

## *Shelters*

### **A Better Way Shelter**

(760) 955-8010

Victorville

Domestic violence shelter. Shelter for men and women .Offers parenting classes and anger management classes.

### **Casa de Paz**

(951) 683-0829

Riverside

Domestic violence program which offers counseling and help with restraining orders.

### **Catholic Charities/Community Serves Administration**

(909) 880-3625

1450 N. “D” Street, San Bernardino

Referral service for shelters

### **Central City Lutheran Mission**

(909) 381-6921

1354 North “G” Street, San Bernardino

Men’s shelter during Winter Season January thru March

### **Chicana Service Action Center**

(800) 548-2722

Pomona

Domestic violence program (Female Only)

### **Circle of Hope**

(951) 278-2215

420 Harrison, Corona

Women, children & family, no single men

### **Community Action Partnership**

#### **Family Development Program**

(909) 723-1500

696 South Tippecanoe Avenue, San Bernardino

Transitional housing, shelter for low-income families

### **Crisis Line**

(951) 683-0829

Riverside, Temecula, Corona, and Hemet

Help for domestic violence.

### **Daily House Network**

(909) 460-7691

1067 D Street, Ontario

Transitional housing for recovering men and women.

### **Desert Manna**

(760) 256-7797

209 North 1st Avenue, Barstow

Provides shelter for men, women and families.

### **Door of Hope**

(626) 356-3667

669 N. Los Robles, Pasadena

Offers 6-12 months intensive program and transitional housing for families and single moms with kids 10 years & under.

### **Doves of Big Bear**

(909) 866-1546

Big Bear Lake

Women and children, domestic violence and addiction

### **Downtown Work Source Center**

(909) 620-0383

315 West 9<sup>th</sup> Street Suite 101, Los Angeles

Shelter for homeless families and domestic violence

### **Family Shelter**

(951) 275-275-8792

Riverside

### **Foothill Family Shelter/ Harold's Help Desk**

(909) 920-5568

1501 West 9<sup>th</sup> Street Suite D, Upland

120 day housing for families and Services offered for homeless individuals with unresolved misdemeanors.

### **Frazer Community Center Shelter**

(909) 889-4424

1140 W. Mill Street, San Bernardino

Provides emergency food, shelter, and clothing

### **God Cares Ministry**

(909) 938-9856

2646 Baseline Road, Rialto

Men’s housing for recently paroled

### **High Desert Domestic Violence**

(760) 949-4357

Victorville

Offers battered women and children 30 day shelter

### **His House Men’s Sober Living**

(909) 985-4562

Upland

Housing for men, must be attending AA or NA meetings

### **H O P E**

(909) 983-5783

Referral agency to assist homeless.

### **House of Ruth**

(909) 988-5559 24-hour

Women and children, domestic violence

### **Housing Authority**

(909) 890-0944

Low income housing and section 8 Program

### **Inland Temporary Home**

(909) 796-6381

Loma Linda

Shelter for families with at least one minor child

### **Inland Valley Council of Churches**

(909) 622-3806

Offers emergency shelter only

### **Intervision Christian Men’s Homes**

(909) 923-1193

Ontario

### **Mercy House**

(909) 460-6768

Ontario

Transitional shelter for men, women and single mothers

### **New Dawn Transitional Program**

(909) 594-2762

20555 Valley Blvd, Walnut

Shelter for men and women, 18 to 23 years old.

### **Operation Grace**

(909) 382-8540

1595 East Art Townsend Drive, San Bernardino

For families and single women

### **Operation Safe House Inc.**

(951) 351-4418

9685 Hayes Street, Riverside

Shelter and intervention for homeless or runaway teens

### **Option House**

(909) 381-3471

San Bernardino

Domestic Violence

**Our House, PIVCC**  
(909) 622-3806  
1753 North Park, Pomona  
Shelters (no single men)

**Pacific Lifeline**  
(909) 931-2624  
Transitional housing for women and young children

**Path of Life Ministry**  
(951) 683-4101  
Riverside  
Homeless shelter for single men and single women only

**Project Achieve**  
(951) 275-8755  
2530 Third Street, Riverside  
30-day program for men and women Hours 3:30p.m.-8:30a.m

**Project Home Again**  
(909) 793-2673  
612 Laton Street, Redlands  
Shelter for men and women 60-day program

**Salvation Army**  
(909) 986-6748  
1412 South Euclid Avenue, Ontario  
Emergency food & shelter

**Salvation Army**  
(909) 889-9605  
363 S. Doolittle Road, San Bernardino  
Men Only, Ages 21-62

**San Bernardino County Department of Behavioral Health Housing Program**  
(909) 388-4133  
237 West Mills Street, San Bernardino  
Assists individuals in securing housing

**San Bernardino County Department of Behavioral Health Homeless Program**  
(909) 388-4120  
Provides basic needs (food, housing, and clothing)

**Set Free Ministry**  
(951) 682-0960  
2511 Tenth Street, Riverside  
Shelter for men and women with children

**Shelter for the Homeless**  
(714) 897-3221  
15161 Jackson Street Midway City  
Housing for single men, single women and families

**U- Turn for Christ**  
(951) 943 -7097  
20170 Patterson Avenue., Perris  
Men's and Women's Ranch  
(530) 644-1982  
3540 White Mountain Ranch Road, Camino  
Men's Ranch

**Veronica's Home of Mercy**  
(909) 888-9064  
1476 West 6<sup>th</sup> Street, San Bernardino  
Domestic violence and homeless

**YMCA**  
(909) 623-6433  
Pomona  
For single men.

### *Showering Facilities*

**Cross Light Church**  
(909) 983-6466  
1456 N. Grove, Ontario  
Provides food distribution and clothing Fridays 10 am, and showers Fridays at 9:00 am.

