

# Directory of Cultural & Linguistic Services

San Bernardino &  
Riverside Counties





## **Directory of Cultural & Linguistic Services of San Bernardino and Riverside Counties**

**Dear Provider:**

**This resource directory includes community organizations that can provide culturally sensitive and linguistically competent services for your diverse patient population.**

**Resources are organized by subject matter to help you access information quickly.**

**Please document the referral in the patient's chart.**

**Although we do our best to keep all information up-to-date, resource contact information changes frequently. Please call us if any information proves to be incorrect.**

**Thank you,**

**Regal Medical Group**

# Directory of Cultural & Linguistic Services of San Bernardino and Riverside Counties

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Program Title	Contact	Cost	Languages/Service
<b>ADOPTION/FOSTER CARE</b>			
<b>ADMINISTRATION</b>			
150 S. Lena Road San Bernardino, CA 92415	(909) 388-0242 Fax: (909) 388-0233	Varies	Varies
<b>BARSTOW OFFICE</b>			
1900 E. Main St Barstow, CA 92311	(760) 957-1540 Fax: (760) 957-1555	Varies	Varies
<b>CENTRAL OFFICE</b>			
1094 South E. Street San Bernardino, CA 92415-0084	(909) 300-1900 Fax: (909) 381-1062/1081/3781	Varies	Varies
<b>FONTANA OFFICE</b>			
17621 Foothill Blvd Fontana, CA 92335	(909) 428-4201 Fax: 909-428-4314	Varies	Varies
<b>JUVENILE COURT</b>			
860 E. Gilbert Street San Bernardino, CA 92415	(909) 387-7473/7474 Fax: (909) 387-0523/7499	Varies	Varies
<b>NEEDLES OFFICE</b>			
1090 E. Broadway Needles, CA 92363	(760) 255-5400	Varies	Varies
<b>PLACEMENT RESOURCES OFFICE</b>			
412 W. Hospitality Lane San Bernardino, CA 92415	(909) 891-3300 Fax: (909) 891-3399	Varies	Varies
<b>RANCHO CUCAMONGA OFFICE</b>			
9518 East 9th Street Rancho Cucamonga, CA 91730	(909) 945-3762 Fax: (909) 945-3785/4616	Varies	Varies
<b>SAN BERNARDINO – GIFFORD STREET OFFICE</b>			
1504 S. Gifford Street San Bernardino, CA 92415	(909) 386-1100 Fax: (909) 386-1913/1915	Varies	Varies
<b>SYSTEM RESOURCES OFFICE</b>			
412 W. Hospitality Lane San Bernardino, CA 92415	(909) 891-3300 Fax: (909) 891-3399	Varies	Varies

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Program Title	Contact	Cost	Languages/Service
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**VICTORVILLE**

15020 Palmdale Road Victorville, Ca 92392	(760) 243-6640 Fax: (760) 243-6656	Varies	Varies
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**YUCCA OFFICE**

56311 Pima Trail Yucca Valley, CA 92284	(760) 228-5300 Fax: (760) 228-5321	Varies	Varies
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*Provides Adoption, Foster Care & Child Abuse Prevention*

**GREENHOUSE FAMILY SERVICES**

1737 Atlanta Avenue Suite H2C Riverside, CA 92507	(951) 788-0322 Fax: (951) 369-9378 <a href="http://greenhousefs.net/">http://greenhousefs.net/</a>	Varies	Varies
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*Greenhouse Family Services is a private, non-profit corporation dedicated to ensuring the well-being of abused, abandoned and neglected children and helping them become independent and successful adults.*

**HUGS FOSTER FAMILY AGENCY**

27525 Enterprise Circle West, Suite 101A Temecula, CA 92590	(951) 695-0888 Fax: (951) 695-0333 <a href="http://hugsffa.org/">http://hugsffa.org/</a>	Varies	Varies
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*A private non-profit organization dedicated to helping children by training loving and qualified people to become exceptional foster parents.*

**KAMALI'I FOSTER FAMILY AGENCY**

31772 Casino Drive, Suite B Lake Elsinore, CA 92530	(951) 674-9400 <a href="http://www.kamalii.org/">http://www.kamalii.org/</a>	Varies	Varies
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*Provides children and families with support services that will allow for a healthy and nurturing home environment for a child in need from foster care placement to family reunification.*

**ROSEMARY CHILDREN'S SERVICES**

555 N. Perris Blvd Bldg. C Perris, CA 92571	(951) 300-1620 Fax: (951) 300-1629 <a href="https://www.rosemarychildren.org/">https://www.rosemarychildren.org/</a>	Varies	Varies
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*Rosemary Children's Services offers a variety of services including: Intensive Treatment Residential Services, Foster Family and Adoption Services, Relative Support Services and Community Based Support Services.*

**WALDEN FAMILY SERVICES**

3576 Arlington Avenue, Suite 106 Riverside, CA 92506	(951) 788-5905 Fax: (951) 788-5903 <a href="https://waldenfamily.org/locations/riverside/">https://waldenfamily.org/locations/riverside/</a>	Varies	Varies
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*Our Riverside office provides foster care and adoption, as well as a transitional housing plus foster care program, for children and youth in Riverside and San Bernardino Counties.*

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Program Title	Contact	Cost	Languages/Service
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### COMMUNITY WELLNESS

#### SALVATION ARMY - RIVERSIDE

30-400 Landau Boulevard Cathedral City, CA 92234-3387	(760) 324-2275 Fax: (760) 321-4813	Free	Varies
340 S. Palm Avenue Hemet, CA 92544	(951) 925-7176 Fax: (951) 925-5796	Free	Varies
14068 Graham Avenue Moreno Valley, CA 92553-8816	(951) 653-9131	Free	Varies
3695 1st Street Riverside, CA 92501	(951) 784-4490	Free	Varies

#### SALVATION ARMY – SAN BERNARDINO

1412 S. Euclid Avenue Ontario, CA 91762-5816	(909) 986-6748 Fax: (909) 986-9979	Free	Varies
838 Alta Street Redlands, CA 92374	(909) 792-8818 Fax: (909) 335-3140	Free	Varies
746 W 5th Street San Bernardino, CA 92410-3102	(909) 888-1336 Fax: (909) 888-4196	Free	Varies
14585 La Paz Drive Victorville, CA 92392-4222	(760) 245-2545 Fax: (760) 245-1130	Free	Varies

#### UNITED WAY CORONA - NORCO

815 W. 6th St. Suites 200-205 Corona, CA 92882	(951) 736-0620 <a href="https://www.cnunitedway.org/">https://www.cnunitedway.org/</a>	Free	Varies
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*At Corona-Norco and Eastvale United Way we are focused on creating community-based and community-led solutions that strengthen the cornerstones for a good quality of life: education, financial stability and health.*

#### UNITED WAY OF THE DESERT

73710 Fred Waring Suite 104 Palm Desert, CA 92260 P.O. Box 13210 Palm Desert, CA 92255	(760) 323-2731 <a href="http://www.unitedwayofthedesert.org/">http://www.unitedwayofthedesert.org/</a>	Free	Varies
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*United Way of the Desert's mission is to improve the lives of local residents by mobilizing the caring power of the community to address human and health care needs.*

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Program Title	Contact	Cost	Languages/Service
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**TRANSITIONAL ASSISTANCE**

*The San Bernardino County Transitional Assistance Department (TAD) goals are to meet the basic needs of families and individuals, while working with them to attain self-sufficiency, and to promote work and personal responsibility.*

1 (877) 410-8829

General Information: (909) 388-0245  
<http://hs.sbcounty.gov/tad/Pages/welcome.aspx>

*The following programs are available through TAD:*

**C4Yourself** - online application for Medi-Cal benefits, CalFresh (Food Stamps) and CalWORKS.  
[www.c4yourself.com](http://www.c4yourself.com)

**CalWORKS** - time limited program that provides financial assistance and Welfare-to-Work services to families with children. Homeless Assistance is included in this program.

**Housing Support Program** - provides immediate housing options for unsheltered families. Must apply at TAD office directly.

**Child Care Program** - provides child care reimbursements to providers on behalf of current CalWORKS recipients who are in an approved work or training program.

**Food Stamp Program** - nutritional assistance program designed to assist single individuals and families with little or no income to buy food.

**Foster Care Program** - provides financial assistance for children in need of substitute parenting who have been removed from the home.

**General Relief Program** - provides loan assistance to indigent individuals and families in temporary need of housing, food, and/or transportation.

