobile dates for children.

Asthma Education Classes

St. Bernardine Medical Center- Iliana Martinez (909) 881-4525

Services: Asthma education classes

Coordinated Asthma Referral and Education (CARE) Program (800)

782-4264 Services: Home visits, asthma education, environmental assessment to help reduce asthma triggers. Available items provided include pillow and mattress covers, cleaning materials, educational materials and referral resources.

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BILINGUAL SERVICES

Bilingual Family Counseling (909) 986-7111

317 West "F" Street

Ontario, CA. 91762

Hours: 9:00 a.m. - 8:00 pm, Monday through Thursday

Clinical Parent Training (909) 481-4547, ext 264

Location will be provided upon confirmation

Dates: Available upon request

Fee: \$10.00 per team

Services: For Spanish Speaking Parents, foster parents, grandparents and caregivers of children between the ages of three and twelve.

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CLOTHING ASSISTANCE

Assistance League of Redlands Thrift Shop (909)

792-2675 506 West Colton Ave

Redlands, CA 92374-3054

Hours: Monday - Friday 9 am - 4 pm, Saturday/Sunday 10 am - 1 pm

Services: Reasonably priced clothing, discounted weekly. Open to anyone. Donations accepted.

Assistance League of Foothill Communities Thrift Shop (909)

484-7853 8555 Archibald Avenue

Rancho Cucamonga, CA 91730

Hours: Tuesday to Saturday, 10 am - 4 pm,

Services: Reasonably priced clothing, discounted weekly. Open to anyone.

Donations: Accepted Tuesday to Friday, 10 am to 3 pm; Saturday, 10 am to 1 pm

Calvary Chapel Clothing Ministry (909) 463-6890

Hours: Vary

Contact: Corinne

City Link Thrift Store

16757 Spring Street

Fontana, CA. 92335

Hours: Thursdays 12-6 p.m.

Misc: Used clothing, toys, household items for \$.25 - \$1.00 per item

Clothing Closet (909) 904-6211 or (909) 262-2981

8768 Helena Street

Rancho Cucamonga, CA.

Hours: Varied

Services: clothing assistance in cooperation with the "Gap Food Bank" of Rancho Cucamonga.

Community Clothing Giveaway (909) 477-2781

Hours: First Friday of each month, 12:00 - 2:00 p.m. or call sooner for assistance, if needed

Services: Free slightly used and new clothing for individuals and families in need.

H.O.P.E. Closet (Helping Other Pursue Excellence)

(909) 985-0966, x 2726 or x 2416; (909) 981-3158

Services: Clothing, shoes, toiletries or emergency food

Hours: Monday through Friday, 8:00 a.m. - 3:00 p.m.

Misc: Only services families that have students attending Chaffey Joint Union School District

CLOTHING ASSISTANCE

Operation School Bell (909) 484-7854

Free set of clothes for students in need (grade TK through 12). *Referral from school health office or district nurse required. Dressing dates start in Sept.*

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Shoes that Fit (909) 482-0050, (909) 482-0085 fax www.shoesthatfit.org

1420 N. Claremont Boulevard, Suite 204-A

Claremont, CA. 91750

Hours: 24 hours a day / 7 days a week / 365 days a year

Services: The program works exclusively through the schools for students currently in school. Parents may contact their child's school to request that they be considered for the Shoes That Fit program. Requests directly from parents are not accepted.

COUNSELING PROGRAMS

(Mental Health support)

To request information please contact:

Richard Solano

rsolano@alsd.org

CPR and FIRST AID TRAINING

Adult and Child CPR and First Aid Training with in-person skills' testing is required for Etiwanda. Online-only courses are not acceptable. [Note: BLS Training does not include First Aid]

American First Responder CPR/First Aid Training (800) 573-0106

Services: Online course with skills testing for Adult, Child, Infant CPR/First Aid/AED

Schedule of Classes: www.americanfirstresponder.com

American Red Cross—Inland Valley Chapter (909) 986-6651 OR (800)

733-2767 209 East I Street, Ontario, CA. 91764

Services: Online with Classroom Instruction Available for Adult & Child CPR/First Aid/AED

Schedule of Classes: www.redcross.org/take-a-class

American Safety & Health Institute

Services: Adult and Child CPR/First Aid training classes offered

Misc: Must attend skills testing to be recertified.

Schedule of Classes: www.emergencycare.hsi.com

American Heart Association (800) 242-8721 cpr.heart.org

CPR and More (800) 477-6193

8429 White Oak Ave, Suite 204, Rancho Cucamonga, CA 91730

Services: Professional Rescuer CPR, Adult Child & Infant CPR, First Aid, First Aid with CPR

Schedule of Classes: www.cprnmore.com

CPR Success (909) 608-0700, (909) 275-0930

www.cprsucccess.net 8920 Vernon Avenue, #120, Montclair, CA 91763

Services: Onsite or online Heartsaver First Aid CPR AED course and hands-on testing with an Instructor. Specify Adult and Child CPR and First Aid training courses when scheduling. **Misc:** will travel for 5+ participants

Emergency First Response CPR/First Aid Training

Services: Adult and Child First Aid and CPR Training

Misc: First Aid training is included in the 'First Response Secondary Care' course

Schedule of Classes: www.emergencyfirstresponse.com

National Safety Council (800) 621-7619

Schedule of Classes: <https://www.nsc.org/safety-training/first-aid>

Misc: Must attend skills testing to be recertified.

DENTAL CLINICS (LOW COST)

Assistance League of SB Dental Center (909) 885-2045

580 W. 6th Street San Bernardino, CA 92410

Sanbernardino.assistanceleague.org

Hours: Monday 1-5 pm, Tues/Wed/Thurs 9am-5 pm, Friday 1-5 pm

Services: General services for children K-12 in SB County. Need school referral or proof of attendance.

Fee: Doesn't accept insurance. All patients pay \$20 per visit with treatment included.

Bloomington Dental Clinic (909) 546-7530

18601 Valley Boulevard

Bloomington, CA. 92316

Hours: Monday - Friday, 8 am - 5:30 pm

Services: Children and Adults

Fee: Sliding scale payment accepted (proof of income required), Medi-Cal accepted for children

Carnelian Family Dentistry / Dr. George Tao (909) 287-3117

6626 Carnelian Street

Alta Loma, CA. 91701

Hours: Mon/Wed/Fri 8 am-6 pm, Tues/Thurs 9 am-6 pm, Fri 8 am-1

pm **Services:** Children and Adults

Fee: Denti-Cal and sliding scale payment accepted

Denti-Cal/Smile California/Medi-Cal Dental (800) 322-6384

<https://smilecalifornia.org/>

Services: Free or low-cost dental services to eligible children and adults

Hours: Monday to Friday, 8:00 am to 5:00 pm

Dr. Earl Crane Dental Center (909) 885-2045

580 W. Sixth Street, San Bernardino, CA.

Hours: Monday to Friday, 9 am-5 pm

Services: Uninsured children in San Bernardino City only

Misc: Sponsored by the Assistance League of San Bernardino

Eastside Dental Clinic (951) 276-0668

1970 University Avenue

Riverside, CA 92507

Services: cleaning, extractions and fillings only for children and adults

Hours: Monday - Friday, 8 am-7 pm, Saturday 8 am-12 pm

Fee: Sliding scale payment accepted (proof of income and i.d. required)

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DENTAL CLINICS (LOW COST)

Esparza Dentistry/Rialto (909) 414-3776 Ontario (909) 345-3807 786 E.

Foothill Blvd, #D 213 W. G Street Rialto, CA 92376 Ontario, CA 91762 **Services:** general dentistry for young children and adults, accepts special needs patients **Hours:** Monday, Wednesday, Friday 9 am - 6:00 pm

Fee: Denti-CAL, patients with no insurance are welcome

Ontario Family Dentistry (909) 460-9552

528 N. Fern Avenue

Ontario, CA 91762

Services: young children of all ages and adults (check-ups, cleanings, fillings) **Hours:**

Mon, Tues, Fri 9 am-6 pm, Wed 11 am-8 pm, Sat 9 am-3pm (walk-ins welcome) **Fee:**

Medi-Cal, most insurance accepted

Loma Linda University Pediatric Dental Clinic (909) 558-4689

11092 Anderson Street, Entrance 5

Loma Linda, CA 92350

Hours: Monday - Thursday 8 am - 5 pm, Friday 8 am - 12 pm

Misc: for children 18 years of age or younger only

Fee: Medi-Cal accepted

Monet Dental Group / My Kids Dentist (909) 646-3057

12455 Victoria Gardens Lane, Suite 190

Rancho Cucamonga, CA 91739

Hours: Mon 9 am-5:30 pm, Tue 10-6:30, Wed 8:30 am-5 pm, Thurs 8 am-4:30 pm, Friday 7 am- 3:30 pm, Sat 8 am-4:30 pm

Services: General dentistry and Pediatric dentistry

Misc: IEHP, Medi-Cal with supplemental insurance, cash patients accepted

Parktree Community Health Centers (909) 469-9018

<http://www.parktreechc.org/> 1556 Sultana Avenue, Ontario 91761

Services: Hygiene only for children ages 0 - 5 (accepts special needs)

Misc: Denti-Cal accepted and sliding scale; no one is turned away due to an inability to pay.

