

# Counseling

- American Foundation for Suicide Prevention (AFSP)** (800) 273-8255  
Works to prevent suicide through research, education, training and support. Services include literature, conferences and a directory of support groups nationwide. OFC HRS: M-F 9am-5pm, Free serves. conferences and a directory of support groups nationwide
- Alternate Avenues, 9675 Monte Vista Ave # G, Montclair** (909) 398-4838  
Provides outreach and services to young women in crisis pregnancy situations. Offers free pregnancy testing, options counseling, support, referrals, and ultra-sounds. Services are free when medically necessary. [www.alternateavenues.org](http://www.alternateavenues.org)
- Bilingual Family Counseling, 317 West F Street, Ontario** (909) 986-7111  
Provides treatment of chemical dependency and co-dependency for individuals, families, and groups. Offers marriage counseling, life crisis intervention, child play therapy, parenting classes, drug prevention and education.
- County of San Bernardino Behavioral Health, Upland** (909) 579-8100  
out-patient clinic
- Counseling Agencies, 1686 Barton Rd., Redlands** (909) 558-4934  
Loma Linda Marriage and Family Therapy Clinic, A non-profit agency with sliding scale fees.
- Caritas Counseling Catholic Charities, Colton** (909) 763-4970  
Provides marriage, family, child, parenting, and anger management counseling. Free Service. Limited Spanish assistance available.
- Catholic Charities, Ontario** (909) 388-1239  
Provides food, shelter, counseling, utility, rental assistance, preventative services, immigration, athletics for youth, and public benefits application advocacy. Individual, Family, Couple and Group Counseling
- Center for Healing Childhood Trauma, Rialto** (909) 875-5288  
Provides counseling to children and families in sexual abuse; parent education, parent and child interactive therapy, and anger management.
- Center of Christ Ministries, San Bernardino** (909) 923-3179  
Provides church services, marriage counseling, and food programs.
- Charles Koehler Amvets Post 1240, Fontana** (909) 823-2600  
Provides Veterans' services and counseling. Offers Kindergarten through 12th grade scholarship programs.
- Chino Human Services** (909) 591-9822  
Provides anger management, drug diversion, court referrals, and Penal Code 1000 are handled. Ages 5 to 18 and their families'.
- Christian Counseling Service** (909) 793-1078  
Provides Mental Health services and Counseling
- Christian Family Counseling Service** (951) 682-7138  
Provides counseling services for individuals, couples, children, adolescents, and adults.
- Clinebell Institute, Claremont** (909) 451-3690  
Provides a spiritually centered environment with trained pastoral counselors for individuals, couples, families, or groups at the Claremont United Methodist Church. Sliding fee scale available.

# Counseling

<b>Families Anonymous</b> Support group for dysfunctional families, DUI Program and services for drug/alcohol	1-800-801-4673
<b>Family Service Agency of San Bernardino</b> Provides family education, crisis and information hotlines, domestic violence groups, and intervention treatment programs for high-risk youth.	(909) 822-3533
<b>Family Services Agency of San Bernardino (Counseling/Psychiatry)</b> Provides mental health services	(909) 886-6737
<b>Family Service Agency/Fontana, 7993 N Sierra Ave Ste F, Fontana, CA 92335</b> Counseling and mental health treatment for child sexual abuse, dysfunctional families. Parenting classes, anger diversion classes, high-risk youth programs. Spanish spoken. Minimum cost is \$20 for individual and \$30 for family.	(888) 743-1478
<b>Family Service Agency, 23406 Crest Forest Dr., Crestline, CA 92325</b> Counseling and mental health treatment for child sexual abuse, dysfunctional families. Anger diversion classes, court-ordered batterer's intervention program, high-risk youth programs. Food bank Friday 9-5 and limited utility asst. Suicide and crisis hotline 24 hrs. Ages 1 to 21 year old	(909) 338-4689
<b>Grief Recovery Support Group, 17220 Merrill Avenue, Fontana, CA 92335</b> GriefShare is a nondenomination group and features biblical teaching on grief and recovery topics.	(909) 822-7212
<b>Harvest Community Development Center, 1519 South Riverside Avenue, Rialto, 92376</b> Counseling Services are Anger Management Classes, Substance Abuse Classes, Parenting Training	(909) 874-8676
<b>Holy Family Services, Adoption and Foster Care, 840 Echco Park Ave., Los Angeles</b> Providing free counseling and adoption services for women and unplanned teen pregnancies Services available 24 hours a day.. Visit web site for more information: <a href="http://www.hfs.org">www.hfs.org</a>	(800) 464-2367
<b>Homicide Bereavement: Parents of Murdered Children , 330 East 16th Street, Upland</b> Support group for family and friends of homicide victims. Meets the third Thursday of each month from 7-9pm. Inland Empire Chapter	(909) 626-2585
<b>Hope After Suicide, 2140 Grand Ave. #105, Chino Hill</b> Support group for those who have lost friends or relatives through suicide.	(909) 393-2563
<b>MADD (Mothers Against Drunk Driving)</b> Provides support group , panel for offenders against drunk drivers	(909) 888-6233
<b>New Hope Crisis Counseling, 12141 Lewis St., Garden Grove, CA 92840</b> 24 hr phone counseling and online counseling in a private chat room for all types of problems, crisis intervention, suicide prevention, info & referral. Services provided by trained & caring volunteers. Prospective volunteers call (714) 971-4123. To learn about training classes & the benefits of volunteering send email ( <a href="mailto:quinnw@crystalcathedral.org">quinnw@crystalcathedral.org</a> ). Hotline (714) NEW-HOPE. Teen line (714) 639-TEEN. Visit ( <a href="http://www.newhopenow.org">www.newhopenow.org</a> ). HRS: M-F 9am-5pm. 24/7 crisis helpline. Teen line M-F 5pm-10pm. Spanish spoken. Free serves.	(714) 639-4673
<b>Olive Branch Counseling Center, Rancho Cucamonga</b> Provides counseling and/or mediation in divorce and with teen anger issues. Sliding fee scale available for one-on-one counseling. Offers Anger Management, Victim Awareness, Weapons Diversion, Petty Thief Class and Accountability. Classes are offered at a set cost per class.	(909) 989-9030
<b>Psychological and Family Services, Redlands</b>	(909) 793-8312