**Medi-Cal Program** - provides for health care for certain qualifying residents. Apply at C4Yourself.

**ADELANTO #48**

10875 Rancho Rd. (760) 530-2900  
 Adelanto, CA 92301

**HESPERIA #08**

9655 9th Ave. (760) 956-4697  
 Hesperia, CA 92345

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages/Service
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**LGBT**

**THE LGBT COMMUNITY CENTER OF THE DESERT**

The McDonald Wright Building 1301 North Palm Canyon Dr., 3rd Floor Palm Springs, CA 92262	(760) 416-7790 <a href="https://www.thecenterps.org/">https://www.thecenterps.org/</a>	Free	Varies
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*The Center provides a safe and supportive environment for health, wellness, educational and social programs where people off all ages and backgrounds are welcome.*

**COUNSELING SERVICES**

*\*Access Unit Department of Behavioral Health Counseling Referrals 24 hours a day, 7 days a week: 888-743-1478.*

**CENTRAL VALLEY REGION**

**ARROWHEAD REGIONAL MEDICAL CENTER BEHAVIORAL HEALTH UNIT**

400 N. Pepper Ave Colton, CA 92324	(909) 580-1800	Varies	Varies
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**CATHOLIC CHARITIES**

1450 N. "D" St. San Bernardino, CA 92405	(909) 388-1329	Varies	Varies
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**COMMUNITY HOSPITAL OF SAN BERNARDINO**

1805 Medical Center Drive San Bernardino, CA 92411	(909) 877-6333	Varies	Varies
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**FAMILY SERVICES AGENCY (SAN BERNARDINO)**

1669 North "E" St. San Bernardino, CA 92405	(909) 886-6737	Varies	Varies
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**INLAND BEHAVIORAL AND HEALTH SERVICES**

1963 N. "E" St. San Bernardino, CA 92405	(909) 881-6146	Varies	Varies
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**MESA COUNSELING - RIALTO**

850 E. Foothill Blvd. Rialto, CA 92376	(909) 421-9301	Varies	Varies
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**NEW DAY INSTITUTE (SAN BERNARDINO)**

1600 N. Arrowhead Ave. San Bernardino, CA 92405	(909) 883-2312	Varies	Varies
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Program Title	Contact	Cost	Languages/Service
<b>PHOENIX SERVICES/COUNTY OF SAN BERNARDINO</b>			
820 E. Gilbert Street San Bernardino, CA 92415	(909) 387-7200	Varies	Varies
<b>SOUTH COAST COMMUNITY SERVICES (REDLANDS)</b>			
1030 Nevada Street, Suite 200 Redlands, CA 92373	(909) 792-0747	Varies	Varies
<b>SOUTH COAST COMMUNITY SERVICES (YUCAIPA)</b>			
34324 Yucaipa Blvd., Suite B-D Yucaipa, CA 92399	(909) 790-0210	Varies	Varies
<b>VICTOR COMMUNITY SERVICES</b>			
1505 W. Highland Ave. San Bernardino, CA 92411	(909) 522-4656	Varies	Varies
<b>WEST VALLEY REGION</b>			
<b>ALTA LOMA PSYCHOLOGICAL ASSOCIATION</b>			
9089 Baseline Road, Rancho Cucamonga, CA 91730	(909) 980-3567	Varies	Varies
<b>BILINGUAL FAMILY COUNSELING CENTER (PROP 36)</b>			
317 W. "F" St. Ontario, CA 91762	(909) 986-7111	Varies	Varies
<b>FAMILY SERVICES AGENCY (FONTANA)</b>			
9161 North Sierra Ave, Suite 212 Fontana, CA 92335	(909) 822-3533	Varies	Varies
<b>MARIPOSA COUNSELING</b>			
2940 Inland Empire Blvd. Ontario, CA 91764	(909) 458-1350	Varies	Varies
<b>NEW DAY INSTITUTE (FONTANA)</b>			
16823 Arrow Blvd. Fontana, CA 92335	(909) 355-3888	Varies	Varies
<b>NEW DAY INSTITUTE (CHINO)</b>			
11780 Central Ave, Suite 100 Chino, CA 91710	(909) 517-2020	Varies	Varies

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Program Title	Contact	Cost	Languages/Service
<b>PACIFIC CLINICS</b>			
2990 E. Inland Empire Blvd., Suite 101 Ontario, CA 91764	(909) 980-3427	Varies	Varies
<b>VISTA COMMUNITY COUNSELING</b>			
17216 Slover Ave. Bldg. L Fontana, CA 92337	(909) 854-3420	Varies	Varies
<b>WEST END FAMILY COUNSELING</b>			
855 N. Euclid Ave. Ontario, CA 91762	(909) 983-2020	Varies	Varies
<b>MOUNTAIN REGION</b>			
<b>FAMILY SERVICES AGENCY (CRESTLINE)</b>			
23406 Crest Forest Drive Crestline, CA 92352	(909) 338-4689	Varies	Varies
<b>LUTHERAN SOCIAL SERVICES</b>			
41945 Big Bear Blvd., Suite 200 Big Bear Lake, CA 92315	(909) 886-5070	Varies	Varies
<b>DESERT REGION</b>			
<b>BARSTOW COUNSELING</b>			
1841 E. Main St. Barstow, CA 92311	(760) 255-5700	Varies	Varies
<b>CRISIS CENTER</b>			
16460 Victor St. Victorville, CA	(760) 245-8837	Varies	Varies
<b>HI-DESERT BEHAVIORAL HEALTH SERVICES</b>			
57407 29 Palms Hwy, Suite F Yucca Valley, CA 92284	(760) 366-1541	Varies	Varies
<b>LUTHERAN SOCIAL SERVICES</b>			
82820 Trona Road Trona, CA 93562	(760) 372-5159	Varies	Varies
<b>NEEDLES BEHAVIORAL HEALTH CENTER</b>			
1600 Bailey Ave, Unit 2 Needles, CA 92363	(760) 326-9313	Varies	Varies
<b>OASIS COUNSELING</b>			
500 Melissa Ave. Barstow, CA 92311	(760) 255-1083	Varies	Varies

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Program Title	Contact	Cost	Languages/Service
<b>TELECARE MENTAL HEALTH CRISIS CENTER</b>			
12240 Hesperia Road Victorville, CA 92395	(760) 245-8837	Varies	Varies
<b>VICTOR VALLEY BEHAVIORAL HEALTH</b>			
12625 Hesperia Road Victorville, CA 92395	(760) 955-1777	Varies	Varies
<b>VICTOR VALLEY COMMUNITY SERVICES COUNCIL</b>			
16692 Mojave Dr. Victorville, CA 92395	(760) 243-9646	Varies	Varies
<b>CRISIS WALK- IN CLINICS</b>			
<b>EAST VALLEY</b>			
850 E. Foothill Blvd. Rialto, CA 92376	(909) 421-9495	Varies	Varies
<b>HIGH DESERT</b>			
12240 Hesperia Rd. Victorville, CA 92395	(760) 245-8837	Varies	Varies
<b>MORONGO BASIN AREA</b>			
7293 Dumosa Ave, Suite #2 Yucca Valley, CA 92284	(855) 365-6558	Varies	Varies
<i>*FOR ALL NUMBERS USE 711 FOR TTY USERS.</i>			
<b>NOVELL &amp; NOVELL COUNSELING SERVICES</b>			
29748 Rancho California Road Temecula, CA 92591	(951) 252-9911 Fax: (951) 695-6215	Varies	Varies
<i>Individual, family, couples, teen, and children counseling: Anger management: Child Abuse and Domestic abuse: Teen sexual offender program: Play therapy: Grief group for children: Family Law court reunification counseling.</i>			
<b>OLIVE BRANCH COUNSELING CENTERS</b>			
<b>RANCHO CUCAMONGA CENTER</b>			
9033 Baseline Rd., Suite A Rancho Cucamonga, CA 91730	(909) 989-9030 Fax: (909) 466-4594 <a href="http://www.olivebranchcounseling.org/">http://www.olivebranchcounseling.org/</a>	Varies	E, Sp

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Program Title	Contact	Cost	Languages/Service
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**RIVERSIDE CENTER**

4041 Brockton Ave., Riverside, CA 92501	(909) 989-9030 Fax: (951) 369-1145 <a href="http://www.olivebranchcounseling.org/">http://www.olivebranchcounseling.org/</a>	Varies	E, Sp
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*Services offered: Individual, marital, couple, family and group counseling. Co-parent/parenting group, domestic violence, child battery and anger management group counseling. Teen group, grief counseling, crisis counseling, depression/anxiety, eating disorder, divorce/stepfamily problems. Call for further information.*

**RIVERSIDE COUNTY DEPARTMENT OF MENTAL HEALTH**

**RIVERSIDE COUNTY REGIONAL MEDICAL CENTER EMERGENCY TREATMENT SERVICES (ETS)**

9990 County Farm Road, Suite 4 Riverside, CA 92503	(951) 358-4881 <a href="http://www.rcdmh.org/">http://www.rcdmh.org/</a>	Varies	E,Sp
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*Provides psychiatric emergency services 24 hours a day, 7 days a week for all ages, which includes evaluation, crisis intervention, and referrals for psychiatric hospitalization, as needed for adults, children, and adolescents. Consumers may be referred to the Inpatient Treatment Facility (ITF) or other private hospitals.*

**TELECARE RIVERSIDE CRISIS STABILIZATION SERVICES**

47-825 Oasis St. Indio, CA 92201	(760) 863-8600 Or (760) 863-8455 <a href="http://www.rcdmh.org/">http://www.rcdmh.org/</a>	Varies	E,Sp
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*Provides psychiatric emergency assessment and crisis stabilization for up to 24 hours for all ages. Services include evaluations, crisis intervention and referral for psychiatric hospitalization. Telecare Riverside Crisis Stabilization Services operate 24 hours a day, 7 days a week. This facility is also a 5150 provider.*