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DENTAL CLINICS (LOW COST)

SAC Health Systems (909) 382-7120

1455 E 3rd Street 250 S. G Street

San Bernardino, CA 92408 San Bernardino, CA 92410

Services: general dental services for all children & adults, same day appts only for new patients **Hours:** Mon to Thurs 7 am to 5 pm, Friday 7am - 4 pm

Fees: Denti-CAL, Sliding fee schedule low income families without insurance

San Joaquin Valley College Dental Hygiene Clinic (909)

373-3792 4580 Ontario Mills Parkway

Ontario, CA 91764

Services: Dental hygiene services only (deep cleanings, X-rays, fluoride treatments)

Hours: Monday through Thursday 8:00 a.m. to 5:00 p.m.

Staffed By: Dental hygiene students under the direct supervision of a licensed dentist **Fees:** FREE of charge (appointment required)

Smile California/ Denti-Cal/Medi-Cal Dental (800) 322-6384

<https://smilecalifornia.org/>

Services: Free or low-cost dental services to eligible children and adults

Hours: Monday to Friday, 8:00 am to 5:00 pm

Smile School of Baldy View (909) 947-3400, x1321

1501 S. Bon View, Ontario, CA 91761

Services: Free dental care for uninsured children ages 3 to 17 (cleaning, xrays, exam, cavities)

Hours: vary - call for more information

Fees: FREE General services for children ages 17 & younger

Tri-County Dental Society (800) 287-8237

Services: FREE Dental Care for uninsured children ages 5 - 12 (check-ups, X-rays, fluoride treatments, dental sealants, time permitting). ~ See next page ~

Western Dental Care (909) 706-3910

795 E. Second Street, 3rd Floor, Suite 8

Pomona, CA 91766

Services: General services for adults and children

Hours: Monday to Friday 9 am-4:30 pm (by appointment only)

Staffed By: Dental students under the direct supervision of a licensed dentist
Misc: Medi-Cal, Delta Dental PPO and Met Life PPO accepted. (no sliding scale accepted)

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“Give Kids a Smile Day”

“Give Kids a Smile” is an annual volunteer program that provides free educational, preventive, and restorative services to children with financial need. At each GKAS clinic, dental professionals and lay volunteers work together on behalf of these young patients. Children are treated by licensed, practicing dentists, assisted by hygienists and dental assistants.

To be eligible for free dental cleanings and dental work, children:

- ✓ Must be in kindergarten through 12th grade
- ✓ Must not have dental insurance or Medicaid

Stay tuned for upcoming free event dates!

DOMESTIC VIOLENCE

Child Protective Services (800) 827-8724

412 W. Hospitality

San Bernardino, CA 92415-0029

Hours: 24-Hour Hotline

For Reporting Child Abuse: If you are unsure whether a child abuse report needs to be made, you may describe the situation to a screener at the above number (without giving any identifying information) and the screener will inform you as to whether or not it is reportable. If a child is suspected of being in immediate danger, the local police department should be notified immediately, or call 911.

Child or Sexual Abuse (800) 442-4918

Child Abuse Hot Line (800) 540-4000

Domestic Violence (Hotline) (909) 623-1588

National Domestic Violence Hot Line (800) 799-SAFE

Fontana Sheriffs Department (909) 829-3728

17780 Arrow Route

Fontana, CA 92335

House of Ruth (909) 988-5559 or (909) 984-8282

P.O. Box 459

Claremont, CA

Hours: 24 Hour Hotline

Services: Six sites offer emergency Shelter for battered women and children. Counseling programs, parenting programs and classes available.

McKinley Children's Center (909) 599-1227

Provides residential treatment, foster care and special education services to abused, abandoned and neglected children. Parenting classes also are offered.

DOMESTIC VIOLENCE

Project Sister/Rape Hotline (909) 626-HELP (626-4357)—24 hour Hotline or (909) 623-1619 Office Number

Services provided to sexual assault or abuse victims through hot line, hospital accompaniment and counseling.

Rancho Cucamonga Sheriff (909) 477-2800

10500 Civic Center Drive

Rancho Cucamonga, CA 91730

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Victims of Crime Resource Center (800) 842-8467

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FOOD ASSISTANCE

CalFresh - SB County Dept of Human Services (909)

388-0245 Services: Federal Nutrition program for low-income individuals and families **Website:** <https://wp.sbcounty.gov/tad/programs/calfresh/>

Catholic Charities of LA County (909) 593-9836

1460 E Holt Avenue, Pomona, CA 91767

Hours: 9:00 a.m. - 5:00 p.m., Monday through Friday

Services: Food Pantry available for LA & SB county residents with identification, social security card, proof of income and proof of address.

Community Action Partnership of SB County

(909) 723-1500 or (800) 635-4618

Website: <http://www.sbcounty.gov/capsbc/foodbank.html>

Services: Food bank for families in need

Cucamonga Christian Fellowship (909) 945-5333

11376 5th Street, Rancho Cucamonga, CA. 91730

Hours: Last Sunday of Each month from 10:00 am - 12:00 pm

Services: USDA Food Distribution

Website: www.ccflive.org **Email:** info@ccflive.org

Foothill Family Shelter (909) 920-5568 of (909)

920-0453 1501 W Ninth Street, Unit D, Upland, CA 91786

Hours: Tuesday through Friday, 9:00 am -5:00 pm (closed from 12-1 pm) **Services:** Food assistance available once every 30 days

God Provides Food Bank (626) 200-0356 www.godprovidesministry.org

284 E. Holt Avenue, Pomona, CA 91767

Hours: Monday to Saturday, 8 am to 4:00 pm

Services: Open to anyone (regardless of county they live in)

Inland Valley Hope Partners (909) 622-3806 x200

Website: <http://www.inlandvalleyhopepartners.org/>

Lutheran Social Services—San Bernardino Office (909) 381-6921

1354 N G Street, San Bernardino, CA 92405

Hours: 9:00 a.m. to 5:00 p.m. Monday - Friday

Services: Emergency assistance with food, clothing, shelter, including drop in services for homeless, transitional housing for homeless, latch key programs, services for frail elderly and thrift shops.

FOOD ASSISTANCE

Rancho Cucamonga Family Resource Center Food Bank (909)

477-2781 9791 Arrow Route, Rancho Cucamonga, CA. 91730

Hours: Tuesdays 12-2 p.m.

Services: Available to residents every month

Misc: Applications accepted

Website: <https://www.cityofrc.us/>

Salvation Army Church (909) 986-6748

1412 S Euclid Avenue, Ontario, CA 91762

Website: https://ontarioca.salvationarmy.org/ontario_corps/

San Bernardino County Food Bank (909) 477-2780

Goldy S. Lewis Community Center, 11200 Baseline Road, Rancho Cucamonga, 91730 **Hours:** First Monday of every month

Services: Surplus food is distributed on a first come, first served basis to eligible residents. Eligibility is based on income and the size of the household.

San Bernardino, Department of Social Services (909) 466-1393

1637 E. Holt Blvd., Ontario, CA

Hours: Monday through Friday 9:00 a.m.-4:00 p.m.

Misc: Must go in person to pick-up an application packet. Spanish-speaking workers are available. *Medi-Cal only*

San Bernardino, Department of Social Services (909) 466-1393

10825 Arrow Route, Rancho Cucamonga, CA 91730

Hours: Monday through Friday 9:00 a.m.-4:00 p.m.

You must go in person to pick-up an application packet. (Spanish-speaking also available)

Services: Cash assistance, food stamps, cash based Medi-cal only

United Way Referral Hotline Phone Number: 211 www.connectie.org

Hours: 24 hours a day / 7 days a week / 365 days a year

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Website: <https://ieuw.org/uwsbc/>

Water of Life Food Warehouse (909) 803-1059

16815 Spring Street, Fontana, CA. 92335

Hours: Tuesdays and Thursdays 3 - 6 p.m., general public

Misc: one box of food per family available once a week; food application form required

Website: <https://www.wateroflifecc.org/food-warehouse>

HEAD LICE REMOVAL ASSISTANCE

Nitpicky Lice Removal Salon (877) 888-2820, (951)

676-8929 <http://www.nit-picky.com/inlandempire.htm>

43053 Margarita Road, #B-108
Temecula, CA 92592

Services: Lice removal for Riverside and San Bernardino Counties

Hours: Monday through Friday, 10 am to 5 pm; Saturday and Sunday by appt only

Rates: \$95 per hour plus travel fee of \$25 if they travel to your house. Every additional 15 minutes beyond the first hour is \$23.75

Jenn's Removal Service (626) 267-5678

Services: Mobile lice removal for San Bernardino County

Hours: Call for an appointment.

Rates: \$75 per hour, cash or Pay Pal

Simple Head Lice Solutions (951) 588-5583

6850 Brocton Avenue, Suite 109, Riverside, CA 92506

simplehlsriverside@gmail.com

www.simpleheadlicesolutions.com

Services: Private Lice removal in the Riverside Salon

Hours: Immediate appointments available; Call, text or e-mail.