**Desert Manna Ministries**  
(760) 256-3766  
209 North First Avenue, Barstow  
Everyday from 9:00am to 3:00pm

**Mary's Mercy Center**  
(909) 889-2558  
641 Roberts Avenue, San Bernardino  
Showers are available for women on Monday and Wednesday and for men on Tuesday and Thursday 8:00-10:30a.m. Toiletries and clothes are available on shower days.



## *Shelters and Showering Facilities*

*Community Assistance Program*

**Visit [www.FontanaCAP.org](http://www.FontanaCAP.org)  
For Additional Resources**

## *Food Distribution Centers*

### **Abundant Living Outreach Center**

(909) 476-0300  
9269 Utica Avenue Suite 125, Rancho Cucamonga  
Outreach center provides food on a monthly basis for people in need. Bring ID Tues. and Thurs. 7 p.m. & Sat. 10 am– 1pm

### **Adventist Comm. Team Services (ACTS)**

(909) 796-8357  
24914 Barton Road, Loma Linda  
Provides food for emergency Monday – Thursday 8am – 1pm and Friday 8am – 12 pm

### **Alliance Church**

(909) 885-0012  
340 E. Evans Street, San Bernardino

### **Beta Center Hunger Program**

(909) 622-7278  
1095 West Grand Avenue, Pomona  
Mon. - Thur. 9a.m.-3p.m. Bring proof of address, ID & income

### **Carpenter's House**

(909) 355-3168  
13489 Arrow Route, Fontana  
Gives away food the second Saturday of each month at 10

### **Catholic Social Services**

(909) 880-3625  
1800 Western Suite 107, San Bernardino  
Provides food, clothes and motel vouchers. Call First

### **Central City Lutheran Mission**

(909) 381-6921  
1354 N. G Street, San Bernardino

### **Chino Neighborhood House**

(909) 628-5608  
13130 West 6<sup>th</sup> Street, Chino  
Donates food, clothing & medical appliances to people in Chino Community. 9am – 1pm M, T, W, F, and Sat.

### **Community Action Partnership of San Bernardino**

(909) 723-1500  
696 South Tippecanoe Avenue, San Bernardino  
Food vouchers (bring proof of income and ID) 8am- 5 M-F

### **Cornerstone Compassion Center**

(909) 888-1729  
903 East Third Street, San Bernardino  
Emergency food & clothing

### **Delmann Heights Boys & Girls Club**

(909) 384-5417  
2969 North Flores Street, San Bernardino  
Canned foods once a month, third Wednesday canned foods and every Wednesday bread, from 9am – 11 am

### **Echoes of Faith**

(909) 627- 0927  
5376 West Philip Street, Ontario  
Thursdays from 9 - 11a.m. Fresh Start 9am 11am the 2& 4 Sat.

### **Family Services Association**

(909) 793-2673  
402 Colton, Redlands  
Food, clothing for Redlands Community Program (Home Again) every Tuesday 1<sup>st</sup> come 1<sup>st</sup> serve

### **Food Warehouse**

(909) 463-0103 Ext. 809  
16815 Spring Street, Fontana  
Tuesday and Thursday 3:00– 7:00p.m.

### **Frazer Community Center Family Crisis Center**

(909) 889-4424  
1140 West Miss Street, San Bernardino

### **God Always Provides**

(909) 945-1020  
8768 Helms Suite A, Rancho Cucamonga  
Thursday 4:00-6:00p.m. 1 bag a family (need to bring proof of address, valid ID & utility bill) A donation of \$2.00

### **Helping Hands Ministry**

(909) 730-5313  
480 W. Monterey Street, Pomona  
Hot meals every Sunday from 3:30pm – 5:00pm

### **His Hands**

(909) 981-8110  
877 North Campus Ave, Upland  
Shelter, meals, clothing for men, women & children

### **Home of Neighborly Services**

(909) 885-3491  
San Bernardino  
Emergency food and clothing for children

### **House of Prayer/Vision of Hope**

(909) 874-4810  
202 N. Riverside Ave. Suite D, Rialto  
Providing basic needs, food, essential and referral services

### **Inland Valley Council of Churches**

(909) 622-3806 Pomona (909) 629-3743 San Dimas  
Monday- Friday 9-11a.m. and 1-3p.m. Seniors only

### **Inter City Volunteers**

(909) 865-8853  
Pomona  
Provides food and help with housing

### **Isaiah's Rock**

(909) 628-0966  
Chino  
Wednesday and Friday 9am-1pm

### **Living Waters**

(760) 247-6488  
21811 Ottawa Road, Apple Valley  
Food pantry

### **Lord's Table**

(760) 241-2043  
Victorville  
Hot meals served 11:00am-12:00 noon. Mon. – Fri.

### **Mary's Mercy Center**

(909) 889-2558  
641 Roberts Avenue, San Bernardino  
Provides emergency food distributions the 2nd, 3rd, and 4th Wednesday of the month

### **Meals on Wheels**

(909) 983-0203 Ontario (909) 981-0377 Upland

### **Mountain View Community Church**

(909) 357-9377  
8833 Palmetto Avenue, Fontana  
Food pantry Wednesday 10a.m.-12p.m.

### **North Town Community Center**

(909) 941-7465  
10071 Feron Boulevard, Rancho Cucamonga  
1<sup>st</sup> Monday 9-11a.m.

### **Ontario Christian Center**

(909) 983-5269  
1336 N. Baker Aver Avenue, Ontario  
Food bank Friday at 5p.m.