**THE CAROLYN E. WYLIE CENTER FOR CHILDREN, YOUTH & FAMILIES**

4164 Brockton Ave Riverside, CA 92501	(951) 683-5193 Fax: (951) 683-6019 <a href="https://wyliecenter.org/">https://wyliecenter.org/</a>	Varies	E, Sp
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*A nonprofit organization in Riverside, California – offering intervention, education, and treatment services for children, youth, and families to surrounding communities.*

**RIVERSIDE LATINO COMMISSION COUNSELING CENTER**

1612 First St. Coachella, CA 92236	(760) 398-9000 Fax: (760) 398-9790 <a href="https://www.latinocommission.com/">https://www.latinocommission.com/</a>	Varies	E, Sp
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*The mission of the Riverside County Latino Commission is to provide programs and services for those in our community who are facing problems of substance abuse and/or problems with mental health issues.*

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Program Title	Contact	Cost	Languages/Service
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**VICTOR COUNSELING SUPPORT SERVICES**

**LAKE ELSINORE**

265 San Jacinto River Road, Suite #107 Lake Elsinore, CA 92530	(951) 674-9243 <a href="http://www.victor.org/">http://www.victor.org/</a>	Varies	Varies
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**VICTORVILLE**

15400 Cholame Rd Victorville, CA 92392	(760) 245-4695 <a href="http://www.victor.org/">http://www.victor.org/</a>	Varies	Varies
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**DIABETES**

**EISENHOWER MEDICAL CENTER; DIABETES EDUCATION PROGRAM**

39000 Bob Hope Dr. Probst Suite 100-B Rancho Mirage, CA 92270	(760) 340-3911 <a href="http://www.emc.org">www.emc.org</a>	Free	E, Sp
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*Free Diabetes Classes Open to the Community: Must call to register Pre-Diabetes & Diabetes Education*

**LOMA LINDA UNIVERSITY MEDICAL CENTER/DIABETES SUPPORT GROUP/LLUMC DIABETES TREATMENT CENTER**

11285 Mountain View Plaza, Suite 40 Loma Linda, CA 92354	(909) 558-3022 Fax: (909) 558-3023 <a href="https://medical-center.lomalindahealth.org/our-services/diabetes">https://medical-center.lomalindahealth.org/our-services/diabetes</a>	Contact for payment information	E, Sp
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*Comprehensive 5-session series on Diabetes self-management skills according to American Diabetes Association curriculum. Taught by nationally certified Diabetes educators, Registered Nurses, and Registered Dietitians. Education provided to groups: provided on a one-to-one basis to patients with visual, auditory, cognitive, or developmental challenges. Insulin pump therapy provided by Nurse Practitioner. Continuous glucose monitoring for 7 days provided by Registered Nurse and Nurse Practitioner. Accepts SSI and Medi-Cal.*

**DISABILITY RESOURCES**

**CALIFORNIA DEPARTMENT OF REHABILITATION - SAN BERNARDINO COUNTY OFFICES**

**ONTARIO BRANCH**

3595 Inland Empire Blvd. Bldg. 4 Ontario, CA 91764-5921	(909) 948-6050 TTY– (844) 729-2800 <a href="http://www.dor.ca.gov">www.dor.ca.gov</a>	Varies	E, Sp
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**SAN BERNARDINO BRANCH**

464 West Fourth Street Suite 152 San Bernardino, CA 92401-1419	(909) 383-4401 TTY – (844) 729-2800 <a href="http://www.dor.ca.gov">www.dor.ca.gov</a>	Varies	E, Sp
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Program Title	Contact	Cost	Languages/Service
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**VICTORVILLE BRANCH**

15415 W. Sand Street – L2 Victorville, CA 92392-2313	(760) 243-6024 TTY – (844) 729-2800 <a href="http://www.dor.ca.gov">www.dor.ca.gov</a>	Varies	E, Sp
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**CALIFORNIA DEPARTMENT OF REHABILITATION – RIVERSIDE COUNTY OFFICES**

**INLAND EMPIRE DISTRICT**

2010 Iowa Avenue, Suite 100 Riverside, CA 92507	(951) 782-6650 TTY – (844) 729-2800 <a href="http://www.dor.ca.gov">www.dor.ca.gov</a>	Varies	E, Sp
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**BLYTHE BRANCH**

1 College Drive, Suite PE Building Blythe, CA 92225	(760) 922-2118 <a href="http://www.dor.ca.gov">www.dor.ca.gov</a>	Varies	E, Sp
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**PALM DESERT BRANCH**

73-720 Fred Waring Drive, Suite 102 Palm Desert, CA 92260-2564	(760) 674-0262 TTY – (844) 729-2800 <a href="http://www.dor.ca.gov">www.dor.ca.gov</a>	Varies	E, Sp
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**TEMECULA BRANCH**

27555 Ynez Road , Suite 310 Temecula, CA 92591-4678	(951) 639-4451 TTY – (884) 729-2800 <a href="http://www.dor.ca.gov">www.dor.ca.gov</a>	Varies	E, Sp
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*The California Department of Rehabilitation works in partnership with consumers and other stakeholders to provide services and advocacy resulting in employment, independent living and equality for individuals with disabilities.*

**COMMUNITY ACCESS CENTER**

6848 Magnolia Avenue Suite 150 Riverside, CA 92506	(951) 274-0358 TDD/TTY - hearing impaired (951) 274-0834 Fax: (951) 274-0833 <a href="http://www.ilcac.org/index.htm">http://www.ilcac.org/index.htm</a>	Varies	E, Sp, Sign
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*The mission of Community Access Center is to empower persons with disabilities to control their own lives, create an accessible community and advocate to achieve complete social, economic, and political integration. The Community Access Center provides information, supportive services and independent living skills training. We provide the following Core Services: Systems Advocacy, Individual Advocacy/Peer Counseling, Assistive Technology, Senior Low Vision Programs, IDEA Advocacy, ADA Compliance Reviews, and Disaster Planning.*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages/Service
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**INLAND REGIONAL CARE CENTER; DEVELOPMENTALLY DISABLED**

1365 S. Waterman Ave San Bernardino, CA 92408 P.O. Box 19037 San Bernardino, CA 92423	(909) 890-3053 Fax: (909) 890-3001 <a href="http://www.inlandrc.org">www.inlandrc.org</a>	Free	Varies
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*Inland Regional Center, (IRC), is a community based, private, non-profit, agency which assists individuals with a developmental disability obtain services and supports that enhance quality of life and increases independence, inclusion, and normalization.*

**JONBEC CARE, INCORPORATED YUCAIPA ADULT DAY CARE**

12980 2nd St. Yucaipa, CA 92399	(909) 790-4012 Fax: (909) 790-3615 <a href="http://www.jonbeccare.com/yucaipa-a-adult-day-center/">www.jonbeccare.com/yucaipa-a-adult-day-center/</a>	Varies	Serves Redlands, Highland, San Bernardino, Loma Linda, Grand Terrace, Banning and Beaumont
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*JonBec Care provides comprehensive community based programs for individuals with intellectual disabilities including residential and adult day care services.*

**DOMESTIC VIOLENCE ASSISTANCE**

**DOVES DOMESTIC VIOLENCE OUTREACH SHELTER, BIG BEAR**

41943 Big Bear Blvd. Big Bear Lake, CA 92315-3646 P.O. box 3646 Big Bear Lake, CA 92315	(909) 866-1546 Toll free hotline: (800) 851-7601 <a href="http://www.doves4help.org/">http://www.doves4help.org/</a>	Free	Varies
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*24-hour hotline and shelter for battered women and children. Safe house for battered women. Professional counseling for men, women, and children. Legal assistance and advocacy, women’s support groups.*

**MORONGO BASIN UNITY HOUSE**

7237 Joshua Lane Yucca Valley, CA 92284	(760) 366-9663 Outreach office: (760) 366-1247 <a href="http://unityhome.org">unityhome.org</a>	Free	Varies
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*Unity Home provides domestic violence victim services, shelter, outreach services, legal assistance, and legal referrals. All services are for victims of domestic violence and their children.*

**SHELTER FROM THE STORM**

<b>ADMINISTRATIVE</b> 73550 Alessandro Dr. Suite 103 Palm Desert, CA 92260	(760) 674-0400		Varies
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*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages/Service
<b>OUTREACH CENTERS</b>			
73550 Alessandro Dr. Suite 103 Palm Desert, CA 92260	(760) 674-0400		Varies
82-675 Hwy 111 1st Floor Indio, CA 92201	(760) 863-8363		Varies
14-201 Palm Dr. Suite 108 Desert Hot Springs, CA 92240	(760) 288-3313		Varies
68625 Perez Rd. Cathedral City, CA 92234	(760) 773-6731		Varies

*Shelter from the Storm provides comprehensive services to victims of domestic violence—professionally, ethically, and compassionately.*

#### SAFE ALTERNATIVES FOR EVERYONE (S.A.F.E.)

28910 Pujol St. Temecula, CA 92590	(951) 587-3900 Fax: (951) 587-3902 <a href="http://www.safefamiliesca.org/">http://www.safefamiliesca.org/</a>	Free	Varies
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*S.A.F.E. is committed to providing services for children, youth and families who have experienced or are at risk of abuse and violence.*