Rates: <http://www.simpleheadlicesolutions.com/affordable-head-lice-removal-services/>

HEALTH CARE PROGRAMS of CALIFORNIA

For Low and Moderate Income Families

Access for Infants and Mothers (AIM): Enrollment contractor is Healthcare Alternatives 1-800-433-2611

Access for Infants and Mothers (AIM) provides health coverage for pregnant women and their children. The program will accept pregnant women over 30 weeks pregnant at the time of application. The program also provides health insurance for the baby for two years. Family income must fall between 200 % and 300 % FPL.

California Children's Services (CCS) (951) 358-5401 - *See physician for referral*

Provides for evaluation/services for children 0-21 with some disabilities

California Kids: 1-800-374-4543

California Kids provides preventive and primary health, dental, eye care, prescription, mental and behavioral health services for *undocumented children ages 2-18 who are not eligible for no-cost Medi-Cal for Children*. Family income must be between 200% and 300% FPL.

Children's Fund (909) 387-4059 - *Referral from physician or school*

nurse required.

Child Health and Disability Prevention Program (CHDP)—(800)

722-3777 Medical and Dental Check-ups

Kaiser Permanente Cares for Kids Child Health Plan:

1-800-255-5053 The Kaiser Child Health Plan provides low-cost comprehensive health coverage for uninsured children who are not eligible for no-cost Medi-Cal for Children or Healthy Families. Children must be under age 19 and live within Kaiser Permanente's California service area. Children are eligible if family income is above 200% and not more than 275% of the FPL.

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HEALTH CARE PROGRAMS of CALIFORNIA

For Low and Moderate Income Families

IEHP (800) 440-4347

Medi-Cal: (909) 466-1393

Medi-Cal is a program that pays for all medically necessary health and mental health services for many low-income people. Medi-Cal is available to people who meet certain income requirements, including children under age 19, people 65 years and over; disabled and blind people, pregnant women and families where at least one child is under 21 and one parent is absent, disabled or working less than 100 hours per month. *Available to U.S. citizens, U.S. national and qualified immigrant children regardless of date of entry (a child may qualify for some form of Medi-Cal, regardless of immigration status).* **Benefits:** ♦Regular checkups ♦Immunizations ♦Prescription ♦Medicine Lab and X-ray fees ♦Dental and eye care (including orthodontics and eyeglasses) ♦Mental health and substance abuse services ♦Physician and hospital services

Molina Healthcare (800) 898-9892

Services: No age limit, must be fully Medi-Cal eligible, non-documented residents are not eligible, no copays for most services, no age limit.

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SNAP (Special Needs Advocate for Parents) (888) 310-9889

Resource for parents who are struggling to meet health care needs for their special needs child(ren). info@snapinfo.org

Fee: \$10.00 to assist with appropriate letters to different agencies advocating for available resources

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HEARING SERVICES

Casa Colina Rehabilitation Hospital (909) 596-7733

255 E. Bonita Avenue, Pomona, CA 91769

Services: Free hearing screenings / Hyperbaric chamber available

Misc: Prefer to have nurse call ahead

Frost Preschool (909) 922-5218 x 212

Tina Chonis, Representative for the Deaf and Hard of Hearing

Hilco Inc. (909) 397-9247

984 W. Foothill Blvd.

Upland, CA 91786

Medi-cal accepted

Dr. Miles Peterson (909) 920-9906

8283 Grove Ave., Suite 104

Rancho Cucamonga, CA

Loma Linda University, Audiology Clinic (909)

558-2343 11370 Anderson, Suite 2100

Loma Linda, CA 92345

Fees: Medi-Cal and insurance accepted, fees are usually between \$100 (for 5 $\frac{1}{2}$ years and older) to \$120 (younger than 5 $\frac{1}{2}$ years), \$300.00 if BAER test needed.

Pacific Hearing Services, Michael Robinson M.S., Audiologist (909) 981-7616
270 East 7th
Upland, CA 91786

No Limits for Deaf and Hard of Hearing (310) 280-0878

9801 Washington Blvd, Second Floor
Culver City, CA 90232

Important: Refer to a District Nurse for referral.

Misc: Non-profit after school program supporting low income to provide individual therapy, literacy program, parent education, loaner hearing aids, can provide hearing aids, if needed, depending on availability (not specific to LA county).

San Bernardino Referral Hotline Phone Number: 211 or (888) 435-7565

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HEARING IMPAIRED SERVICES

CODIE (Center on Deafness Inland Empire) (951)

275-5000 TTY: (951) 275-0640, Fax: (951) 275-5065

Hours: 8:30 a.m. - 5:00 p.m., Monday through Friday

Services: A pool of qualified and certified interpreters is available through CODIE/LIFESIGNS (951.275.5035). Deaf and hard of hearing consumers can call to request professional interpreters for medical and legal appointments, social events, job interviews, classes, parent/teacher meetings, conferences and workshops as well as other services that are needed. CODIE also serves as an advocate/liaison for social security recipients, immigration issues and to parents planning their deaf child's education (IEP). **Fee:** \$60.00/hour with a 2 hour minimum

Additional Services at No Charge:

- Drug & Alcohol Prevention
- Health Promotion and Wellness
- Teen Pregnancy Prevention Program
- Anger Management Classes
- Domestic Violence
- Parenting Classes
- Senior Citizen Programs

Rolling Start, Inc. – San Bernardino
(909) 884-2129 Voice
(909) 884-7396 TTY

Hours: Monday through Friday, 8 a.m. – 5 p.m. (call to make an appointment) **Services:** Services include Personal Assistant Referral, Housing Information, Systems and Individual Advocacy, Peer Counseling, Information and Referral, and Independent Living Skills Training. Recently Assistive Technology Services has also been added as a very important component to assist persons with disabilities in becoming or remaining independent in their home, community and in the workplace.

Fees: None

San Bernardino Referral Hotline Phone Number: 211 www.connectie.org

Hours: 24 hours a day / 7 days a week / 365 days a year

Hotline will connect people from anywhere in the County of San Bernardino to a centralized, 24 hour service offering multi-lingual information and referrals for a vast array of social services in their area.

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HOMELESS SERVICES

Inland Behavioral and Health Services (IBHS) (909) 881-6146

Services: Services include homeless services as well as prevention and outreach programs.

Hours: Call for an appointment and hours

Community Assistance Program

www.fontanacap.org

Services: No-cost or low-cost community services such as computer classes, ESL classes, parenting workshops, etc.

Location: 8440 Nuevo Avenue, Fontana, CA. 92335

Misc: for Fontana residents

County of San Bernardino, Department of Public Health, Public Health Nursing (909) 388-0400

Services: Consultation, referral and follow-up with health, behavioral and dental providers, environmental health and safety assessment, transportation to needed services for school aged children not currently enrolled in school and for families willing to participate in a voluntary Public Health Nursing case management service.

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IMMUNIZATIONS

Flu Clinic Locations: www.findaflushot.com

Health Service Alliance (909) 399-3173

5111 Benito Street

Montclair, CA. 91763

Immunization Hours: Tuesday 2 pm - 4 pm (free for children up to age 17)

Bring: Immunization Records, check stub, photo i.d.

Inland Empire Community Health Center (909) 546-7520

18601 Valley Boulevard

Bloomington, CA. 92316

Hours: Monday, Tuesday, Wednesday, Friday 8 a.m. - 5 p.m. (appt required) **Fees:** Sliding scale for child/adults depending on income and size of family **Services:** Immunizations and Physicals

National Immunization Hotline

(800) 232-2522 (English)

(800) 232-0233 (Spanish)

Services: for vaccination locations in your area

Rancho Cucamonga Neighborhood Center (800)

722-4777 10071 Feron Blvd.

Rancho Cucamonga, CA 91730

2nd Monday of each month

Hours: 1:00 p.m. to 3:00 p.m.

Fee is \$15.00 per child, but not one is turned away if they cannot pay. Medi-Cal is accepted. "Walk-ins" welcome.

Must bring immunization records, copy of child's birth certificate and valid identification from parents. Guardians must bring legal court documents certifying relationships to students. Relatives must bring a notarized note from the parent granting permission for immunization.

San Bernardino Referral Hotline Phone Number: 211 www.connectie.org

Hours: 24 hours a day / 7 days a week / 365 days a year

Hotline will connect people from anywhere in the County of San Bernardino to a centralized, 24 hour service offering multi-lingual information and referrals for social services in their area.

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IMMUNIZATIONS

SAC Norton Primary Care (909) 382-7100

"Gateway Program"

250 S G Street

San Bernardino, CA. 92410

Services: Immunizations, physicals for families with no insurance or low income

Hours: Monday through Thursday 7:30 a.m. to 5:00 p.m.

San Bernardino Immunization Clinic (800) 722-4777

351 N. Mt. View, Room 107

San Bernardino, CA

Hours: Monday 8 am - 7 pm, Tuesday to Friday, 8 a.m. to 5 p.m.