### **Operation Grace**

(909) 382-8540  
1595 East Art Townsend Drive, San Bernardino  
Every Tuesday 10a.m.-1p.m. (Food basket)

**Our Lady of Mt. Carmel**

(909) 987-2717  
 10079 8<sup>th</sup> Street, Rancho Cucamonga  
 Tuesday 3-5p.m.

**SOVA, PIVCC**

(909) 391-4882  
 Ontario  
 Food distribution Monday – Thursday 9 –3:30 p.m.

**St. George Catholic Church**

(909) 877-1531  
 17895 San Bernardino Avenue, Fontana  
 Helping Hands Ministry - 5 to 6:30pm every 2nd Thursday of the month; please bring a valid picture ID and proof of residency within parish boundaries

**St. George Catholic Church**

(909) 983-2637  
 505 North Palm Avenue, Ontario  
 Food pantry- Wednesdays

**Westside Community Center**

(909) 384-5428  
 1505 West Highland Avenue, San Bernardino  
 Assistance with utilities, rent, food & clothing

**WIC (Women, Infant & Children)**

(888) 942-2229  
 351 North Mountain View Avenue, San Bernardino  
 Hours 8 a.m.-5 p.m.

***Financial Counseling*****Credit Bureaus**

Experian (888) 397-3742  
 Equifax (800) 525-6285  
 Trans Union (808) 680-7289

**Debt Free Christian Credit Counseling**

Provides finance education, counseling, and debt reduction programs  
 (800)733-2837

**Neighborhood Partnership Housing Services**

(909)988-5979  
 HUD approved counseling center. Provides assistance to potential and current home owners.

**Social Security Fraud Line**

(800) 269-0271

**Springboard Nonprofit Consumer Credit Management**

(800) 947-3752 or (951) 781-0114  
 Provides credit, debt, and alternative to bankruptcy

***Day Care and Preschool Programs*****Casa Ramona Child Care Center**

(909) 889-0011  
 San Bernardino  
 Provides assistance with completing applications for healthcare and food programs for children 3-5 years of age. Sliding fee scale available. Interpreting services Medical & SEC. Hours: 7am - 5:30pm

**Concilo for Spanish Speaking Villa de Ninos**

(909) 484-1903  
 Provides Bi-lingual day care with preschool curriculum for children of low income families; parent must be working or attending school full time. Hours: 7am - 5:30pm

**Easter Seals**

(909) 981-4668  
 San Bernardino  
 Infant, Toddler & Preschool Programs for low-income or disabled children.

**Head Start Programs – for low income families.**

(909) 984-4117 Ontario Maple Head Start  
 (909) 948-6979 Cucamonga Head Start  
 (909) 931-0147 Upland Head Start  
 (909) 902-5115 Chino Head Start  
 (909) 983-0600 Westminster Head Start- Ontario

**Kids N Care**

(800) 722-1091  
 San Bernardino  
 Can help families with low income pay for childcare

**Preschool Services Department of San Bernardino County**

(909) 875-5913  
 Rialto  
 Community Resource Center offering resource information.

**California School for the Deaf**

(951) 782-6500  
 Riverside  
 Infant program for children ages 1-3, early childhood education for preschoolers, communication arts, elementary, middle school, high school, career / technical education, special needs, physical education, curriculum, and media services.

***Food Distribution Centers******Financial Counseling******Day Care and Preschool Programs******Community Assistance Program***

**Visit [www.FontanaCAP.org](http://www.FontanaCAP.org)  
 For Additional Resources**

## *Substance Abuse*

### **Action Alliance Sober Living Services**

(951) 544-8733 Fontana

AA/NA based program. Both men and women's houses.

### **ADS Treatment Services**

(909) 421-9465

### **ALANON and ALATEEN**

(909) 824-1516 Inland Empire

Offers programs for families and friends of alcoholics

### **Alcohol & Drug Services Administrations**

(800) 968-2636

850 East Foothill Blvd. Suite D, Rialto

Referral line

### **Alcoholics Anonymous**

(909) 825-4700 Colton

Please call for meeting times. Support group for individuals seeking sobriety. No fees.

### **American Recovery Center**

(909) 865-2336

2180 Valley, Pomona

Inpatient & Outpatient

### **Bilingual Family Counseling Services**

(909) 986-7111

317 West "F" Street, Ontario

Drug & Alcohol program

### **Cedar House**

(909) 421-7120

18612 Santa Ana, Bloomington

Men & Women Residential

### **Central Valley Regional Recovery Center**

(909) 433-9824

### **Chino Multiple Diagnosis Clinic**

(909) 590-5355

Offers help for children and adults with dual diagnosis (chemical dependency and mental health issues). Sliding scale

### **Cocaine Anonymous Hotline**

(951) 359-3895

Riverside

For those individuals who desire to stop using cocaine. Free

### **Department of Public Social Services**

(877) 481-1044 San Bernardino

Applicants for welfare, Medi-Cal insurance, general relief assistance, and one time homeless assistance.

### **Desert Vista Recovery Center**

(760) 256-7313

308 E. Fredrick Street, Barstow

Offers 90 residential program for men and women in need of help with drugs and alcohol.

### **Fontana Regional Recovery Center**

(909) 822-8720

Substance Treatment or Referral for adult men and women

### **Full Circle Outreach**

(951) 737-6199 Norco

Phase 2 Residential Structured Restoration Programming is directed toward men. 6 month commitment minimum.

### **Inland Empire West Narcotics Anonymous**

(800) 863-2962

Provides individuals with meeting dates/times and locations within their local community. Free. Only requirement is the desire to stop using drugs.