## Counseling

Provides individual group, substance abuse and family counseling

**Rape Assistance and Counseling (24 Hour)** (909) 885-8884  
Crisis center and Provides counseling

**Safe House Youth Shelter, Riverside** (951) 351-4418  
Provides shelter for troubled youth ages 11-17 years. Two-week voluntary program offers counseling, support, and public speakers.

**Safe House Transitional Housing, Riverside** (951) 369-4921  
Transitional housing for young adults ages 18-21.

**Samaritan Counseling Center, Upland** (909) 985-0513  
Provides individual, couple, child and family professional counseling and related psychological services in a faith-based atmosphere. Sliding fee scale available.

**Screening For Mental Health, Inc.** (800) 273-8255  
Coordinates nationwide mental health screening program, including National Depression Screening Day, National Alcohol Screening Day and National Eating Disorders Screening Program, Signs of Suicide Program. OFC HRS: M-F 9-5. Spanish spoken.

**South Coast Community Services, 3611 S. Harbor Blvd., Ste 100, Santa Ana** (714) 966-8650  
South Coast provides Care, counsel, coaching and essential support services for children, teens, young adults - and their families. [www.southcoastcs.org](http://www.southcoastcs.org)

**Suicide Prevention Center** (800) 273-8255 S. B. County  
Nonprofit Free Service, 24 hr crisis hotline. AAS Certified. Crisis counseling & referrals to resources. Also Survivors After Suicide Bereavement support groups to help cope with loss. Prevention speakers for schools & other community outreach. Orange, Riverside & San Bernardino Counties call (310) 391-1253. OFC HRS: 24 hrs, Free serves.

**Suicide Prevention Center, Culver City, CA** (877) 727-4747  
A program of the Didi Hirsch Community Mental Health Center, [www.didihirsch.org](http://www.didihirsch.org) (310) 390-6612 (Office)

**Teen Line, Los Angeles, CA** 800-852-8336  
[www.teenlineonline.org](http://www.teenlineonline.org) (310) 855-4673

**The Trevor Project, West Hollywood, CA** 866-488-7386  
[www.thetrevorproject.org](http://www.thetrevorproject.org) 310-271-8845 (Office)

**Upland Community Counseling Center** (909) 854-3420  
Provides individual counseling for low-income families, primarily for children; services for adults are limited and focus mainly on those who are severely mentally ill. Medi-Cal and County Insurance accepted. Medi-cal and county Insurant only

**Volunteer Center/Riverside Co., P.O. Box 5376, Riverside, CA 92517** (951) 686-4357  
24 hr crisis/suicide intervention hotline staffed by trained volunteers. Spanish counseling available. Speakers promote community awareness & education for suicide prevention. OFC HRS: 24 hrs. Spanish spoken. Free serves.

**Walden Family Services, Riverside** (951) 788-5905  
Provides placement, treatment, and advocacy services for children with emotional, behavioral and/or development challenges (Foster Family Agency).

**West End Family Counseling, Ontario** (909) 983-2020

## **Counseling**

Provides the following 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 Sliding fee scale available.