Fee is \$15.00 per child, but not one is turned away if they cannot pay. Medi-Cal is accepted. Appointments only, the clinic is not open for "Walk Ins"!

Must bring immunization records, copy of child's birth certificate and valid identification from parents. Guardians must bring legal court documents certifying relationships to students. Relatives must bring a notarized note from parents granting permission for immunization.

Water of Life Mobile Medical Clinic / City Link (909) 803-1059

Services: FREE immunizations and well checks for children

Hours: 9 am - 1 pm

1st Saturday, Fontana "City Link", 16779 Spring Street, Fontana 92335

2nd Saturday, Hope Chapel, 119 Belmont Avenue, Ontario 91761

3rd Saturday, Muscoy Street, 2219 W Third Avenue, Muscoy, 92407 4th Saturday, Date Street & Park Avenue, 1530 E Date Street, San Bernardino, 92404

West Valley Public Health Center (800) 722-4794

1647 E. Holt Blvd.

Ontario, CA 91764

Hours: Monday through Thursday 8:30 a.m. to 11:30 a.m. and 1:00 p.m. to 4:00 p.m.

Fee is \$15.00 per child, but not one is turned away if they cannot pay. Medi-Cal is accepted. Appointments only, the clinic is not open for "Walk Ins"!

Must bring immunization records, copy of child's birth certificate and valid identification from parents. Guardians must bring legal court documents certifying relationships to students. Relatives must bring a notarized note from the parent granting permission for immunization.

Immunizations are also available FREE (for those that qualify) with the Child Health and Disability Prevention Program (CHDP). Call 1-800-722-3777 for information or to make an appointment.

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INSURANCE

Arrowcare (877) 410-8829

www.c4yourself.com

Eligibility: San Bernardino County Residents between the age 19-64 who have no linkage to Medi-Cal or Healthy Families.

Covered California (888) 975-1142 www.coveredca.com Services:

Information about private health insurance and Medi-Cal options explained in clear and simple terms.

www.healthcare.gov (800) 318-2596

Misc: Applications start October 1, 2013 for affordable health care.

Inland Empire Health Plan (866) 294-4347

Services: Non-Profit health plan for children 18 years of age or younger **Rates:** Cannot be purchased, must qualify for Medi-Cal or Healthy Families First. **Misc:** Application for Medi-Cal or Healthy Families can be taken right over the phone (at the number above).

Medi-Cal for Families (800) 880-5305

Misc: The newest income guidelines that were effective April 1, 2013 are available at the following link: <http://www.healthyfamilies.ca.gov/Home/default.aspx>.

Myers-Stevens & Toohey (800) 827-4695

Services: Student Health Care Plan, Pharmacy Discount Program

Rates: Call for additional information

San Bernardino Referral Hotline Phone Number: 211 www.connectie.org

Hours: 24 hours a day / 7 days a week / 365 days a year

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State Children's Health Insurance Program (SCHIP) (877) 543-7669

www.insurekidsnow.gov

Services: For little or no cost, this insurance pays for doctor visits, prescription medicines, hospitalizations, and much more for children 18 years and younger. Most states also cover the cost of dental care, eye care, and medical equipment.

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LEGAL ASSISTANCE

Inland Counties Legal Services (909) 980-0982

Services: No cost services or representation in court for low income families and seniors

Cost: FREE, but must qualify

Legal Aid Society (909) 8898-7328

Services: Low cost services for San Bernardino residents (i.e. family law, conservatorship, guardian ship)

Cost: FREE, but must qualify 29

MEDICAL SERVICES - Hospitals

Arrowhead Medical Center (909) 580-1000

400 N. Pepper Ave.

Colton, CA 92324

County Hospital for San Bernardino Residents

(Information desk only (909) 580-1001)

Children's Hospital of Orange (714) 997-3000

455 S. Main St.
Orange, CA 92868

Children's Hospital of Los Angeles (323) 660-2450

4650 Sunset Blvd.
Los Angeles, CA 90027

City of Hope Medical Center (626) 359-8111

15000 E. Duarte Rd.
Duarte, CA

Kaiser Permanente Medical Center (909) 427-5000

9961 Sierra Ave
Fontana, CA 92335

Loma Linda University Medical Center (800) 872-1212 (909) 796-0167

Barton Road and Anderson
Loma Linda, CA

The hospital accepts Medi-Cal; some of the physicians do not. Please call the individual specialty clinic to see if Medi-Cal is accepted.

Pediatric Clinic (909) 558-2848 Emergency Room (909) 558-4000

Pomona Valley Medical Center (909) 865-9500

1798 N. Garey Ave.
Pomona, CA 91767

San Antonio Community Hospital (909) 985-2811

999 San Bernardino Rd.
Upland, CA 91786

MEDICAL SERVICES – Clinics/Offices

ARROWHEAD MEDICAL CLINICS

Hours: Monday - Friday 8:30 a.m. to 5:00 p.m.

Services: Free or low-cost medical services for low-income and Medi-Cal families.

Medical Clinic for family and pediatric care. CMS (County Medical Service) Program for

low-income individuals. May be free for those individuals that qualify and are 21 years old and older without children.

Arrow Fontana Family Health Center (909) 422-8029

16854 Ivy Ave.

Fontana, CA 92335

Monday to Friday, 8 am-5 pm

McKee Family Health Center (909) 422-8029

1499 Highland

San Bernardino, CA 92404

Monday to Friday, 9 am-5 pm

Westside Family Health Center (909) 422-8029

850 Foothill Blvd

Rialto, CA 92376

Clinica Familiar (909) 988-3288

403 W. "F" Street, Ontario, CA

Hours: 9 am to 6:30 pm No appointment necessary.

Fees: Office visits \$40.00 plus lab and medicine

Services: Medical/Urgent Care Clinic

Health Service Alliance (909) 281-5800

5050 San Bernardino Street, #2326, Montclair, CA. 91763

Hours: Monday, Wednesday, Thursday 9 am - 4 pm

Immunization Hours: Tuesday 2 pm - 4 pm (free for children up to age 17) **Services:** general health, school physicals for anyone with low income or no insurance **Bring:** Immunization Records, check stub, photo i.d.

Fee: Minimum \$25.00 or sliding scale

Dr. Mahmoud Ibrahim (909) 982-8958

(Pediatric Endocrinologists)

1175 E. Arrow Hwy, Suite L, Upland, CA 91786

MEDICAL SERVICES – Clinics/Offices

Inland Empire Community Health Center (909)

877-0510 18601 Valley Boulevard, Bloomington, CA. 92316

Hours: Monday, Tuesday, Wednesday, Friday 8 a.m. - 5 p.m. (appt

required) **Fees:** Sliding scale for child/adults depending on income and size of family **Services:** Immunizations and Physicals

La Salle Pediatric Medical Center (909) 823-4454

17577 Arrow Blvd, Fontana, CA 92335

Hours: Monday through Thursday 8:00 a.m. to 5:00 p.m.

Urgent Care 5:00 p.m. to 8:00 p.m.

Friday 8:00 a.m. to 4:00 p.m., Saturday and Sunday 9:00 a.m. to 4:00 p.m. **Fees:**

Healthy Families program. Medi-Cal accepted. Government program for low income families.

Services: Full range of medical care for children, including hearing and vision testing, and immunizations.

Metropolitan Medical Clinic (909) 386-1880

1574 Baseline Avenue, Suite 107, San Bernardino, CA. 92411

Hours: Walk-Ins Welcome, Monday through Friday, 9 - 11 am & 2 - 4 pm, **Services:**

Free school immunizations, free sports & school physicals, free pregnancy testing for those with NO INSURANCE or MEDI-CAL.

Bring: Child's immunization records; parent must accompany child

Minute Clinic (866) 389-2727

Inside CVS Pharmacy, 775 E. Foothill Boulevard, Pomona, CA 91767 **Services:** Certified practitioners diagnose & treat common illnesses, give immunizations, physicals and health screenings

Fees: Cash, credit card and most insurance plans accepted.

Montclair Medical Clinic (909) 240-3808

5050 San Bernardino St, Montclair, CA 91763

Hours: Monday, Wednesday, & Thursday 5:30 p.m. to 8:30 p.m.

Services: Medical clinic for low-income individuals.

Fee: \$15 minimum or sliding scale

MEDICAL SERVICES – Clinics/Offices

Molina Medical Center (909) 428-0170

17500 Foothill Blvd.

Fontana, CA 92335

Services: Free medical services for low-income and Medi-Cal families. Pediatrics and

family care. Birth to 21 years.

Ontario Public Health Clinic (909) 458-9716 or (800)

722-4777 1647 E. Holt Blvd.

Ontario, CA 91761

Services: Immunizations, TB Clinic, and Maternal Health Services

Cost: \$10.00 for immunizations, \$20.00 for TB tests

SAC MEDICAL CLINICS (Social Action Community Health System)

Staffed by: Loma Linda University students and professionals ♦ Loma Linda University Medical Center professionals ♦ Community volunteers

Services: Medical care for the entire family, physical exams of all types, immunizations (including TB skin tests are administered. Arrangements must be made to have results checked at 72 hours) dental care, x-ray, pharmacy, laboratory, counseling, WIC services, diagnosis, follow-up and treatment of acute and chronic illnesses

Eligibility: Targeted for low-income—persons who do not have or are not eligible for Medi-Cal or Healthy Families, and those who do not have insurance. Medi-Cal, Denti-Cal and Medicare accepted.