### **Inland Valley Drug & Alcohol**

(909) 622-7311

375 Main Street Suite 111, Pomona

Men & Women Residential

### **Inland Valley Recovery Services**

(909) 932-1069

916 North Mountain Suite A, Upland

Women & Children's Inpatient

### **Inland Valley Recovery Services**

(909) 949-4667

934 North Mountain, Upland

Outpatient Program

### **Matrix Institute Inland Empire**

(909) 989-9724

11777 Sabastian Way Suite 102B, Rancho Cucamonga

### **Mental Health Services Drug and Alcohol Abuse Hotline**

(800) 454-8966

Counselors available to take one-on-one crisis calls 24 hours

### **Morongo Basin Mental Health**

(760) 365-3022

### **Mountain View Community Church**

(909) 357-9377

8833 Palmetto Avenue, Fontana

NA/AA meetings & Bible study

### **Narcotics Anonymous**

(800) 397-2333

(909) 370-3568

Non profit fellowship for recovering addicts that meet regularly to help one another stay clean. The only requirement is the desire to stop using.

### **New Creation / His House**

(909) 981-6121 Upland

Substance abuse program/ outpatient counseling.

### **Panorama Ranch**

(760) 366-9100

65675 Sullivan Road, Joshua Tree

90 Residential program. Offers many meetings and social groups for recovering men and women.

### **Peace in the Valley Christian Center**

(909)355-2008

17487 Arrow Boulevard, Fontana

PC1000 Drug Diversion Program for 1st time adult court ordered drug offenders. Classes in Spanish and English and on Saturdays.

### **Project Home Again / IBHS**

(909) 881-6146

1963 North "E" Street, San Bernardino

Out Patient

### **Prototypes**

(909) 398-4383

Pomona

Programs offered for those who struggle with mental health and substance abuse issues. Outpatient and day treatment services. Call for an appointment.

### **Prototypes Women Center**

(909) 624-1233

Monday-Friday 7:30a.m.-6:00p.m.

845 East Arrow Highway, Pomona

Women & Children Residential ([www.prototyps.org](http://www.prototyps.org))

### **R.A.P. (Rehabilitation Alcohol Program)**

#### **Community Recovery Services**

(909) 356-9390 Fontana

Classes for those that have been arrested for DUI and ordered by the Court or DMV to attend classes

**Reach Out West End Inc.**

(909) 982-8641 Upland

Volunteer mentoring program for middle school students and a drug diversion program (PC1000) and for first time adult court ordered drug offenders.

**RIM Family Services**

(909) 336-1800

**Sac Health Systems-Norton**

(909) 382-7135

**San Bernardino County Alcohol and Drug Administration Perinatal Outreach Program**

(909) 854-3440

Free program for women who are addicted to drugs/alcohol. Referral programs for residents of San Bernardino County.

**San Bernardino Department of Behavioral Health**

(909) 854-3440

Mental health services/medication and case management. Accepts Medi-Cal.

**San Bernardino Drug Court**

(909) 386-0523

**St. John of GOD**

(760) 241-4917

1333 Palmdale Road, Victorville  
Drug and Alcohol Abuse

**Treatment Recovery Center**

(877) 672-3750

4761 Arrow Highway, Montclair

MAT program offers detox and maintenance programs

Accepts medi-cal and offer sliding scale for cash clients

**Valley Improvement Program**

(909) 983-3665

210 West "B" Street, Ontario

Court ordered PC1000 program, and court ordered counseling for alcohol and drug abuse, and DUI. County fees applicable

**Veronica's Home of Mercy**

(909) 888-9064

1476 West 6<sup>th</sup>, San Bernardino

Drug Abuse

**Veteran Alcohol Rehab**

(909) 381-3774

1135 N D Street, San Bernardino

Provides long term residential services for women veterans

**Assistance Programs****211 United Way**

211

**Cal Works**

(888) 393-5327

**Child Abuse Hotline**

(800) 827-8724

**Child Support Services**

(909) 799-1790

**Elder & Disabled Adults Abuse & Child Protection, MSSP Services and Family Helpline**

(877) 565-2020

**Family Services**

(909) 793-2673

**Family Service Agency**

(909) 822-3533

**Project Reach**

(909) 881-2800

**Help Parents Locate Runaway Children**

(800) 621-4000

**Industrial Support Systems**

(909) 428-3833

**New Parent Information Kit**

(800) 543-7025

**Red Cross**

(800) 951-5600

**Runaway Hotline**

(888) 448-4663

**San Bernardino Emergency Services**

[www.oes.ca.gov](http://www.oes.ca.gov)

(909) 356-3998

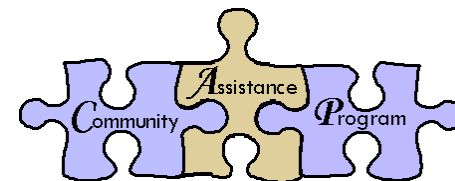
**Seat Check Inspections & Recall List**

(866) 732-8243

**We Tip Inc.**

(800) 782-7463

Hotline to report crimes. Callers may remain anonymous



"Helping to put the pieces together"  
City of Fontana • Water of Life Community Church

## *Substance Abuse*

## *Assistance Programs*

## *Community Assistance Program*

**Visit [www.FontanaCAP.org](http://www.FontanaCAP.org)  
For Additional Resources**

## *Counseling*

### **Adult Mental Health Community**

Hospital of San Bernardino  
(909) 887-6333  
1805 N. Medical Center Drive, San Bernardino  
Offers Outpatient programs, psychiatric inpatient

### **Alternative Avenues**

(909) 398-4838  
9675 Monte Vista suite “G”, Montclair  
Services to young women in crisis pregnancy situations

### **Behavioral Health**

(909) 854-3420 Fontana Clinic  
(909) 421-9200 Rialto Clinic  
(909) 387-7200 San Bernardino Clinic  
(909) 579-8100 Upland Clinic

### **Bilingual Family Counseling**

(909) 986-7111  
317 W. Heff Street, Ontario  
Counseling for couples, adults, children and other services

### **Caritas Counseling Catholic Charities**

(909) 763-4970  
1265 North La Cadena Drive Suite 4, Colton  
Marriage, family and child counseling (Sliding scale)

### **Catholic Charities**

(909) 388-1239 San Bernardino Office  
(909) 880-3625 Resource Center  
Provides food, shelter, counseling, utility, rental assistance, preventative services, immigration, athletics for youth, and public benefits application advocacy.