#### WOMENHAVEN, INC. THE CENTER FOR FAMILY SOLUTIONS

510 W. Main St. Suite 106 El Centro, CA 92243	(760) 353-6922 24- Hour Crisis Line: (760) 353-8530 Fax: (760) 353-8441 <a href="http://www.womanhaven.org/">http://www.womanhaven.org/</a>	Serves Southern California	E, Sp
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*Domestic violence services, individual and group counseling, outreach, emergency shelter, legal assistance, drop-in center, TROs, crisis services, transitional housing, prevention and educational program, information and referral, batterer's treatment program.*

#### DOMESTIC VIOLENCE ASSISTANCE

##### NATIONAL DOMESTIC VIOLENCE HOTLINE: (800) 799-7233

*A Better Way Shelter* (760) 955-8723

*Child Abuse Hotline San Bernardino County* (800) 827-8724

*Desert Manna Ministries* (760) 256-7797

*Desert Sanctuary/Haley House* (800) 982-2221

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages/Service
<i>Family Assistance Hotline</i>	<i>(760) 949-4357</i>		
<i>Haley House, Barstow</i>	<i>(760) 252-3441</i>		
<i>House of Ruth Hotline</i>	<i>(909) 988-5559</i>		
<i>Inland Temporary Housing</i>	<i>(909) 796-6381</i>		
<i>Lucerne Valley</i>	<i>(760) 248-2064</i>		
<i>Mary's Mercy Center</i>	<i>(909) 889-2558</i>		
<i>Option House</i>	<i>(909) 381-3471</i>		
<i>Pacific Lifeline</i>	<i>(909) 931-2624</i>		
<i>Project Sister</i>	<i>(909) 626-4357</i>		
<i>Victor Valley Hotline</i>	<i>(760) 955-8723</i>		

## HEALTH EDUCATION

### RIVERSIDE MEDICAL CLINIC CHARITABLE FOUNDATION

7177 Brockton Avenue Suite 220 Riverside, CA 92506 P.O. Box 2605 Riverside, CA 92516	(951) 682-2753 Fax: (951) 682-2755 <a href="http://rmccharity.org/">http://rmccharity.org/</a>	Free	Varies
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*Offers monthly support groups for chronic diseases and other conditions, including Alzheimer's, endometriosis and prostate cancer. RMCCF presents health-based events and lectures with its community partners, works to provide innovative programs focused on preventing bullying and pediatric obesity.*

## HEARING/VISION DISABLED

### BLINDNESS SUPPORT SERVICES, INC.

3696 Beatty Dr. Suite A Riverside, CA 92506	(951) 341-8359 Fax: (951) 341-6335 <a href="http://www.blindnesssupport.com">www.blindnesssupport.com</a>	Free	Serves Riverside and San Bernardino Counties
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*Assistance for persons with blindness and visual impairments. Information and Referral, including housing; support counseling, braille/tape transcription, pre-vocational training, peer support and housing assistance. Also programs that assist with rehabilitation technology. Community education and presentations.*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages/Service
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**BRILLE INSTITUTE**

70-251 Ramon Rd. Rancho Mirage, CA 92270	(760) 321-1111 Fax: (760) 321-9715	Free	Varies
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*Free programs and services for visually impaired persons. Classes, technology, low vision consultations (non-medical), seminars, audio book library, orientation and mobility, social events, youth and young adult programs. Access to adaptive equipment.*

**CENTER ON DEAFNESS – INLAND EMPIRE (CODIE)**

3576 Arlington Ave. Suite 211 Riverside, CA 92506	(951) 275-5000 TDD: (951) 275-0640 VP: (951) 801-5674 Fax: (951) 275-0055 <a href="http://codie.org/">http://codie.org/</a>	Free	Serves Riverside and San Bernardino Counties
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*The organization’s general purposes and powers are directed around the promotion of the social, recreational, cultural, educational, and vocational welfare of its Deaf and Hard of Hearing constituents.*

**INLAND EMPIRE LIGHTHOUSE FOR THE BLIND, INC.**

359 E. Parkcenter Circle South San Bernardino, CA 92408	(909) 884-3121 Fax: (909) 884-2964 <a href="http://www.ielighthousefortheblind.org">www.ielighthousefortheblind.org</a>	Varies	E, Sp
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*Independent Living Skills (ILS): Peer counselors provide workshops, support groups, and individual instruction in basic independent living skills/care, pre-vocational counseling and training, and socialization skills.*

**JESTERS HEARING AID CENTER INC.**

532 East Florida Ave Hemet, CA 92543	(951) 929-2122 <a href="https://jestershearing.com">https://jestershearing.com</a>	Varies	Varies
595 East 6th St Beaumont, CA 92223	(951) 845-8150 <a href="https://jestershearing.com">https://jestershearing.com</a>	Varies	Varies

*Provides hearing testing, and hearing aids sales and repairs.*

**PALM SPRINGS HEARING AID CENTER**

353 S Palm Canyon Dr Suite-A Palm Springs, CA 92262	(760) 325-3240 Fax: (760) 325-4180 <a href="http://www.pshac.com/">http://www.pshac.com/</a>	Varies	Varies
70-065 HWY 111 Suite-5 Rancho Mirage, CA 92270	(760) 770-1703 Fax: (760) 770-8704 <a href="http://www.pshac.com/">http://www.pshac.com/</a>	Varies	Varies

*Provides hearing testing and hearing aids sales.*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages/Service
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**VALLEYWIDE HEARING AID CENTER INC.**

HEMET 2143 West Florida Avenue Hemet, CA 92545	(951) 925-8100 <a href="https://www.valleywidehearingaidcenter.com/">https://www.valleywidehearingaidcenter.com/</a>	Varies	Varies
RIVERSIDE 2995 Van Buren Blvd. - Suite A2 Riverside, CA 92503	(951) 925-8100 <a href="https://www.valleywidehearingaidcenter.com/">https://www.valleywidehearingaidcenter.com/</a>	Varies	Varies

*ValleyWide Hearing Aid Center provides services for children and adults and carries the latest models in hearing aids and hearing assistive devices.*

**HIV/AIDS SUPPORT**

**Call 1 (800) 722-4777 to make an appointment for all clinic services.**

**HESPERIA HEALTH CENTER**

16453 Bear Valley Rd Hesperia, CA 92345		Varies	Varies
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**ONTARIO HEALTH CENTER**

150 E. Holt Blvd. Ontario, CA 91761		Varies	Varies
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**SAN BERNARDINO HEALTH CENTER**

606 E. Mill Street San Bernardino, CA 92415		Varies	Varies
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*Services offered: HIV services, reproductive health, immunizations, maternal health, primary care, pediatrics, TB skin testing*

**DESERT AIDS PROJECT**

1695 N. Sunrise Way Palm Springs, CA 92262	(760) 323-2118 <a href="https://www.desertaidproject.org/">https://www.desertaidproject.org/</a>	Varies	Serves east Riverside County and parts of San Bernardino County
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*DAP offers primary care, HIV and hepatitis specialty care, dentistry, and behavioral health.*

**RIVERSIDE COUNTY DEPARTMENT OF PUBLIC HEALTH: HIV/STD PROGRAM**

*\*Always call for updated testing hours & appointments*

**RIVERSIDE NEIGHBORHOOD HEALTH CENTER**

7140 Indiana Ave Riverside, CA 92501	(951) 358-6000 <a href="http://www.rivcohiveaids.org/">http://www.rivcohiveaids.org/</a>	Free	Varies
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*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages/Service
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**PERRIS FAMILY CARE CENTER**

308 E. San Jacinto Ave Perris, CA 92570	(951) 940-6700 <a href="http://www.rivcohiv aids.org/">http://www.rivcohiv aids.org/</a>	Free	Varies
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*Offer free HIV antibody testing.*

**HOMELESS RESOURCES**

**ALL AREAS**

<b>Home Energy Assistance Program (HEAP)</b>	(909) 723-1680 - appts (909) 723-1681 - appts (909) 723-1500 - workshop (909) 723-1620 - general info <a href="http://www.co.san-bernardino.ca.us/eesheep.html">www.co.san-bernardino.ca.us/eesheep.html</a>		Rental or Utility Assistance
<b>Meals On Wheels</b>	(909) 891-3930 <a href="http://www.mealcall.org">www.mealcall.org</a>		Age 60+ Food and/ or Clothing
<b>WIC (Women, Infants, Children)</b>	(800) 472-2321 <a href="http://www.sbcounty.gov/wic">www.sbcounty.gov/wic</a>		Food and/ or Clothing

**CENTRAL VALLEY**

**CATHOLIC CHARITIES**

1800 Western Ave, Ste. 107 San Bernardino, CA 92411	(909) 880-3625	Varies	<ul style="list-style-type: none"> <li>• Food and/or clothing</li> <li>• Transportation</li> <li>• Rental or utility assistance</li> <li>• Additional resources services Counseling and immigration services available</li> </ul>
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**DIOCESE OF SAN BERNARDINO**

1201 E. Highland Ave. San Bernardino, CA	(909) 475-5300	Varies	<ul style="list-style-type: none"> <li>• Food and/or clothing</li> </ul>
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**FAMILY SERVICES ASSOCIATION**