Cost: Medical consultation—\$60.00 and above ♦ Physical exam—\$120.00 and above

SAC Frazee Clinic (909) 383-8092

488 S K Street

San Bernardino, CA 92410

Hours: Monday and Thursday 8 am-5 pm

MEDICAL SERVICES – Clinics/Offices

SAC Norton Primary Care (909) 382-7100

"Gateway Program"

1455 E 3rd Street

San Bernardino, CA. 92408

Services: Immunizations and physicals for families with low income or no insurance. Medi-Cal accepted.

Hours: Monday through Thursday 7:30 a.m. to 5:00 p.m.

**San Bernardino County Health Department/Fontana Office
(909) 356-6733**

17830 Arrow Blvd.
Fontana, CA 92335

San Bernardino Referral Hotline Phone Number: 211 www.connectie.org

Hotline will connect people from anywhere in the County of San Bernardino to a centralized, 24 hour service offering multi-lingual information and referrals for a vast array of social services in their area.

Regular and school required physicals and immunizations are also available FREE (for those that qualify) with the Child Health and Disability Prevention Program (CHDP).

Call 1-800-722-3777 for information or to make an appointment, or contact your school health office.

Water of Life Mobile Medical Unit

Services: Free Immunizations and Well Checks for Children

Hours: Monthly on Saturdays, 9 am - 1 pm

First Saturday:

City Link 16779 Spring Street, Fontana, CA 92336

Second Saturday:

Hope Chapel, 119 Belmont Avenue, Ontario

Third Saturday:

St. Stephens Church/Muscoy Clinic 2219 W 3rd Ave, San Bernardino, 92407

Fourth Saturday:

Ecclesia Church, 1314 East Date Street, San Bernardino, CA 92404

MEDICAL SERVICES—Family Planning

County Family Planning (800) 722-4777

Ontario Public Health Department (909) 382-7100

1647 E. Holt Blvd.

Ontario, CA 91761

Services: Maternal Health Services

Hours: Call for appointment and fee schedule

Planned Parenthood (909) 890-5511

918 W. Foothill, Suite A

Upland, CA 91786

Services: Contraception, Pap smears

Pregnancy Counseling Center (909) 382-4550

24 Hr Hot Line **(800) 712-4357**

114 E Airport Drive, Suite 104

San Bernardino, CA 92408

Hours: Monday 1 to 8 pm, Tuesday-Friday 9 am to 4 pm

Services: FREE Pregnancy tests and counseling.

Public Health Clinic (800) 722-4777

150 E Holt Blvd

Ontario, CA 91762

Services: Contraceptive, Pregnancy Testing/Counseling, STD Testing, Prenatal Care

Safe Arms/Safe Haven (909) 797-8599

Services: "CA Law allows a desperate parent to leave their newborn baby (72 hours old & younger) with an employee at any hospital ER or designated fire station. The law also allows the parent a 2 week "cooling off" period so that they have the opportunity to reconsider their decision & work to reclaim their baby if desired."

San Bernardino Referral Hotline Phone Number: 211 or (888)

435-7565 Hours: 24 hours a day / 7 days a week / 365 days a year

Hotline will connect people from anywhere in the County of San Bernardino to a centralized, 24 hour service offering multi-lingual information and referrals for a vast array of social services in their area.

MEDICATIONS – LOW COST

City of Fontana (909) 350-7600

For more information, call toll free (888) 620-1749

Services: The City of Fontana has a new program to offer savings on prescription drugs to residents who are without health insurance, a traditional benefits plan, or have prescriptions that are not covered

by insurance. This is not insurance. Discounts are only available at participating pharmacies. By using this card, participants agree to pay the entire prescription cost less any applicable discount. Savings may vary by drug and pharmacy. To access the program online and print a card, check drug prices and locate participating pharmacies, go to www2.caremark.com/nlc.

Fontana residents may also pick up a card at the following locations:

CAP Program

8440 Nuevo Avenue
Fontana, CA 92335

City Clerk's Office, City of Fontana City Hall

8353 Sierra Avenue
Fontana, CA 92335

Cypress Community Center

8380 Cypress Avenue
Fontana, CA 92335

Don Day Neighborhood Center

14501 Live Oak Avenue
Fontana, CA 92337

Fontana Area Chamber of Commerce

8491 Sierra Avenue
Fontana, CA 92335

Heritage Neighborhood Center

7350 W. Liberty Parkway
Fontana, CA 92336

Jessie Turner Health and Fitness Center

15556 Summit Avenue
Fontana, CA 92336

Lewis Library and Technology Center

8437 Sierra Avenue
Fontana, CA 92335

www.needymeds.com

"This program is for people of all ages to obtain their medications, either for free or low cost. The card is accepted at over 50,000 pharmacies, including major chains such as CVS, Walgreens, and Rite Aid. Everyone is eligible to have a card. There are no fees, no registration, no paperwork, and no restrictions. Your card is active immediately. The NeedyMeds Drug Discount Card is not valid for Medicaid or Medicare patients (including Part D) or other state or federal programs."

MEDICATIONS – LOW COST

Simple Savings Card (866) 368-9807 www.simplesavingscard.com

Services: Pharmacy savings card - "The simple Savings Card saves cardholders an average of 26%

off their prescriptions at over 60,000 pharmacies nationwide including Walgreens, CVS, Walmart, Rite Aid, Albertsons and more. A single card can be used by an entire family and covers all drugs requiring a doctor's prescription. The free Simple Savings Card can be used as long as it is needed - it is not a temporary card nor is it an insurance card."

Misc: This is not an insurance plan! The Simple Savings Card cannot be used with an insurance card, but can be used at participating pharmacies in lieu of an insurance card.

Cards: To obtain a card for a family in need, speak with your District Nurse.

San Bernardino Referral Hotline Phone Number: 211 www.connectie.org

Hours: 24 hours a day / 7 days a week / 365 days a year

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United States Prescription Discount (USPD) (877) 207-6785

www.uspharmacydiscountcard.com

5614 Connecticut Ave, NW #526

Washington, DC 20015-2604

Services: Pharmacy Discount Program. No cost to obtain a card to use on every FDA approved prescription medication sold everywhere including Wal-Mart, Target, Costco, Walgreens, CVS. The USPD card and insurance card should be brought to the pharmacist to see which gives a better discount.

Misc: This is not an insurance plan! Not designed to reduce co-pays. 37

MENTAL and BEHAVIORAL HEALTH

Alta Loma Psychological Association (909) 980-3567

Arrowhead Psychological Services (909) 337-8219

Children's Crisis Response Team (909) 579-8102

Services: CCRT is a community-based program which provides mobile crisis response for psychiatric emergencies, case management, intensive follow-up services, relapse prevention, mental health education, crisis evaluation and intervention. **Days/Hours of**

Service: Monday through Friday, 8 am - 5 pm

Pager: After Hours Pager (909) 535-1316

Area Served: Fontana, Etiwanda, Rancho Cucamonga, Alta Loma, Upland, Montclair, Ontario, Chino, and Chino Hills

Children's Intensive Services Program (909) 983-2020

Services: Individual therapy, family therapy, parent/caregiver coaching, crisis intervention, intensive in home support services, referrals.

Qualifications: Youth ages 6 - 21 years, San Bernardino County Medi-Cal, previous or recent psychiatric hospitalization, mental health issues that are impairing level of functioning, at risk of needing high level of care.

Referral Process: Legal guardian should call number above.

Inland Valley Recovery Services (909) 889-6519

Services: Truancy, Anger Management, Weapons Diversion, Drugs/Alcohol, etc.

<https://solunaapp.com/>

<https://www.cityofrc.us/sites/default/files/2023-07/HOPE%20card.pdf>

[Rancho Cucamonga Mental Health Resources](#)

MENTAL and BEHAVIORAL HEALTH

Laurel Counseling (909) 983-7120

223 N. Laurel Ave, Ontario, CA 91762

Hours: 9:00 a.m. to 9:00 p.m. Monday-Thursday

Fee: Sliding Scale, \$40.00 and up. No Medi-Cal accepted.

Services: Outpatient counseling services for children, adolescents, adults: individuals, families, couples. Groups offered for domestic violence and anger management, eating disorders, alcoholism, domestic violence, and women's issues. Domestic violence groups for Hispanic males. Resource referrals.

Loma Linda University Behavioral Medicine Center (909) 558-9275

or (800) 752-5999, www.llubmc.com

1710 Barton Road

Redlands, CA 92373

Services: Mobile Assessment and Referral Team (MART) can provide free assessment on mental health and substance abuse on site, 24 hours a day (5150 designation). Programs for Youth include self-harm, eating disorders, depression, acting out, drug/alcohol abuse. Adult chemical dependency programs and psychiatric programs are also available. Child and adolescent intensive outpatient programs for children who are having all types of behavior problems related to school and family.

