

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 9th 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 9th 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) 275-0004
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) 388-5600
237 West Mills Street, San Bernardino
Assists individuals in securing housing

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 6th 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
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 6th 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 1st come 1st 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
1st 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 8th 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
 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)

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 6th, 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

(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



Substance Abuse

Assistance Programs

Community Assistance Program

**Visit 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 6th 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 16th 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 1st Street Suite 270, Claremont



Counseling

Hospitals/Clinics

Community Assistance Program

**Visit 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

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 7th 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 1st 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
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 6th 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

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

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

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 1st and 3rd 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

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

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Legal Aid

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For Additional Resources**