612 Lawton St. Redlands, CA 92374	(909) 793-2673	Varies	<ul style="list-style-type: none"> <li>• Food and/or clothing</li> <li>• Rental or Utility Assistance</li> <li>• Additional Resources/Services</li> </ul>
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*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages/Service
<b>FIRST UNITED METHODIST</b>			
1 E. Olive Ave. Redlands, CA 92373	(909) 793-2118	Varies	<ul style="list-style-type: none"> <li>• Food and/or clothing</li> <li>• Showers</li> </ul>
<b>FOOTHILL AIDS PROJECT</b>			
362 Orange Show Lane San Bernardino, CA 92408	(909) 884-2722	Varies	<ul style="list-style-type: none"> <li>• Food and/or clothing</li> <li>• Transportation</li> <li>• Shelter</li> <li>• Additional Resources/Services</li> </ul>
<b>FRAZEE COMMUNITY CENTER</b>			
1140 W. Mill Street San Bernardino, CA 92412	(909) 889-4424	Varies	<ul style="list-style-type: none"> <li>• Food and/or clothing</li> <li>• Shelter</li> <li>• Additional Resources/Services</li> </ul>
<b>HELPING HANDS PANTRY</b>			
1455 E. 3rd St. San Bernardino, CA 92408	(909) 796-4222	Varies	<ul style="list-style-type: none"> <li>• Food and/or clothing</li> </ul>
<b>MARY'S MERCY CENTER</b>			
641 N. Roberds Ave. San Bernardino, CA 92411	(909) 889-2558	Varies	<ul style="list-style-type: none"> <li>• Food and/or clothing</li> <li>• Shelter</li> <li>• Showers</li> <li>• Additional Resources/Services</li> <li>• Medical screenings &amp; dental clinics</li> </ul>
<b>MERCY HOUSE</b>			
247 E. 7th Street San Bernardino, CA 92410	(909) 888-4800	Varies	<ul style="list-style-type: none"> <li>• Food and/or clothing</li> <li>• Transportation</li> <li>• Shelter</li> <li>• Showers</li> </ul>
<b>TEMPLE MISSIONARY BAPTIST</b>			
1583 Union St. San Bernardino, CA 92411	(909) 888-2038	Varies	<ul style="list-style-type: none"> <li>• Food and/or clothing</li> <li>• Additional Resources/Services</li> </ul>
<b>THE BLESSING CENTER</b>			
760 E. Stuart St. Redlands, CA 92374	(909) 793-5677	Varies	<ul style="list-style-type: none"> <li>• Food and/or clothing</li> <li>• Showers</li> </ul>

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages/Service
<b>THE ROCK CHURCH</b>			
2345 S. Waterman Ave. San Bernardino, CA 92408	(909) 825-8887	Varies	<ul style="list-style-type: none"> <li>Additional Resources/Services</li> <li>Food and/or clothing</li> <li>Additional Resources/Services</li> </ul>
<b>THE SALVATION ARMY</b>			
746 W. 5th Street San Bernardino, CA 92410	(909) 888-1337	Varies	<ul style="list-style-type: none"> <li>Food and/or clothing</li> <li>Shelter</li> <li>Additional Resources/Services</li> </ul>
<b>THE WAY WORLD OUTREACH</b>			
1001 N. Arrowhead Ave. San Bernardino, CA 92410	(909) 884-1385	Varies	<ul style="list-style-type: none"> <li>Food and/or clothing</li> <li>Transportation</li> <li>Additional Resources/Services</li> </ul>
<b>WEST VALLEY</b>			
<b>ABUNDANT LIVING OUTREACH CENTER</b>			
9269 Utica Ave, Ste. 125 Rancho Cucamonga, CA	(909) 476-0300	Varies	<ul style="list-style-type: none"> <li>Food and/or clothing</li> <li>Transportation</li> <li>Shelter</li> <li>Resources/Services</li> <li>Snack packs, ride vouchers,</li> <li>phone/cell, hotel vouchers,</li> <li>shelter</li> </ul>
<b>CARING FOR THE HILLS</b>			
15558 Avery Street Chino Hills, CA 91709	(909) 597-1454	Varies	<ul style="list-style-type: none"> <li>Food and/or clothing</li> </ul>
<b>CATHOLIC CHARITIES</b>			
904 E. California St Ontario, CA 91761	(909) 391-4882	Varies	<ul style="list-style-type: none"> <li>Food and/or clothing</li> <li>Transportation</li> <li>Rental or Utility Assistance</li> <li>Additional Resources/Services</li> <li>Counseling and immigration services available as well</li> </ul>
<b>FAMILY RESOURCE CENTER</b>			
9791 Arrow Route Rancho Cucamonga, CA 91730	(909) 477-2781	Varies	<ul style="list-style-type: none"> <li>Food and/or clothing</li> <li>Additional Resources/Services</li> </ul>

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

<b>Program Title</b>	<b>Contact</b>	<b>Cost</b>	<b>Languages/Service</b>
<b>FOOTHILL AIDS PROJECT</b>			
233 W. Harrison Ave. Claremont, CA 91711	(909) 482-2066	Varies	<ul style="list-style-type: none"> <li>• Food and/or clothing</li> <li>• Transportation</li> <li>• Shelter</li> <li>• Additional Resources/Services</li> <li>• Provides services to individuals with HIV/AIDS</li> </ul>
<b>GOD ALWAYS PROVIDES (GAP)</b>			
8786 Helms Ave, Ste. A Rancho Cucamonga, CA 91730	(909) 945-1020	Varies	<ul style="list-style-type: none"> <li>• Food and/or clothing</li> </ul>
<b>MERCY HOUSE</b>			
435 S. Bonview Ontario, CA 91761	(909) 460-6768	Varies	<ul style="list-style-type: none"> <li>• Food and/or clothing</li> <li>• Transportation</li> <li>• Shelter</li> <li>• Showers</li> </ul>
<b>ONTARIO CHRISTIAN CENTER</b>			
1336 N. Baker Ave. Ontario, CA 91764	(909) 983-5269	Varies	<ul style="list-style-type: none"> <li>• Food and/or clothing</li> </ul>
<b>WATER OF LIFE FOOD WAREHOUSE</b>			
16815 Spring St. Fontana, CA 92335	(909) 463-0103	Varies	<ul style="list-style-type: none"> <li>• Food and/or clothing</li> </ul>
<b>DESERT REGION</b>			
<b>ASSEMBLY OF GOD/LIVING WATERS</b>			
21811 Ottawa Rd. Apple Valley, CA	(760) 247-6488	Varies	<ul style="list-style-type: none"> <li>• Food and/or clothing</li> </ul>
<b>CALVARY CHAPEL</b>			
15081 Center St. Victorville, CA	(760) 241-0778	Varies	<ul style="list-style-type: none"> <li>• Food and/or clothing</li> </ul>
<b>CATHOLIC CHARITIES</b>			
16051 Kasota Road, Ste. 700 Apple Valley, CA 92307	(760) 242-2311	Varies	<ul style="list-style-type: none"> <li>• Food and/or clothing</li> <li>• Transportation</li> <li>• Rental or utility assistance</li> <li>• Additional resources/services</li> <li>• Counseling immigration services available as well</li> </ul>

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages/Service
<b>CATHOLIC CHARITIES</b>			
703 E. Main Street Barstow, CA 92311	(760) 256-3733	Varies	<ul style="list-style-type: none"> <li>• Food and/or clothing</li> <li>• Transportation</li> <li>• Rental or utility assistance</li> <li>• Additional resources/services</li> <li>• Counseling immigration services available as well</li> </ul>
<b>DESERT MANNA</b>			
209 N. 1st Ave. Barstow, CA 92311	(760) 256-7797	Varies	<ul style="list-style-type: none"> <li>• Food and/or clothing</li> <li>• Transportation</li> <li>• Rental or utility assistance</li> <li>• Shelter</li> <li>• Showers</li> <li>• Additional resources/services</li> <li>• Bus vouchers to travel to verifiable place of residence or employment (up to \$50)</li> </ul>
<b>DESERT SANCTUARY</b>			
705 E. Main Barstow, CA 92311	(760) 256-3733	Varies	<ul style="list-style-type: none"> <li>• Food and/or clothing</li> <li>• Additional resources/services</li> <li>• Clothing, hygiene items, household items, diapers</li> </ul>
<b>FEED MY SHEEP</b>			
15260 Nisqualli Rd Victorville, CA 92395	(760) 243-2043	Varies	<ul style="list-style-type: none"> <li>• Food and/or clothing</li> </ul>
<b>FIRST CHRISTIAN CHURCH</b>			
17746 George Blvd. Victorville, CA 92395	(760) 246-4100	Varies	<ul style="list-style-type: none"> <li>• Food and/or clothing</li> </ul>
<b>FOURSQUARE CHURCH</b>			
10931 Lawson Street Adelanto, CA 92301	(760) 246-8445	Varies	<ul style="list-style-type: none"> <li>• Food and/or clothing</li> </ul>