Loma Linda University Behavioral Medicine Center

(cont'd) (909) 558-9275 or (800) 752-5999,

www.llubmc.com 1710 Barton Road

Redlands, CA 92373

Staffing: Psychiatrists, clinical social workers, registered nurses, art therapists, special education teachers and family therapists.

Days/Hours of Service: 24 hour helpline, Monday-Thursday 9:00 a.m. to 7:00 p.m.

Fee: The outpatient program runs approximately \$220 a day with a 2-week initial deposit required. Insurance accepted.

Referrals: Calls can be made to the referral desk. Prospective clients must be assessed and meet the appropriate criteria.

Mariposa Counseling Clinic (909) 627-9192

215 S. Laurel Ave.

Chino, CA

Fee: Sliding scale, based on family income. Medi-Cal accepted.

Services: Outpatient counseling services for children, adolescents, adults, individuals, families, groups, and couples. Psychiatric medication clinic.

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MENTAL and BEHAVIORAL HEALTH

Olive Branch Counseling (909) 989-9030

9033 Baseline Road, Rancho Cucamonga, CA. 91730

Fee: Most insurance accepted. Sliding scale, based on family income. **Services:** Children, teen and adult counseling (families or individuals) for eating disorders, grief counseling, high risk teen counseling, and marriage/family counseling.

Pomona Open Door (909) 621-7742

10665 Mills Ave

Montclair, CA 91763-4612

Services: Marriage and family counseling. Court ordered programs on anger management, drug and alcohol abuse, domestic violence, and sexual abuse and also parenting classes.

Staffing: A psychologist on staff with intern counselors working under his direction. **Days/hours of Service:** M-F 8:00 a.m. to 5:00 p.m.

Fee: Based on income. Do not accept payment by insurance.

Referrals: Client calls for an appointment.

S.A.F.E Alternatives (800) 366-8288

Services: For mental health service referrals (including cutting)

Samaritan Counseling Center (909) 985-0513

(Located at Presbyterian Church)

869 N. Euclid Avenue

Upland, CA 91786

Services: Individual, family, and group counseling. Play therapy for children and children's groups. Workshops and parent education programs. Parent Project program.

Staffing: Licensed psychologists, marriage and family therapists, family child therapists and pastoral counselors.

Days/Hours of Service: Open five days per week by scheduled appointment and for group sessions or classes.

Fee: Usually between \$25-\$85 a session with a sliding scale based on income and family size. Accepts private insurance and Medi-Cal and Medi-Care. A "Samaritan" fund may be available for those unable to afford services.

Referrals: Clients call for an appointment. Usually referrals from satisfied clients, churches and pastors, schools, and doctors.

MENTAL and BEHAVIORAL HEALTH

San Bernardino County Behavioral Health Department, Mentally Ill Homeless Program

(909) 388-4120

441 W 8th St

San Bernardino, CA 92401-1007

Dpt Behavioral Health/Homeless Program (909) 388-5600

San Bernardino County Behavioral Health Regional Walk-In Centers (909) 421-9342

850 E. Foothill Blvd.

Rialto, CA. 92376

Days/Hours of Walk-In Hours: Weekdays, 8:00 am - 2:00 pm

Days/Hours of Emergencies/Crises Only: Weekdays, 5:00 pm - 8:30 pm & County Holidays, 2:00 pm - 8:30 pm (One Time Only)

Phone Number for Emergencies/Crises Only: (909) 421-9342

Services: Crisis Intervention, Medication Support Services, Mental Health Assessments & Evaluations, Parental Support & Guidance, Case Management, Alcohol & Drug Treatment, Counseling for Children & Families

Additional SB County Behavioral Health Locations

East Valley Resource Center Phoenix Clinic

(Children Only) 700 E. Gilbert Street, Bldg 4 820 E. Gilbert Street San Bernardino, CA. 92415 San Bernardino, CA. 92415 (909) 387-7000

(909) 387-7200 Walk-in Hours: Weekdays, 8 am - 4 pm Walk-in Hours: Weekdays, 8 am - 2 pm*

Upland Community Counseling Vista Counseling

934 N. Mountain, Suite C 17216 Slover Avenue, Bldg L Upland, CA. 91786 Fontana, CA. 92337

(909) 579-8100 (909) 854-3420

Walk-in Hours: Weekdays, 9 am - 2 pm* Walk-in Hours: Weekdays, 9 am - 2 pm* *

Crisis/Urgent services available during regular clinic hours 8 am - 5 pm, Monday - Friday

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MENTAL and BEHAVIORAL HEALTH

San Bernardino Referral Hotline Phone Number: 211

www.connectie.org Hours: 24 hours a day / 7 days a week / 365 days a year

Hotline will connect people from anywhere in the County of San Bernardino to a centralized, 24 hour service offering multi-lingual information and referrals for a vast array of social services in their area.

West End Family Counseling Services:

Ontario Headquarters

855 N. Euclid Ave.

Ontario, CA 91762

(909) 983-2020

Rancho Cucamonga

10630 Town Center

Rancho Cucamonga, CA, 91730

(909) 908-3004

Services Provided: Low cost individual and group counseling for children and adults. Also, the court ordered domestic violence programs and parenting classes.

Staffed by: 3 psychiatrists on staff, along with LCSW's and LMFT's, and interns which work on the school sites under direction of a licensed staff member.

Days/Hours of Service: Monday-Tuesday-Wednesday 9:00 a.m. to 5:00

p.m. **Fee:** Medi-Cal or a sliding scale

Referrals: May be through school-based programs, court orders, CPS, or by a client calling the agency. They will attempt to place them in the right program with the right counselor.

MISCELLANEOUS

Alcoholics Anonymous (909) 825-4700,

www.inlandempireaa.org **Al Anon (support for family members)**

(909) 824-1516

American Cancer Society (800) 277-2345

American Lung Association (800) 242-8721 (Asthma Camp and "Open Airways for

Schools") **Animal Control (800) 472-5609**

Bereavement Support Group (909) 477-2780 ext. 8007

Braille Institute (800) BRAILLE

Center for Disease Control (CDC) (800) 232-1311

Diabetes Education and Support Groups

Community Hospital of San Bernardino, Faviola Garcia-Robles (909) 806-1816

St. Bernadine Medical Center - Iliana Martinez (909) 881-4525

Inland Hospice Association (909) 399-3289

233 W. Harrison Avenue, Claremont, CA 91711

Hours: Monday - Friday 8:00 a.m. - 5:00 p.m.

Services: Bereavement groups, AIDS survivors support groups, physical, emotional and spiritual care for terminally ill with less than 6 months to live.

Project Sister (909) 623-1619

Services: Project Sister provides a variety of crisis intervention services and outreach and prevention programs

Fees: First 10 sessions are free; additional sessions available on sliding scale schedule (.25 - \$5.00)

Runaway:

Child Find of America (800) I-AM-LOST

Children of the Night (800) 551-1300

Covenant House (800) 999-9999

National Runaway Switchboard (800) 621-4000

San Bernardino Referral Hotline Phone Number: 211

www.connectie.org **Hours:** 24 hours a day / 7 days a week / 365 days a year

Hotline will connect people from anywhere in the County of San Bernardino to a centralized, 24 hour service offering multi-lingual info & referrals for a vast array of services in their area.

Suicide Hotline: (909) 886-4889

National Suicide Prevention Lifeline: (800) 273-8255

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NEUROLOGY - PEDIATRIC

Dr. Habib Ismail (909) 989-7551

1330 W. Covina Boulevard

San Dimas, CA. 91773

Hours: Monday - Friday 8:00 a.m. - 5:00 p.m.

Dr. Faisal Qazi, Inland Neurology (909) 949-7443

1148 San Bernardino Rd, Suite C-101

Upland, CA 91786

Hours: Monday - Thursday, 9:00 a.m. - 5:00 p.m., Fridays, 9:00 - 3:00 p.m.

Services: Pediatric Neurology (age 5 and older)

Insurance: HMO authorization required. Other insurance accepted, inquired with the office staff. (Medi-Cal is not accepted)

Dr. Michael Saito (951) 782-3682

7117 Brockton Avenue

Riverside, CA. 92506

Hours: Monday - Friday, 8:30 a.m. - 5:30 p.m.

Services: Pediatric Neurology. Medi-Cal is not accepted.

Loma Linda University Medical Center / Pediatric Teaching

Office (909) 558-4786

Hours: Monday - Thursday, 8:00 a.m. - 5:00 p.m., Friday, 8:00 a.m. - 3:00 p.m.