### **Center of Christ Ministries**

(909) 923-3179  
468 West 6<sup>th</sup> Street, San Bernardino  
Church services, Marriage Counseling

### **Center for Healing Childhood Trauma**

(909) 875-5288  
101 South Olive Avenue, Rialto  
Provides counseling to families and children in sexual abuse situations

### **Charles Koehler AMVETS Post 1240**

(909) 823-2600  
9190 Fontana Avenue, Fontana  
Veteran’s services and counseling

### **Chino Human Services**

(909) 591-9822  
13271 Central Avenue, Chino

### **Chino Multiple Diagnosis Clinic**

(909) 579-8100  
Children and adults with dual diagnosis (Sliding scale)

### **Christian Family Counseling Service**

(909) 628-7138  
Services for couples, children, adolescents and adults

### **Family Service Agency of San Bernardino**

(909) 822-3533 Fontana Office  
(909) 886-6737 San Bernardino Office  
(909) 338-4689 Crestline Office  
7993 North Sierra Avenue Suite F, Fontana  
Family education, crisis and information hotlines, domestic violence groups, and intervention treatment programs for at risk youth.

### **Holy Family Services, Adoption and Foster Care**

(800) 464-2367  
Free counseling and adoption services unplanned pregnancies

### **Inland Behavioral and Health Services**

(909) 881-6146  
1963 North “E” Street, San Bernardino  
Provides services for substance abuse, mental, physical, and homeless (sliding scale)

### **Inland Family Health Community Center**

(909) 708-8158  
665 North “O” Street, San Bernardino  
Provides services for medical, dental and OBGYN

### **Mountain Valley Community Church**

(909) 357-9377  
8833 Palmetto Avenue, Fontana  
Mental and family counseling (By appointment only)

### **Olive Branch Counseling Center**

(909) 989-9030  
9033 Baseline Road, Rancho Cucamonga  
Marriage & Family counseling

### **Ontario Multiple Diagnosis Clinic**

(909) 933-6341  
Children and adults with dual diagnosis (Sliding scale)

### **Ontario Pregnancy Counseling 24-Hour Hotline**

(909) 985-0205  
10390 Regis Court, Rancho Cucamonga  
Provides free pregnancy testing, counseling, layettes, and other baby items if available, as well as links to financial services.

### **Samaritan Counseling Center**

(909) 985-0513 Upland  
Professional counseling for individual, couple, child and family and related psychological services in a faith based atmosphere.

### **Upland Community Counseling Center**

(909) 579-8100 Upland (909) 854-3420 Fontana  
For low-income families and individuals, primarily for children

### **Walden Family Services**

(951) 788-5905  
3576 Arlington Avenue Suite 106, Riverside  
Provides placement, treatment, and advocacy services for children with emotional, behavioral and/or developmental challenges

### **West End Family Counseling**

(909) 983-2020  
855 North Euclid Avenue, Ontario  
Services to San Bernardino County Medi-Cal recipients only: low-cost community mental health: including individual, family, and group counseling. Certified treatment for perpetrators of domestic violence, parent education classes, and school-based services

## *Hospitals/Clinics*

### **Aid Healthcare Foundation (AHF)**

(909) 579-0708 Upland

### **Arrowhead Regional Medical**

(909) 580-1000  
400 North Pepper, Colton

### **Arrowhead Regional Medical Center**

(909) 422-8029  
16854 Ivy Avenue, Fontana

### **Ballard Rehabilitation Hospital**

(909) 473-1200  
1760 West 16<sup>th</sup> Street, San Bernardino

### **California Medical Clinic**

(909) 467-1605  
402 East Holt Suite E, Ontario

### **Canyon Ridge Hospital**

(909) 590-3700  
5353 “G” Street, Chino

### **Central Avenue Urgent Care**

(909) 865-9977  
8891 Central, Montclair

### **Chino Valley Medical Center**

(909) 627-6111  
5451 Walnut, Chino

### **Clinical Medical Familial**

(909) 988-3288  
403 West “F” Street, Ontario

**Community Hospital of San Bernardino**  
(909) 887-6333 Ext. 4734  
Provides health and medical information

**Doctor's Hospital**  
(909) 625-5411  
5000 San Bernardino, Montclair

**Family & Elder Care Clinic**  
(909) 580-1675  
400 North Pepper Avenue, Colton

**Fontana Family Health Center**  
(909) 422-8029

**Health Center for Women and Children**  
(909) 395-0030  
756 North Euclid Avenue, Ontario

**Heartland Home Health Care and Hospice**  
(951)369-8604  
1700 Iowa Avenue Suite 280, Riverside

**Inland AIDS Project**  
(951) 300-2333  
3756 Elizabeth Street, Riverside

**Inland Empire Community Health Center**  
(909) 877-0510  
18601 Valley, Bloomington

**Inland Hospice Association**  
(909) 399-3289

**Kaiser Permanente**  
(909) 427-5000  
9961 Sierra Avenue, Fontana.

**Kids Come First Community Clinic**  
(909) 673-9125  
1501 South Bonvue Avenue, Ontario

**Kindred Hospital**  
(909) 391-0333  
550 North Monterey, Ontario

**Loma Linda University Medical Center**  
(909) 796-7311  
11234 Anderson Street, Loma Linda  
East Campus  
(909) 796-0167  
25333 Carton Road, Loma Linda