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages/Service
<b>GATE CHURCH</b>			
11783 Amethyst Rd. Victorville, CA 92395	(760) 949-8979	Varies	<ul style="list-style-type: none"> <li>• Food and/or clothing</li> </ul>
<b>HESPERIA GRANGE HALL</b>			
16685 Yucca St. Hesperia, CA 92395	(760) 245-2615	Varies	<ul style="list-style-type: none"> <li>• Food and/or clothing</li> </ul>
<b>HOLY INNOCENTS</b>			
13230 El Evado Rd. Victorville, CA 92395	(760) 955-6010	Varies	<ul style="list-style-type: none"> <li>• Food and/or clothing</li> </ul>
<b>MAKING A DIFFERENCE MINISTRY</b>			
14616 Valle Vista Road Phelan, CA 92371	(760) 868-3776	Varies	<ul style="list-style-type: none"> <li>• Food and/or clothing</li> </ul>
<b>MOLDING HEARTS</b>			
13474 Iroquois Rd. Apple Valley, CA 92308	(951) 403-8446	Varies	<ul style="list-style-type: none"> <li>• Shelter</li> <li>• Additional resources/ services</li> </ul>
<b>SALVATION ARMY</b>			
14585 La Paz Dr. Victorville, CA 92395	(760) 243-5933	Varies	<ul style="list-style-type: none"> <li>• Food and/or clothing</li> </ul>
<b>SALVATION ARMY</b>			
56592 29 Palms Highway Yucca Valley, CA 92284	(760) 228-0114	Varies	<ul style="list-style-type: none"> <li>• Food and/or clothing</li> <li>• Rental or utility assistance</li> <li>• Shelter</li> </ul>
<b>SAMARITAN HELPING HANDS</b>			
15527 8th Street Victorville, CA 92395	(760) 243-5933	Varies	<ul style="list-style-type: none"> <li>• Food and/or clothing</li> <li>• Rental or utility assistance</li> </ul>
<b>SET FREE CHRISTIAN FELLOWSHIP</b>			
16949 S. "D" St. Victorville, CA 92395	(760) 241-9428	Varies	<ul style="list-style-type: none"> <li>• Food and/or clothing</li> <li>• Shelter</li> </ul>
<b>VICTOR VALLEY RESCUE MISSION</b>			
16857 C. Street Victorville, CA 92395	(760) 955-5958	Varies	<ul style="list-style-type: none"> <li>• Food and/or clothing</li> <li>• Showers</li> <li>• Additional resources/services</li> <li>• Hygiene items, clothing, meals</li> </ul>

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages/Service
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**MOUNTAIN REGION**

**NEW BEGINNINGS**

117 E. Mojave/Greenway Big Bear City, CA	(760) 245-8866	Varies	• Food and/or clothing
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**INLAND HOUSING SOLUTIONS**

P.O. Box 239 Loma Linda, CA 92354-0239	(909) 796-6381 <a href="http://www.inlandtemporaryhomes.org/">http://www.inlandtemporaryhomes.org/</a>	Varies	Varies
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*Inland Housing Solutions exists to break the cycle of family homelessness in the Inland Empire, by providing housing, case management, and other supportive services to families who have no place to live.*

**CITY OF RIVERSIDE: HOMELESS OUTREACH TEAM - RIVERSIDES ACCESS CENTER**

2880 Hulen Place Riverside, CA 92507	(951) 826-3938 <a href="http://www.endhomeless.info/home.asp">http://www.endhomeless.info/home.asp</a>	Varies	Varies
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*The homeless outreach team assists homeless individuals with connecting to services they need, including: Housing referrals; employment referrals; CA identifications; social security benefits; substance abuse treatment placement; medical services; psychological issues; bus rides home; and other services.*

**MARTHA’S VILLAGE & KITCHEN**

83-791 Date Avenue Indio, CA 92201	(760) 347-4741 Fax: (760) 347-9551 <a href="https://marthavillage.org/">https://marthavillage.org/</a>	Varies	Varies
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*Martha’s is a safe, welcoming environment for impoverished and homeless families, children, and individuals, providing a proven robust selection of housing, education, and support services so that they are empowered to transform their lives with dignity.*

**INTERPRETATION SERVICES**

**CONTINENTAL INTERPRETING SERVICES**

8333 Foothill Blvd. Rancho Cucamonga, CA	(909) 783-4010 <a href="https://www.cis-inc.com/riverside-san-bernardino-ontario-interpreting-translation/">https://www.cis-inc.com/riverside-san-bernardino-ontario-interpreting-translation/</a>	Varies	Asl, A, Ar, Ca, Ch, Fa, Hi, I, K, M, R, Sp, Tag, T, V
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*Provides interpreting and translation services to the Inland Empire.*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages/Service
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**RISE INTERPRETING, INC.**

6887 Magnolia Ave. Riverside, CA 92506	(951) 565-4422 <ul style="list-style-type: none"> <li>• Ext 1. Customers</li> <li>• Ext 2. Accounting</li> <li>• Ext 3. Interpreters</li> <li>• Ext 4. Direct to Voicemail</li> <li>• Ext 9. Urgent / Emergency matters</li> </ul> Fax: (951) 335-0064 <a href="http://riseinterpreting.com/">http://riseinterpreting.com/</a>	Varies	Serves Riverside and San Bernardino Counties
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*RISE is Southern California’s most reliable resource for American Sign Language Interpreters. We provide American Sign Language interpreting services in the Southern California region for medical, educational, legal, conference, and business settings.*

**LEGAL SERVICES**

**INLAND COUNTIES LEGAL SERVICES**

10565 Civic Center Drive Suite 200 Rancho Cucamonga, CA 91730	(909) 980-0982 Toll Free: 800-977-4257 <a href="http://www.inlandlegal.org/">http://www.inlandlegal.org/</a>	Free	Varies
1040 Iowa Avenue Suite 109 Riverside, CA 92507	(951) 368-2555 Toll Free: 888-245-4257 <a href="http://www.inlandlegal.org/">http://www.inlandlegal.org/</a>	Free	Varies
82632C US Highway 111 Indio, CA 92201	(760) 342-1591 Toll Free: 800-226-4257 <a href="http://www.inlandlegal.org/">http://www.inlandlegal.org/</a>	Free	Varies
13911 Park Ave., Suite 210, 2nd floor Victorville, CA 92392-2407	(760) 241-7073 Toll Free: 888-805-6455 <a href="http://www.inlandlegal.org/">http://www.inlandlegal.org/</a>	Free	Varies

*Inland Counties Legal Services, Inc. is a nonprofit organization providing legal services to low-income persons residing in Riverside and San Bernardino Counties. ICLS targets services to seniors in the greatest social or economic need.*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages/Service
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**INLAND EMPIRE LATINO LAWYERS ASSOCIATION, INC.**

2060 University Ave. Suite 113 Riverside, CA 92507	(951) 369-3009 Fax: (951) 369-6211 <a href="http://iella.org">iella.org</a>	Serves Riverside & San Bernardino County	E, Sp
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*IELLA provides free legal services to low-income residents of Riverside and San Bernardino Counties. We assist with divorces; legal separation; annulments; child custody; visitation; child support; spousal support; establishing paternity; evictions; wage garnishments; collections; domestic violence restraining orders; civil restraining orders; criminal expungements; felony reclassification to misdemeanor status; and small claims.*

**LEGAL AID SOCIETY OF SAN BERNARDINO**

588 W. Sixth St., San Bernardino, CA 92410	(909) 889-7328 <a href="http://legalaidofsb.org/">http://legalaidofsb.org/</a>	Call for more information	Varies
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*Provides free attorney consultations and prepares legal documents which allow low income residents access to the court system to address problems with family law, guardianships, conservatorships, individual rights, landlord/tenant and foreclosure disputes.*

**UNITED STATES BANKRUPTCY COURT: RIVERSIDE/SAN BERNARDINO**

3420 12th Street Riverside, CA 92501-3819	General Information: (855) 460-9641 <a href="http://www.cacb.uscourts.gov">www.cacb.uscourts.gov</a>	Varies	
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*The Central District of California covers approximately 40,000 square miles and stretches from the Central Coast area of the state eastward to the Nevada and Arizona borders. The Court has jurisdiction in the seven-county region, comprised of Los Angeles, Orange, Riverside, San Bernardino, Santa Barbara, Ventura, and San Luis Obispo Counties.*

**SENIOR RESOURCES – SAN BERNARDINO/RIVERSIDE COUNTIES**

**CITY OF LAKE ELSINORE SENIOR ACTIVITY CENTER**

420 E. Lakeshore Drive Lake Elsinore, CA 92530	(951) 674-2526 <a href="http://www.lake-elsinore.org/residents/places-schools-facilities/senior-activity-center">http://www.lake-elsinore.org/residents/places-schools-facilities/senior-activity-center</a>	Varies	Varies
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**CITY OF MURRIETA SENIOR CENTER**

5 Town Square Murrieta, CA 92562	(951) 304-7275 <a href="http://www.murrietaca.gov/services/cs/senior/default.asp">http://www.murrietaca.gov/services/cs/senior/default.asp</a>	Varies	Varies
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**CITY OF TEMECULA – MARY PHILLIPS SENIOR CENTER**