PARENTING CLASSES / GROUPS

CODIE (Center on Deafness Inland Empire) (951)

275-5000 TTY: (951) 275-0640, Fax: (951) 275-5065

Hours: 8:30 a.m. - 5:00 p.m., Monday through Friday

Services: A pool of qualified and certified interpreters is available through CODIE/LIFESIGNS (951.275.5035). Deaf and hard of hearing consumers can call to request professional interpreters for medical and legal appointments, social events, job interviews, classes, parent/teacher meetings, conferences and workshops as well as other services that are needed. CODIE also serves as an advocate/liaison for social security recipients, immigration issues and to parents planning their deaf child's education (IEP). **Fee:** \$60.00/hour with a 2 hour minimum

Additional Services at No Charge:

- Drug & Alcohol Prevention
- Health Promotion and Wellness
- Teen Pregnancy Prevention Program
- Anger Management Classes

- Domestic Violence
- Parenting Classes
- Senior Citizen Programs

Loving Solutions for Adolescents (909) 932-1069 - Jessica Services: 7 week group session for parents and their teenagers (must attend all 7 sessions) **Fees:** \$20.00 book fee, \$5.00 per group session fee

Mental Health Service Systems (909) 980-2789

Services: Works with families toward one common goal regarding children's behavioral situations. School referrals are accepted or parents can call organizations directly.

Olive Branch Counseling (909) 989-9030

9033 Baseline Road, Suite H
Rancho Cucamonga, CA. 91730

Hours: by appointment only

Services: Anger Management, Teen Groups, Eating Disorders, Marriage Counseling and more.

Fee: insurance accepted, no Medi-Cal or Medicare, sliding scale available

PARENTING CLASSES / GROUPS

Para Los Niños (909) 230-6400

Offered through the Rancho Cucamonga Family Resource Center

9791 Arrow Route

Rancho Cucamonga, CA. 91730

Classes start on 4/23/09 on Thursdays for six weeks from 4 - 6 p.m.

- proof of address, income, copy of birth certificate and i.d. required
- free of charge
- run by case managers
- small classes 8 - 10 people
- register at above phone number

Parent Project for Teens (909) 949-4667 - Anthony Smith Services: 10 week

group session for parents and their teenagers (must attend all 10 sessions) **Fees:** \$20.00 book fee, \$5.00 per group session fee

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RENT ASSISTANCE / UTILITY ASSISTANCE

Catholic Charities of San Bernardino County (909) 880-3625

1800 Western Avenue, Suite 107

San Bernardino, CA. 92411

Hours: 8:30 a.m. - 12:00 p.m., and 1:00 - 4:30 p.m., Monday through Friday **Services:**

Rental assistance and utility assistance available providing funds are available to assist a resident.

Community Action partnership of San Bernardino County (909)

723-1500 St. Peter/St. Paul (800) 716-0646

Community Assistance Program www.fontanacap.org

8440 Nuevo Avenue, Fontana, CA. 92335

Services: Rental assistance and utility assistance for Fontana residents

San Bernardino Referral Hotline for Rental Assistance / Utility Assistance

Phone Number: 211 www.connectie.org

Hours: 24 hours a day / 7 days a week / 365 days a year

Hotline will connect people from anywhere in the County of San Bernardino to a centralized, 24 hour service offering multi-lingual information and referrals for social services in their area.

SPECIAL SERVICES / SUPPORT GROUPS

Attention Deficit Disorder (ADD) and Attention Deficit Hyper-Activity Disorder (ADHD) (909) 946-1326 www.chadd.org

Autism Behavior Consultants (951) 737-6300

1880 Town & Country, Suite B-101

Norco, CA. 92860

Contact: Christy Crider, Director of Administration Christy.criter@autismprograms.com

Fees: referral required through Inland Regional Center

Services Offered: 1 on 1 therapy, intervention, social skills, school shadowing for ages 18 months - 12 years of age.

Bio-Behavioral Institute (909) 693-4041 (non-drug treatment for ADD)

Braille Institute Library Services (800) 808-2555

Hours: 8:30 a.m. to 5:00 p.m.

Fees: Free to all eligible borrowers.

Services Offered: Regional library and machine lending agency for the blind and reading disabled. Provides books, etc., on Braille and on recordings for loan. Mail in and mail back.

**California's Early Start Program (909) 890-4711 or
Inland Regional Center (909) 890-3000**

For infants and toddlers with disabilities and their families. If you have concerns about your infant or toddler's development, call your health care provider, community health clinic, or (800) 515-BABY for early intervention services in your area. (For San Bernardino County, early intervention services are at Inland Regional Center (909) 890-3000.)

California Yellow pages for Kids with Disabilities

www.yellowpagesforkids.com/help/ca.htm

**Casa Colina Outdoor Adventures/Adaptive Sports Program
(909) 596-7733**

255 E. Bonita Ave.

Pomona, CA 91769

A program that focuses on empowering people with disabilities by creating opportunities for challenging and exciting experiences in the out-of-doors.

Call for a calendar of events.

Children with Attention Deficit Disorder (CHADD):

newsletter/manual 499 Northwest 70th Ave., Suite 308

Plantation, FL 33317

SPECIAL SERVICES / SUPPORT GROUPS

Cutting/Self-Injury and Other Destructive Behaviors

Andrew Levender (213) 470-7730

(310) 836-1223

(888) 22 VISTA

Services: Out-patient program= 9 months

Resident program = 12 - 13 months

www.thehealinghousela.com

Diabetic Focus (support group)

Claremont Presbyterian Church **Contacts:**

111 N. Mountain Avenue, Claremont **Sam/Irene Atwood (909) 624-2451 4th**

Monday of each month 7p-8p **Kim Nelsen (909) 986-3795** Speakers and open discussion for adults
Fun activities for children

Diabetic Youth Foundation (925) 680-4994

5167 Clayton Road, Suite F
Concord, CA. 94521

Contact: Janet Cooper, CTRS (cooper@dyf.org)

Services: The Diabetic Youth Foundation serves over 1,300 children, teens and families a year affected primarily by Type I diabetes. They are a small private non-profit organization that offers monthly programs specifically to teach children, teens and families how to successfully manage all of the ups and downs of day-to-day living with diabetes. They offer different Kids Clubs, Teen Adventure Series & Weekend Family Education programs as well as a nine-week summer camp.

www.childrenwithdiabetes.com
(734) 428-8265

Down Syndrome Support Group (909) 677-1997

SPECIAL SERVICES / SUPPORT GROUPS

Early Start Family Resource Network (800) 974-5553 or (909)

890-3370 674 Brier Dr.

P. O. Box 6127

San Bernardino, CA 92412

Garden of Angels, Inc. (909) 446-0535 Fax (909) 446-0583

Safe Arms for Newborns Toll-free information (877) 272-3327

P.O. Box 1776 www.gardenofangels.org

Yucaipa, CA 92399

Juvenile Diabetes Research Foundation International -

JDRF Inland Empire Chapter Toll Free Phone (866) 645-0101

1001 E. Cooley Drive, #105 Fax (909) 424-0044

Colton, CA 92324 E-mail: inlandempire@jdrf.org

Call to request *Bag of Hope* (newborn to 10) or *Teen Pak* (11 to 20)

National Suicide Prevention Lifeline (800) 273-8255

Project Sister (909) 623-1619

Services: Project Sister provides a variety of crisis intervention services and outreach and prevention programs

Fees: First 10 sessions are free; additional sessions available on sliding scale schedule (.25 - \$5.00)

San Antonio Community Hospital Sibshops (909) 920-6199

San Antonio Community Hospital Auditorium

Sibshops are for 7 to 13 year old kids who have a brother or sister with special needs. Free of charge, but ***pre-registration is required.***

7:00-8:30PM (call for dates)

San Bernardino Referral Hotline for Rental Assistance / Utility Assistance

Phone Number: 211 www.connectie.org

Hours: 24 hours a day / 7 days a week / 365 days a year

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SPECIAL SERVICES / SUPPORT GROUPS

San Bernardino County Public Health Nursing (909) 388-0400

Department of Public Health 0010, EBS Health center

120 Carousel Mall

San Bernardino, CA. 92415-0493

Contact: JoAnn Ansell jansell@dph.sbcounty.gov

Services: assisting homeless children & their family to achieve stabilization in health, home and school, educating the family by accessing appropriate community resources for family to function independently.

Scoliosis Treatment Center (951) 485-1918 www.scolibrace.com

24318 Hemlock Avenue, Suite 5

Moreno Valley, CA. 92557

Services: free on-site scoliosis screening year round, full Scoliosis management including non surgical treatment,

SNAP (Special Needs Advocate for Parents) www.snapinfo.org **Services:** resource for parents who are struggling with meeting health care needs, etc for their children with special needs. There is a small fee (\$10) which will assist with appropriate letters to different agencies advocating for available resources.

Valley Resource Center (909) 957-0709

3519 N. Perris Blvd.

Perris, CA 92571

Vocational, living skills and job placement for developmentally disabled

Vista Del Mar Child and Family Services - cutting

3200 Motor Ave., Los Angeles, CA 90034

Phone (310) 836-1223, Toll Free 888-22-VISTA, FAX (310) 204-4134

SUBSTANCE ABUSE PROGRAMS

Matrix Institute (909) 989-9724

9375 Archibald Avenue, Suite 204

Rancho Cucamonga, CA. 91730

Services: Matrix offers intensive outpatient chemical dependency programs for adults and adolescents in which behavioral conditioning information, family systems strategies and drug testing are incorporated to provide an integrated treatment experience. Fee: Most major health insurance accepted, sliding scale for SB County residents.