**Loma Linda Ronald McDonald House**  
(909) 558-8300  
11365 Anderson Street, Loma Linda

**Lupus International**  
(949) 833-2121  
17985 Sky Park Circle Suite J, Irvine

**Molina Medical Center**  
(909) 467-0797  
Fontana

**Montclair Day Clinic**  
(909) 399-3173  
Montclair Medical Clinic  
(909) 625-9464

**Pomona Valley Hospital Medical Center**  
(909) 865-9500  
1798 N. Gary, Pomona

**Central Avenue Urgent Care**  
(909) 865-9977  
1601 Monte Vista Avenue, Claremont

**San Antonio Community Hospital**  
(909) 985-2811  
999 San Bernardino Road, Upland

**San Bernardino County Behavioral  
Health Children's Crisis Response Team**  
(909) 421-9233  
Rialto

**San Bernardino County Public Health**  
(909) 356-6733  
Maternal Health Section  
(909) 356-3415  
Fontana

**San Dimas Community Hospital**  
(909) 599-6811  
1350 W. Covina Boulevard, San Dimas

**Sunrise Medical Center**  
(909) 988-2555  
437 N. Euclid Ave. Suite A, Ontario

**Tri City Mental Health**  
(909) 623-6131  
2008 North Gary Avenue, Pomona

**VA Medical Center**  
(909) 825-7984 X 3776  
11201 Benton Street, Loma Linda  
Provides Outreach & Homeless Program, Grant Per Diem

**Visiting Nurse Association and Hospice of Southern California**  
(909) 624-3574  
150 West 1<sup>st</sup> Street Suite 270, Claremont



## *Counseling*

## *Hospitals/Clinics*

## *Community Assistance Program*

**Visit [www.FontanaCAP.org](http://www.FontanaCAP.org)  
For Additional Resources**

## *Senior Citizen Services*

### **Adventist Community Team Services (ACTS)**

(909) 796-8357  
Loma Linda only  
Help for seniors/meals on wheels

### **AHDV Redwood Terrace Apartments**

(909) 428-4100  
8181 Redwood Avenue, Fontana  
Provides Senior Housing for ages 62 & older.

### **Alzheimer's Association Helpline**

(800) 660-1993  
Information regarding medical, nursing, and respite care

### **Courtyard Apartments**

(909) 356-8526  
8185 Palmetto Avenue, Fontana  
Senior Housing for ages 55 & older.

### **Delmann Heights Community Center**

(909) 384-5417  
2969 N. Flores St., San Bernardino  
Provides lunches, games and classes for seniors

### **Department of Aging and Adult Services**

(909) 829-8515  
Provide information for seniors and individuals with disabilities (housing, transportation, counseling, health program, utilities, and legal) [Hss.sbcounty.gov/daas](http://Hss.sbcounty.gov/daas)

### **Department of Aging Services**

(800) 510-2020  
Senior Information assistance program for San Bernardino County seniors age 60 + and individuals that are disabled.

### **Dino Papa Vero Apartments**

(909) 350-0575  
16707 Marygold Avenue, Fontana  
Provides Senior Housing ages 62 & older. Low Income

### **Discharge Planner**

(877) 347-7526  
A referral hotline offering directory for seniors and the disabled

### **Fontana Senior Safety Network**

(909) 350-7758  
Consists of a group of individuals and agencies serving the senior community to bring awareness of crime trends, fraud schemes, and safety hazards

### **Fountains at Sierra Apartments**

(909) 854-8783  
16946 Ceres Avenue, Fontana  
Provides Senior Housing ages 55 & older.

### **Frazer Community Center Shelter**

(909) 889-4424  
Emergency food, shelter, and clothing for elderly homeless people. Homeless Veterans Program available

### **Gardens at Sierra Apartments**

(909) 854-7400  
16838 Ceres Avenue, Fontana  
Senior Housing apartment complex.

### **Gloria Dei Lutheran Church**

(909) 822-7212  
Community Programs

### **Housing Authority of the County of San Bernardino**

(909) 983-1318  
Senior housing referrals

### **Inland Fair Housing and Mediation Board**

(909) 984-2254  
Senior services provides assistance with renters' assistance/HEAP applications; housing counseling

### **Knopf Senior Center**

(909) 428-8376  
Offers senior transportation and lunch program for Fontana senior residents age 55 and over

### **Long Term Care Ombudsman Program**

(909) 885-1597  
Program receives, investigates, and works to resolve problems and complaints on behalf of these residents in nursing homes, care facilities and home health care

### **Oldtimers Foundation**

(909) 829-0384  
8572 Sierra Avenue, Fontana  
Minor repairs to homes of seniors, meals on wheels, senior lunch program, Bingo Friday at 1p.m.

### **James Brulte Senior Center**

(909) 477-2780  
Offers help for seniors.

### **RSVP West Valley (Retired and Senior Volunteer)**

(909) 482-0355  
Recruits and places seniors 55+ years for non-profit volunteer work. Seniors are trained how to protect themselves against fraud and how to survive the first critical 72 hours in the event of a major disaster and preventing falls

### **Senior Information and Assistance**

(800) 510-2020  
In home support services, senior information, and assistance. Multi senior service program, linkages, senior employment, nutrition program, family caregiver support program, adult protective services, and long-term care Ombudsman program

### **Senior Nutrition Services**

(951) 342-3057  
Provides meal delivery and more, call for details.