41845 6th Street Temecula, CA 92590	(951) 694-6464 <a href="https://temeculaca.gov/Facilities/Facility/Details/Mary-Phillips-Senior-Center-67">https://temeculaca.gov/Facilities/Facility/Details/Mary-Phillips-Senior-Center-67</a>	Varies	Varies
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*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages/Service
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**FONTANA COMMUNITY SENIOR CENTER**

16710 Ceres Ave. Fontana, CA 92335	(909) 854-5151 <a href="https://www.fontana.org/384/Fontana-Community-Senior-Center">https://www.fontana.org/384/Fontana-Community-Senior-Center</a>	Varies	Varies
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**HIGHLAND SNEIOR CENTER**

3102 E. Highland Ave. Patton, CA 92369 P.O. Box 948 Highland, CA 92346	(909) 862-8104 Fax: (909) 862-8196 <a href="http://www.highlandseniorcenter.com/">http://www.highlandseniorcenter.com/</a>	Varies	Varies
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**ONTARIO SENIOR CENTER**

225 East B Street Ontario, CA 91764	(909) 395-2021 Fax: (909) 395-2471 <a href="http://www.ontarioca.gov/recreation/parks-and-facilities/community-centers/ontario-senior-center">http://www.ontarioca.gov/recreation/parks-and-facilities/community-centers/ontario-senior-center</a>	Varies	Varies
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**PERRIS HILL SENIOR CENTER**

780 E. 21 <sup>st</sup> Street San Bernardino, CA 92404	(909) 384-5436 <a href="https://www.ci.san-bernardino.ca.us/cityhall/parks/centers/perris_hill_senior_center.asp">https://www.ci.san-bernardino.ca.us/cityhall/parks/centers/perris_hill_senior_center.asp</a>	Varies	Varies
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**OPARC**

**OPARC: ADULT DEVELOPMENT CENTER: RANCHO CUCAMONGA PASSPORT SENIOR SERVICES**

8333 Rochester Unit 12 Rancho Cucamonga, CA 91730	(909) 948-5592 Fax: (909) 980-4682 <a href="http://www.oparc.com">www.oparc.com</a>	Varies	E, Sp
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*Community life training for developmentally disabled adults. Passport senior services offers seniors 50 years + with developmental disabilities social and recreational activities in the community.*

**OPARC: MONTCLAIR ADULT DEVELOPMENT CENTER**

4650 Arrow Highway Suite G-21 Montclair, CA 91763	(909) 625-0213 Fax: (909) 625-7375 <a href="http://www.oparc.com">www.oparc.com</a>	Varies	Varies
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*Vocational skills for the developmentally disabled adults, including janitorial and yard crews.*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages/Service
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## ALZHEIMER'S & DEMENTIA RESOURCES

### Adult Day Services

Adult Day Services are programs designed to provide stimulation in a safe environment during the day for adults with physical and mental functional impairment, including individuals with Alzheimer's disease and related disorders. These programs offer an opportunity for social interaction, promote health maintenance, foster independence, provide much-needed respite for family caregivers, or offer family members a safe place for their loved one to stay while they work.

### Websites Related To assisted Living Facilities:

California Association of Adult Day Services	<a href="http://www.caads.org">www.caads.org</a>
California Department of Health Care Services	<a href="http://www.dhcs.ca.org">www.dhcs.ca.org</a>
California Department of Social Services, Community Care Licensing	<a href="http://www.cclid.ca.gov">www.cclid.ca.gov</a>

#### ADULT BASIC LEARNING ENVIRONMENT, INC

1910 Orange Tree Ln Redlands, CA 92374-4500	(909) 335-3030	Varies	Varies
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#### INDEPENDENT OPTIONS, INC

2060 Chicago Ave. Riverside, CA 92507-2316	(951) 222-2074	Varies	Varies
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#### LOMA LINDA UNIVERSITY MEDICAL CENTER ADULT DAY HEALTH SERVICES

11406 Loma Linda Dr. Loma Lina, CA 92354-3711	(909) 558-6198	Varies	Varies
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#### MOVING FORWARD ADULT DEVELOPMENTAL CENTER

3381 Chicago Ave. Riverside, CA 92507-6815	(951) 545-7693	Varies	Varies
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#### SAN BERNARDINO ADULT DAY HEALTH CARE CENTER

1102 S Arrowhead Ave. San Bernardino, CA 92408-2020	(909) 381-9952	Varies	Varies
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### Assisted Living

#### HILLCREST CARE NURSING HOME

4280 Cypress Drive San Bernardino, CA 92407	(909) 882-2965 Fax: (909) 886-2895 <a href="mailto:info@hillcrestcare.com">info@hillcrestcare.com</a>	Medi-Cal	Serves Inland Empire and Greater Southern California
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*We are unique in that we provide for all levels of Alzheimer's, dementia, and brain related disorders with 24 hour nursing care.*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages/Service
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**SANTA FE ASSISTED LIVING**

55425 Santa Fe Trail Yucca Valley, CA 92284	(760) 365-0887 Fax: (760) 365-4156 <a href="http://www.braswellshealth.com/santa-fe-assisted-living.nxg">http://www.braswellshealth.com/santa-fe-assisted-living.nxg</a>	Varies	Varies
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*Santa Fe Assisted Living is an 85-bed senior living facility with a 24-unit safe, secure Alzheimer's and Dementia wing. Both areas of the facility have caregivers on duty 24 hours a day to provide assistance with the activities of daily living such as bathing, laundry service, meals, medications, housekeeping and transportation.*

**SUNRISE ASSISTED LIVING AT CANYON CREST**

Brenda Awe-Eggers 5265 Chapala Drive Riverside, CA 92507	(951) 686-6075 <a href="http://www.sunriseseniorliving.com">www.sunriseseniorliving.com</a>	Varies	Serves Southern California
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*Residents enjoy senior-friendly living spaces designed for comfort and safety with a choice of attractive apartments, including a full bath and an emergency call response system. All Sunrise assisted living communities are pet-friendly; some residents even move in with their own approved cat or dog.*

**Care Management**

*Care management helps older adults and their families determine their needs and find the best available resources to meet those needs.*

**LOMA LINDA UNIVERSITY MEDICAL CENTER: SUPPORT GROUP FOR CAREGIVERS OF PEOPLE WITH ALS, PARKINSON'S DISEASE, MULTIPLE SCLEROSIS, ALZHEIMER'S DISEASE OR STROKE**

Loma Linda University Health Care Department of Neurology 11370 Anderson Street Suite 2400 Loma Linda, CA 92354	(909) 558-2128 <a href="http://medical-center.lomalindahealth.org/our-services">http://medical-center.lomalindahealth.org/our-services</a>	Varies	Varies
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*This group meets to share their stories and experiences of being a caregiver with others who understand.*

**Elder Abuse**

*Elder abuse is the mistreatment or neglect of an older adult, either self-inflicted or inflicted by someone else. It can take the form of physical, sexual, and/or financial abuse. People with dementia are particularly vulnerable to elder abuse. Please contact any of the following agencies if you suspect abuse of an older adult.*

**Adult Protective Services**

*Our APS Goals*

*The Adult Protective Services (APS) program is mandated by the State of California. San Bernardino County APS strives to have all elders and dependent adults live their lives free from the threat or reality of abuse.*

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages/Service
<b>APS – CENTRAL INTAKE</b>			
24 Hour Hotline	1 (877) 565-2020	Varies	Varies
<b>BARSTOW</b>			
536 E. Virginia Way Barstow, CA 92311	(760) 256-1435	Varies	Varies
<b>NEEDLES</b>			
1300 Bailey Avenue Needles, CA 92363	(760) 326-9328	Varies	Varies
<b>SAN BERNARDINO</b>			
686 E. Mill Street San Bernardino, CA 92415-0640	(909) 891-9019	Varies	Varies
<b>YUCCA VALLEY</b>			
56357 Pima Trail Yucca Valley, CA 92284	(760) 228-5390	Varies	Varies
<b>VICTORVILLE</b>			
17270 Bear Valley Road, Suite 108 Victorville, CA 92395	(760) 243-8400	Varies	Varies
<b>RANCHO CUCAMONGA</b>			
9445 Fairway View Place, Suite 110 Rancho Cucamonga, CA 91730	(909) 948-6200	Varies	Varies
<b>Adult Protective Services</b>			
➤ San Bernardino County		(877) 565-2020	
➤ Riverside County		(800) 491-7123	

**California Department of Aging (CDA):** The CDA administers programs that serve older adults, adults with disabilities, family caregivers and residents in long-term care facilities throughout the State.

- Senior Information Line                      1 (800) 510-2020                      [www.aging.ca.gov](http://www.aging.ca.gov)

### Health Associations

**The Association for Frontotemporal Degeneration:** Provides general information regarding frontotemporal degeneration.

The Association for Frontotemporal Degeneration: 1 (866) 507-7222

**Language Guide:** (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese

Program Title	Contact	Cost	Languages/Service
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**Lewy Body Dementia Association:** Provides general information regarding lewy body dementia.