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TOYS and GIFTS

(Available Certain Times of the Year Only)

Catholic Charities (909) 391-1617

6355 Taylor

Upland, CA.

Hours: M-Th 8:30 a.m.-2:00 p.m.

Catholic Charities (909) 622-3466 Food Pantry

315 N. Park

Pomona, CA.

Hours: 9:00 a.m. - 1:00 p.m., Monday through Friday

ID & proof of income, Edison bills from 9 - 11 up to \$150 on Monday 9 - 11

City of Fontana (909) 350-7600

Fontana Fire Fighters (909) 829-4441

Fontana Police Department (909) 350-7740

Hope Outreach (909) 983-5783

213 N. Fern

Ontario, CA 91762

Rancho Cucamonga Fire Fighters (909) 477-2770

Rancho Cucamonga Sheriff Department (909) 477-2800

Salvation Army Church (909) 986-6748

Santa Claus, Inc.

Information available for free toys for those in need. Contact School Health Office staff for more information.

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TUITION ASSISTANCE – CHILD CARE

County of San Bernardino (909) 356-3160

Fontana Office: 7977 Sierra Avenue, Fontana, 92335

Rancho Cucamonga Office: 10825 Arrow Route, Rancho Cucamonga, 91730 **Services:**

Tuition assistance for CalWorks eligible families. Applications are available at the above offices for qualifications and approval.

Kids 'n Care (909) 384-8052, (909) 384-8046

1111 East Mill Street, Suite 100, San Bernardino, CA. 92408

Hours: 7:30 - 4:30, Monday through Friday

Services: Families will be placed on an eligibility list, due to limited funding. Priority is given to foster children, cps referrals and guardianship cases.

Misc: Parents can apply on-line @ www.kidsncare.com. (Select "Central Eligibility List" (CEL) to apply on-line or to print a pdf application.

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VISION SERVICES

Dr. Gerald Bowns, MD (626) 796-5325

Pasadena Eye Medical Group

10 Congress Street, Suite 340

Pasadena, CA. 91105

California Vision Project (800) 877-5738 www.californiavision.org

2415 K Street

Sacramento, CA. 95816

(916) 448-1423 Fax

Services: FREE eye care for uninsured low-income families

Cost: Eyeglasses are provided at \$20/pair

Particulars: Citizenship Not Required

A member of household must work at least part-time

Household income level permits free school lunches (as established by the Dpt of

Education) Applicant has no vision insurance & unable to pay for eye care services

Applicant has not had an eye examination within the past 2 years

Time Line: 4 - 6 week process from start to finish

Children's Eye Institute, Lance Siegel, MD & Michelle Britt, MD (909)

931-9675 1246 E. Arrow Highway, Suite A, Upland, CA 91786

Services: Specializing in pediatric ophthalmology

Fees: Medi-Cal accepted with pediatrician referral

Costco (909) 581-1700

Crystal Vision Optometry (909) 980-5552

8003 Archibald Ave. Rancho Cucamonga, CA 91730

Services: FREE glasses repair, low cost vision services, pediatric training, VSP

Participant **Fees:** Medi-Cal accepted, IEHP and other insurance accepted.

Dr. Jennifer Dunbar (909) 558-2154

11370 Anderson Street, Suite 1800

Loma Linda University

Loma Linda, CA. 92354

Services: Pediatric Ophthalmology

EyeCare America and Children's EyeCare Program (877) 887-6327 Services:

Provides comprehensive eye exams and care for up to one year, often at no out-of-pocket expense to eligible candidates age 65 or older.

VISION SERVICES

Frame Doctors (909) 581-1018

9849-B Foothill Boulevard

Rancho Cucamonga, CA. 91730

Hours: Monday - Friday 10 am - 6 pm, Saturday, 10 am - 2 pm

Lenscrafters (909) 484-9722

One Mills Circle, #516

Ontario, CA. 91730

Services: Minor glasses repairs for FREE (at most locations).

Lenscrafters (909) 899-7054

12503 N. Main Street

Rancho Cucamonga, CA 91739

Services: FREE exam/glasses (see DN for qualifications and letter)

Lions Friends in Sight Upcoming Sight Clinics

<https://clfis.info/events/> **Services:** All are welcome on a first come, first serve basis

Misc: All services performed by volunteers

New Eyes for the Needy www.neweyesfortheneedy.org

Services: provides vouchers for the purchase of new prescription eyeglasses.

Richard and Anne Simpson, O.D. (909) 986-0918

1131 W. 6th Street, Suite 150

Ontario, CA. 91762

Services: Dr. Anne Simpson specializes in children with visual perception problems, visual perception testing, and vision training. Medi-Cal accepted.

Pacific Eye Institute (909) 982-8846

555 N 13th Avenue

Upland, CA

MD's Includes: Robert Fabricant, Michael Groth, David Robbin, Jon Siems, Edgar Thomas **Services:** Only takes children age 18 and older

VISION SERVICES

Leana Parisi, O.D. (909) 383-5000, (909) 383-5010 fax

164 W. Hospitality Lane, Suite 7

San Bernardino, CA. 92408

Services: Specializing in children with visual perception problems. Will perform eye examinations and vision therapy.

Fees: IEHP accepted for eye exams; vision therapy usually not covered by insurance.

Dr. John Rossi, Optometrist (909) 986-4162

615 N Palm Avenue

Ontario, CA 91762

Hours: Monday and Tuesday 9 a.m. – 3 p.m.

Services: Adult and children. Does well with children; has performed eye exams for a child that cannot speak.

Fees: Most insurance plans accepted. Payment plans accepted.

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Sight for Students (800) 852-7600 ext. 5156

Free exam and glasses (if prescribed)

Services: gift certificates entitle students to free eye exams; for families with no insurance and no Medi-Cal services.

Vision Service Plan—*Qualification & referral required, contact Health Services for certificate.*

Anna Torres, O.D. (909) 621-0057

1420 N. Claremont Boulevard, Suite 209-B

Claremont, CA 91711

Vision USA (800) 766-4466

Services: Provides free eye care to eligible uninsured, low-income workers and their families.

Wal-Mart (909) 899-5028

12549 Foothill Boulevard, Rancho Cucamonga, CA 91739

Services: Complete Comprehensive Vision Exam for \$58.00 (includes glaucoma test and dilation, if needed. Repair of broken glasses (missing screws or more) for FREE!

Hours: Monday – Friday, 9 am to 8 pm; Saturday 9 am – 7 pm; Sunday 12:30 – 5 pm **Cost:** Glasses starting at \$48.00 (\$18 for basic frame, \$30 for single vision plastic lenses)

VISION SERVICES

Western University of Health Sciences (909) 706-3899

Eye Care Center

795 E. Second Street, 1st Floor, Suite 2
Pomona, CA 91766

Services: Primary and highly specialized eye care for all ages including low vision rehabilitation, vision therapy, neuro-optometric rehabilitation, and diabetic eye disease treatment. Customized exams for needs of special populations including those with developmental disabilities. **Cost:** Medi-Cal accepted, no insurance patients also accepted.

Dr. Sarah Whang (714) 633-0321

1302 W. La Veta, Suite 101
Orange, CA. 92866

Services: Pediatric Ophthalmology

Hours: 8:30 a.m. to 5:00 p.m.

Fees: Free to all eligible borrowers.

Services Offered: Regional library and machine lending agency for the blind and reading disabled. Provides books, etc., on Braille and on recordings for loan. Mail in and mail back.

Rolling Start, Inc. – San Bernardino

(909) 884-2129 Voice

(909) 884-7396 TTY

Hours: Monday through Friday, 8 a.m. – 5 p.m. (call to make an appointment) **Services:**

Services include Personal Assistant Referral, Housing Information, Systems and Individual Advocacy, Peer Counseling, Information and Referral, and Independent Living Skills Training. Recently Assistive Technology Services has also been added as a very important component to assist persons with disabilities in becoming or remaining independent in their home, community and in the workplace.

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Community Resource Guide

Correction/New Listing Form

_____ Correction. Please copy the page of the booklet that requires correction and mark your correction directly on the page.

_____ New Listing. Please complete the form below.

Agency Name: _____

Address: _____

City: _____ Zip: _____

Phone: _____ FAX: _____

Agency Representative: _____

Title: _____

Services Agency Provides:

REFERENCES

Bi-Lingual Family Counseling, *Community Resource Guide*.

Chaffey Joint Union High School District, *Red Alert—Community Referral Numbers*

Department of Health Services, California School Health Connections, *Outreach in Action*. (December 1999).

GTE Directories Corporation, *The Yellow Pages, San Bernardino*. (August 2000).

Inland Empire Health Plan, *Community Resource Guide*

Kaiser Permanente, *Kaiser Permanente Cares for Kids*

Lake Elsinore Unified School District, *Community Resource Directory*

1999-2000 National Association of School Nurses, Inc., *Sight for Students*

Ortiz, David, *Mental Health Resources* (December 2000).

Pomona Clinic Coalition, *Referrals for San Bernardino County Residents*.

SAC Health System, *Community Health Services*. (March 1996).

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