### **Sonrise Senior Citizen Villa Apartments**

(909) 355-8522  
7222 Sierra Avenue, Fontana  
Senior Housing apartment complex. Low Income

### **South Pointe Villa Apartments**

(909) 874-9110  
Rialto  
Senior Housing- Low income section 8 allowed for ages 62 & older.

### **Village at Sierra Apartments**

(909) 350-2188  
8684 Sierra Avenue, Fontana  
Senior Housing for ages 55 & older.

### **VNA & Hospice of Southern California**

800-969-4862  
Services include home visits by our Doctors, RN Case Managers, Social Workers, Therapists, Dieticians and Home Health Aides

## *Youth*

### **Alternative Avenues**

(909) 398-4838  
Montclair

### **Boy Scouts Of America Old Baldy Council**

(909) 983-4534  
Ontario

**Boys and Girls Clubs**  
(909) 822-4988 Fontana  
(909) 623-8538 Pomona Valley

**California Youth Crisis Line**  
(800) 843-5200  
www.youthcrisisline.org

**Chaffey Joint Union High School District**  
(909) 988-8511 Ext. 2726

**Child Protective Services**  
(800) 540-4000

**Children of the Night**  
(800) 551-1300  
Provides shelter for runaways.

**Covenant House/Nineline**  
(800) 999-9999  
www.nineline.org  
A toll-free crisis hotline which provides crisis intervention, referral and information for teen Hours for from 2pm – 12am

**Delmann Heights Community Center**  
(909) 384-5417  
2969 North Flores Street, San Bernardino

**Department of Children's Services**  
(909) 945-3762  
9638 7<sup>th</sup> Street, Rancho Cucamonga

**Family Resource Center**  
(909) 397-5045  
Assistance and referrals

**Family Service Agency of San Bernardino**  
(800) 823-9119  
Toll free crisis line. Help for families of domestic abuse

**Fontana Teen Center**  
After School Youth Center  
(909) 350-2402

**Fontana Unified School District-Child Welfare**  
(909) 357-5000  
Report child abuse or neglect of a child

**Fresh Start Ministries**  
(909) 630-2662  
Offers counseling, help with gangs and community service

**Girls & Boys Town National**  
(800) 448-3000

**Girl Scout Council**  
(909) 307-6555  
1751 Plum Lane, Redlands  
Activities for girls 1<sup>st</sup> grade to high school

**Heartland Hospice**  
(951) 369-8604 Ext. 112  
San Bernardino & Riverside County

**National Runaway Switchboard**  
(800) 786-2929 (800) RUN-AWAY

**National Youth Crisis Hotline**  
(800) 442-4673  
Hotline 24 hours for kids in crisis who just need to talk.

**Ontario Pregnancy Counseling**  
(909) 985-0205

**Operation Safe House**  
(951) 351-4418  
Provides shelter and intervention for runaway teens

**Project Cuddle**  
(888) 628-3353  
Help pregnant teens and women who are hiding their pregnancies

**Relevant Church Inland Empire**  
(888)-389-6062  
The Monday Night Mentoring Program offers a weekly, faith-based mentoring class for boys and young men that will help them to matriculate more effectively into becoming mighty men of God

**Safe House for Kids**  
(800) 561-6944 Hotline  
(760) 343-3211 29 Plams  
(951) 351-4418 Riverside  
9685 Hayes Street, Riverside  
Provides shelter for troubled youth ages 11-17 years. Three-weeks voluntary program offers counseling, support, and public speakers. Another facility available for young adults ages 18-21.

**San Bernardino 4-H Club**  
(909) 387-2179  
Activities for teens ages 5-19 years. Fee is \$17.50 per year.



## *Senior Citizen Services*

## *Youth Programs*

## *Community Assistance Program*

**Visit [www.FontanaCAP.org](http://www.FontanaCAP.org)  
For Additional Resources**

## *Housing /Rental Programs*

**California Telephone Access Program**  
(800) 806-1191  
Santa Ana

**City of Apple Valley**  
(760) 255-5109  
14955 Dale Evans Parkway, Apple Valley  
Senior Home Repair Program. For regimentals in Apple Valley

**City of Barstow**  
(760) 256-3531 Ext.109  
220 E. Mountain View, Barstow  
Offers Home Repair Programs and Project face lift. For regimentals in Barstow

**City of Fontana**  
(909) 350-7659  
Provides grants for seniors and the disable for Essential repairs

**City of Highland**  
(909) 864-6861Ext. 2225  
27215 Baseline Avenue, Highland  
Home Improvement Program. For regimentals in Highland

**City of Loma Linda**  
(909) 799-2819  
25541 Barton Road, Loma Linda  
Housing Improvement Program. For regimentals in Loma Linda

**City of Rancho Cucamonga**  
(909) 477-2750 Ext.4306  
100500 Civic Center Drive, Rancho Cucamonga  
Home Improvement Program.  
For regimentals in Ranch Cucamonga

**City of San Bernardino**  
(909) 884-6891  
1390 N. "D" Street San Bernardino  
Offers Home Repair Programs and Neighborhood Housing Services of the Inland Empire. For regimentals in San Bernardino

**Community Action Partnership of San Bernardino County**  
(909) 723-1500  
696 South Tippicanoe Avenue, San Bernardino  
Utility Assistance and Rental Assistance.

**Community Development and Housing**  
(909) 388-0910  
Rehabilitation loans (for owners, occupants) for repairs. Also seniors or disabled adults that need repairs (Grant Program)  
MRB Listings of apartments with lower rates.

