

Counseling

NEW DAY COUNSELING CENTERS

16823 Arrow Blvd, Fontana, CA 92335

Phone: (909) 355-3888 or (909) 355-9966

Email: office@newdaycenters.org

- IEHP insurance or cash accepted

CASTLE ROCK FAMILY SERVICES

<https://castlerockfamilyservices.com/>

3200 E Guasti Rd. Ste 178B, Ontario Ca 91767

Phone: 909-600-8134

Castle Rock Family Services is committed to meeting the client where they are at and supporting them on their journey to find peace. Our clinicians support clients through therapy and connection to resources to help them reach their greatest potential. Our ultimate goal is to help build our community by coming alongside people and helping them to reach their goals.

Insurances Accepted:

- Aetna
- United Health Care
- MHN
- Cigna
- Blue Shield of Ca
- Cash Pay
- Molina
- Humana Behavioral
- Optum
- Superbill available

Don't see your insurance? We accept others not listed, reach out today.

CHRISTIAN COUNSELING SERVICES

<https://www.opencounseling.com/united-states/redlands/counseling-agency/christian-counseling-service>

51 West Olive Avenue, Redlands, CA 92373

Phone: (909) 793-1078

Services: Individual, couples, family therapy, parent-child therapy, play therapy, veteran services, visitation services, EMDR therapy, and court mandated services.

Group Services: anger management, DV classes, and parenting classes. CCS is an interfaith, non-profit pastoral counseling agency serving the Inland Empire, located in Redlands, California. In addition, they have six satellite locations throughout the Inland Empire including sites in Loma Linda, San Bernardino, Colton, Yucaipa, and Indio.

Hours of Operation: M- F 8:00 am- 8:00 pm

Fees: Individual therapy \$150 with an associate, \$200 with a licensed therapist. In addition, families with at risk children or children 0-5 may qualify for grant assistance. Please call to make an appointment and to

find out your rate and scholarship options. Group classes: \$30 per class unless it is court mandated. For insurance questions speak with the Intake Coordinator. Some insurances- IEHP, Stigma, Loma Linda Risk Management, Health Net Care, Kaiser Optima.

THE COMMUNITY COUNSELING CENTER-- DEPARTMENT OF PSYCHOLOGY OF CSUSB

<https://www.csusb.edu/ccc>

5500 University Parkway, San Bernardino CA 92407

Phone: (909) 537-5569

Services: Low-cost counseling service to individuals from the community.

COUNSELING SERVICES – CATHOLIC CHARITIES

<https://ccsbriv.org/our-core-programs>

San Bernardino and Riverside Counties

1441 North "D" Street San Bernardino, CA 92405

Phone: (909) 763-4970

Services Offered: Individual, couple, and family counseling services, parent education, adult/teen anger management co-parenting programs and immigration services. Services are provided in English and Spanish.

Fees: Sliding scale, money order online

COUNTY OF SAN BERNARDINO DEPARTMENT OF BEHAVIORAL HEALTH SERVICE DIRECTORY

<https://wp.sbcounty.gov/dbh/resources/>

Phone: (909) 381-2420

Services: Screenings and referrals to the entire system of care including fee-for-service, contract and department of behavioral health providers. Offers telephone service with professional counselors for behavioral health clients, families and providers.

FAMILY SERVICE ASSOCIATION

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

Moreno Valley Clinic: 21250 Box Springs Rd., Suite 106, Moreno Valley, CA 92557

Phone: (951) 369-8036

Services offered: Affordable, accessible and high-quality counseling and support services. Free parenting classes--open to parents that live in Riverside and have a child between the ages of 0 and 5. Mental health services (CHAT) for children 17 years or younger who are negatively impacted by trauma from child abuse, directly or indirectly. Counseling for adults who carry IEHP-Direct. Note: Currently providing telehealth.

Hours of Operation: M- Th 8- 5:00 Fri 8:00-2:00

Fees: IEHP- Direct, no cash or sliding scale

LOMA LINDA UNIVERSITY COUNSELING AND FAMILY SCIENCES CLINIC

<https://behavioralhealth.llu.edu/academics/counseling-and-family-sciences/counseling-and-family-sciences-clinic>

164 West Hospitality Lane, Suite 15, San Bernardino, CA 92408

Phone: (909) 558-6716

Services: Individual, couples and family therapy (currently via telehealth)

Hours of Operation: M- F 8:00 am – 5:00 pm

Fees: Sliding scale, PTOS and HMOS Health NET, ANTHEM MHN, BLUE CROSS

MOUNTAIN AREA LOW FEE COUNSELING SERVICES

Rim Family Services, Inc.

<https://rimfamilyservices.org/>

28545 Highway 18, Skyforest, CA 92385-0578 On Highway 18, 50 yards west of Kuffel Canyon

Phone: (909) 336-1800

Services: Individual and family counseling services; substance abuse education; smoking cessation program, strengthening family programs; trauma recovery; life skills for kids in elementary and high school; outpatient teen substance abuse program, and court ordered programs—DUI and PC1000. **Note, serices currently being provided via telehealth.**

Hours of Operation: M-F 9:00 am 4:00 pm, Walk- In hours 9:00am- 4:00 pm

Fees: Most of the services are covered through grants, except PC1000 (varies depending on the number of months of attendance required)

PHOENIX COMMUNITY COUNSELING CENTER

<https://wp.sbcounty.gov/dbh/venue/phoenix-community-counseling-center/>

820 E. Gilbert Street, San Bernardino, CA 92415

Phone: (909) 387-7200

Services offered: Medication and counseling. Services are also available to Spanish speaking and hearing impaired clients. Note: Walk – in services only provided by phone due to COVID- 19.

Hours of Operation: 8:00 am – 5:00 pm

Fees: Sliding scale, IEHP, Molina and MediCal.

SOCIAL ACTION COMMUNITY HEALTH SYSTEM (SACHS)

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

250 South G Street, San Bernardino, 92410

1244 East 3rd Street, San Bernardino, 92410

Phone: 909-382-7100

Services: Medical, Dental, Optometry, Behavioral Health Services. Integrated behavioral health service, and individual therapy.

Hours of Operation: M- Th 8:00 am – 5:00 pm

Fees: IEHP, Molina, Medi- Cal, MediCare, Cash Sliding Scale

MARIPOSA COMMUNITY COUNSELING

<https://wp.sbcounty.gov/dbh/venue/mariposa-community-counseling/>

2940 Inland Empire Blvd, Ontario, CA 91764

Phone: 909-458-1350

Services: Individual and group therapy, and psychiatry. In- person services at the moment.

Hours of Operation: M-F 8:00am - 5:00pm

Fees: Medi-Cal, IEHP or Molina through Medi-Cal and San Bernardino County. Medi-Care without HMO. Please call for additional information.