**Department of Aging and Adult Service**  
(800) 510-2020  
Home repair

**Inland Fair Housing and Mediation Board**  
(909) 984-2254 or (800) 321-0911  
1005 North Begonia Avenue, Ontario  
inmedbd@aol.com

**Home Energy Assistance Program (HEAP)**  
(800) 635-4618  
Offers one time aid for utilities.

**Housing Agency**  
(909) 395-2305  
316 E. "E" Street, Ontario  
Offers Home Repair Programs and Emergency Grant Programs.  
For regimentals in Ontario

**Housing Authority**  
(909) 890-9533  
San Bernardino

**Mercy House**  
(909) 460-6768  
Ontario  
Assistance for families and individuals

**Neighborhood Partnership Housing Services**  
(909) 988-5979  
320 West 6<sup>th</sup> Street, Ontario

**Old-Timers Foundation**  
(909) 829-0384  
8572 Sierra Avenue, Fontana  
Offers Senior Home Repair Programs.

**Redlands Community Services Dept.**  
(909) 335-4755  
PO Box, 3005, Redlands  
Offers Home Repair Programs and Great Neighborhood Programs. For regimentals in Redlands

**San Bernardino County Housing Authority**  
(909) 983-1318  
Ontario  
Great Neighborhood Program.

**Seniors or Disabled Adults that need Rrepairs (Grant Program)**  
(909) 388-0925  
House repair program

**SOLVA (Inland Valley Hope Partners Program)**  
(909) 391-4882  
904 East California Street, Ontario  
Offering utility assistance. Bring current proof of income, residence and an I.D for each person in household. Mon. -Fri. 9:00 - 11:30am and 1:30- 3:30pm.

**Southern California Gas Company**  
(800) 427-2200  
Offers discounted rates through CARE program which is based on the number of persons in household and income. Visit website: [www.socalgas.com](http://www.socalgas.com)

**Southern California Edison**  
(800) 447-6620  
Offers discounted rates through CARE and FERA programs which are based on number of persons in household and income. Visit web site: [www.sce.com](http://www.sce.com)

**Verizon**  
(800) 924-0585  
Universal Lifeline makes local telephone service available to individuals who might not be able to afford phone service. If you qualify for Lifeline service, you are eligible to receive a reduced rate on your Verizon monthly bill.  
Visit website: [www.verizon.com](http://www.verizon.com)

## *Clothing*

**Abundant Living Outreach Center**  
(909) 476-0300  
9269 Utica Avenue Suite 125, Rancho Cucamonga  
Outreach center provides clothing, hygiene products and household items including furniture. Need ID

**Carpenter's House**  
(909) 355-3168  
13489 Arrow Route, Fontana  
Gives away clothing the second Saturday of each month at 9 a.m. or by special arrangement

**Catholic Charities**

(909) 880-3625

1800 Western Avenue Suite 107, San Bernardino

Program provides clothing, furniture and appliances household items to needy families and individuals

**Center of Christ Ministry**

(909) 381-1712

1237 Sepulveda Avenue, San Bernardino

Offer clothing to people who are in need. We are available only on Wednesdays from 4pm-8pm for distribution.

**Community Charity Connection**

(909)627-6099

4720 Chino Avenue, Suite E, Chino

**First Baptist Church**

(909) 350-4236

17244 Randall Avenue, Fontana

9a.m. – 11a.m. the 1<sup>st</sup> and 3<sup>rd</sup> Saturday of the month

**New Hope Missionary Baptist Church**

(909) 473-0406

1505 W. Highland Avenue, San Bernardino

10a.m.-4p.m. Monday – Friday. Walk in are welcome, just need ID, for information you can also call 384-5429

**Rialto Christian Center Church**

(909) 873-5380

234 W. Merrill Avenue, Rialto

Gives out food and clothing every 2nd and 4th Thursday

### *Transportation*

**1(800) COMMUTE**

(800) 266-6883

To connect to 40 local buses, rails, ride share, highway and bicycle agencies

**Foothill Transit**

(800) 743-3463

**Low-Cost Car Seat Safety Program**

(800) 722-3777

Offers two programs; Low cost car seat and Classes for those who received a violation for not properly restraining children in a car seat

**Metro Link**

(800) 371- 5465 [LINK]

**OmniTrans**

(800) 966-6428

**OmniTrans Access (dial a ride)**

(800) 990-2404 calls for approval

(800) 966-6428 Transportation services to disabled individuals

**Traveler's Aide of Inland Empire**

(909) 975-5379

Ontario, CA 91761

Grey Hound transportation for stranded people or battered women & children out-of-state

### *Legal Aid*

**California Department of Fair Employment and Housing**

(800)884-1684

Visit web site: [www.dfeh.ca.gov](http://www.dfeh.ca.gov)

**Catholic Charities Refugee and Immigration Services**

(909) 388-1243

Completing applications for Green Card, Family Petition, Work Authorization, Naturalization, Violence Against Women Act (VAWA), advice, and referrals.

**Equal Rights Advocates**

(800) 839-4372

Advice and counseling line provides legal advice and information

**Inland Counties Legal Services**

(800) 977-4257 Call for an appointment

Provides free legal consultation to no-income or sliding scale individuals in San Bernardino County

**Lawyer Referral Service**

(909) 945-2980

Referrals to members of the State Bar Association of California

**Victim / Witness Services Program**

(909) 945-4241

Victims and witnesses of crimes; crisis and emergency services referrals



## *Housing/Rental Programs*

## *Clothing*

## *Transportation*

## *Legal Aid*

## *Community Assistance Program*

**Visit [www.FontanaCAP.org](http://www.FontanaCAP.org)  
For Additional Resources**