Lewy Body Dementia Association: <http://www.lbda.org/>

**Parkinson’s Disease Association:** Provides general information regarding Parkinson’s disease.

Parkinson’s disease Association: 1 (800) 223-2732  
<https://www.apdaparkinson.org/>

### Home Care

#### CARING HEARTS OF CALIFORNIA, INC

4959 Palo Verde St. 103A-10 Montclair, CA 91763-2345	(909) 678-6164	Varies	Varies
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#### HOME INSTEAD SENIOR CARE

13334 Amargosa Rd Victorville, CA 92392	(844) 209-9449	Varies	Varies
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#### SILVERLIGHT IN-HOME CARE

3485 University Ave. Riverside, CA 92501-3326	(951) 934-0312	Varies	Varies
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#### SYNERGY HOMECARE

1101 California Ave. Suite 100 Corona, CA 92881	(951) 280-9808 Fax: (951) 273-3459 <a href="http://www.synergyhomecare.com/agencies/ca/corona/ca18/">http://www.synergyhomecare.com/agencies/ca/corona/ca18/</a>	Call for more information	Serves areas in San Bernardino and Riverside Counties
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*Offer patients with Alzheimer’s disease the following home care services: personal assistance care, errands and transportation, meal assistance, light housekeeping, companionship.*

### Hospice Care

#### BRIGHT SKY HOME HEALTH AND HOSPICE CARE, INC

1323 W Colton Ave. Redlands, CA 92374-4554	(909) 793-7558	Varies	Varies
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#### HOSPICE OF THE VALLEYS

25240 Hancock Ave. Murrieta, CA 92562-5990	(951) 200-7800	Varies	Varies
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*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages/Service
<b>INLAND VALLEY HOSPICE</b>			
3770 Myers St. Riverside, CA 92503-4279	(951) 360-5848	Varies	Varies
<b>PACIFIC HOME HEALTH NURSING AND HOSPICE, INC</b>			
1998 N. Arrowhead Ave. San Bernardino, CA 92405-4116	(909) 882-0988	Varies	Varies

**Websites Related to Hospice Care**

- California Hospice Foundation [www.hospicefoundation.info](http://www.hospicefoundation.info)
- Hospice Education Institute [www.hospiceworld.info](http://www.hospiceworld.info)
- Hospice Foundation of America [www.hospicefoundation.info](http://www.hospicefoundation.info)

**Insurance & Social Security**

*The services listed below are sponsored by State and Federal government and may assist you in financial planning and determining healthcare options.*

**CA Department of Insurance Consumer Hotline:** Assists with insurance complaints, claims, information and referrals

- **CA Department of Insurance Consumer Hotline** 1 (800) 927-HELP(4357) & (213) 897-8921

**California Health Advocates:** Provides counseling related to benefit enrollment & general questions

- **California Health Advocates** (855) 613-7080 – CA Senior Medicare Patrol Fraud Hotline <https://cahealthadvocates.org/>

**Health Care Options:** Select or make changes to Medi-Cal managed care health plans

- **Health Care Options** 1 (800) 430-4263

**Medi-Cal Managed Care Ombudsman:** Provides assistance resolving problems with Medi-Cal Managed Care Plans

- **Medi-Cal Managed Care Ombudsman** 1 (888) 452-8609

**Medi-Cal Telephone Service Center:** Select or make changes to Medi-Cal managed care health plans.

- **Medi-Cal Telephone Service Center** 1 (800) 541-5555

**Medicare:** Provides health benefits determined by age and severe disability

- **Medicare** 1 (800) MEDICARE (633-4227)

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages/Service
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**Social Security: Provides assistance with Social Security matters and Medicare complaints**

- **Social Security** 1 (800) 772-1213  
[www.ssa.gov](http://www.ssa.gov)

**Websites Related to Social Security**

- **Administration On Aging** [www.aoa.gov](http://www.aoa.gov)
- **Centers for Medicare & Medicaid Services** [www.cms.gov](http://www.cms.gov)
- **Covered California** [www.coveredca.com/HICAP](http://www.coveredca.com/HICAP)
  - Determine eligibility and apply for Medi-Cal
  - (aka Medicaid) on-line
- **Free Benefits Checkup** [www.benefitscheckup.org](http://www.benefitscheckup.org)
  - Find programs to help pay for healthcare,
  - Medications, food and utilities
- **Government Info for Seniors** [www.usa.gov](http://www.usa.gov)
- **California Dept. of Health Care Services** [www.dhcs.ca.gov](http://www.dhcs.ca.gov)
  - Medical Forms
- **U.S Dept. of Health & Human Services** [www.hhs.gov](http://www.hhs.gov)

**Legal Assistance & Information**

*Asset protection, advance directive, and conservatorships are very important issues to consider when planning for your future and making plans for care. It is wise to consult with professional attorney, financial partners, or other specialists to help you with your legal and financial needs.*

**DENNIS SANDOVAL, A PROFESSIONAL LAW CORPORATION**

3233 Arlington Ave. Riverside, CA 92506-3246	(951) 787-7711	Varies	Varies
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**KATHLEEN ALBREKTSON**

108 Orange Tree Ln Redlands, CA 92374	(909) 335-9658	Varies	Varies
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**THOMAS W. DOMINICK**

215 N. D St. San Bernardino, CA 92401-1733	(909) 889-3691	Varies	Varies
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*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages/Service
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### Medication Coverage

When purchasing prescription drugs online, patients should exercise caution. The Federal Food and Drug Administration offers pointers on its websites: [www.fsa.gov](http://www.fsa.gov)

- **American Association of Retired Persons (AARP)**      1 (800) 456-2277      [www.aarp.com](http://www.aarp.com)
- **Costco**      1 (800) 607-6861      [www.costco.com](http://www.costco.com)
- **Partnership for Prescription Assistance**      1 (877) 477-2669      [www.pparzx.org](http://www.pparzx.org)
- **Rx Hope**      1 (877) 267-0517      [www.rxhope.com](http://www.rxhope.com)
- **Veterans Administration**      1 (877) 222-VETS      [www.va.gov](http://www.va.gov)

### Safety

Alzheimer's causes changes in the brain that may affect safety. Depending on the stage of the disease, these can include changes in judgement, abstract thinking, sense of time/place and behavior. Taking measures to ensure safety at all times can help prevent injuries, and it can help people with dementia feel relaxed and less overwhelmed.

**MedicAlert® + Alzheimer's Association Safe Return®**      Call 1-888-572-8566 to join.

A 24-hour nationwide emergency response service for individuals who wander or have a medical emergency. We provide 24-hour assistance, no matter when or where the person is reported missing. There is an initial enrollment fee of \$55 and a \$35 annual program fee. Scholarships are available for families in financial need. Contact helpline for information and enrollment.

**To report a wandering incident, call 911. Then call 1 (800) 625-3780.**

### Transportation

<b>BRASWELLS YUCAIPA LEISURE MANOR</b>			
32195 Avenue E Yucaipa, CA 92399-1731	(909) 797-1314	Free	E
<b>GOLDEN YEAR RESIDENTIAL CARE</b>			
7890 San Benito St. Highland, CA 92346-6353	(909) 335-8335	Varies	E, Tag
<b>MAYVAN MEDICAL TRANSPORT</b>			
46469 Lianne Ct. Temecula, CA 92592-3333	(951) 602-5959 Fax: (951) 968-0682	Varies	Varies

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages/Service
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## TEEN RESOURCES

### BOYS & GIRLS CLUB OF CATHEDRAL CITY

32141 Whispering Palms Trail Cathedral City, CA 92234	(760) 324-5844 Fax: (760) 321-2464 <a href="http://www.bgccity.org">http://www.bgccity.org</a>	Free	Varies
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*The Boys & Girls Club's mission is to inspire and enable all young people, especially those from disadvantaged circumstances, to realize their full potential as productive, responsible and caring citizens.*

### CALIFORNIA FAMILY LIFE CENTER

930 N. State St. Hemet, CA 92543	(951) 765-6955 <a href="https://www.cflckids.org/home">https://www.cflckids.org/home</a>	Free	Varies
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*California Family Life Center's mission is to provide safety, comfort and healing to children suffering from abuse and abandonment.*

### STARS BEHAVIORAL HEALTH GROUP

*San Bernardino County  
Office Locations*

Community & FRC 1585 S. D St., Suite 101 San Bernardino, CA 92408	(909) 388-2222	Free	Varies
Valley Star Crisis Residential Treatment 780 Gilbert St., Bldg. H San Bernardino, CA 92415	(909) 763-4760 x 100	Free	Varies
Valley Star Morongo Basin CWIC 7293 Dumosa Ave., Ste 2 Yucca Valley, CA 92284	(760) 365-2233	Free	Varies
Valley Star High Desert 12240 Hesperia Road, Suite A Victorville, CA 92395	(760) 245-8837	Free	Varies
One Stop TAY Center, 58471 29 Palms Hwy, Suite 102 Yucca Valley, CA 92284	(760) 853-4888	Free	Varies

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

Program Title	Contact	Cost	Languages/Service
<u>Riverside County Office Locations</u> Oasis Community Svcs. 81557 Dr. Carreon Blvd. Suite C-9 Indio, CA 92201	(760) 391-6999	Free	Varies
Oasis Vocational Center 81557 Dr. Carreon Blvd., Suite C-10 Indio, CA 92201	(760) 391-4972	Free	Varies

*We work closely with individuals, families, other providers and our county partners to bring about change in people's lives.*

**THE BRIGHTEST STAR, INC.**

Corporate Office 925 S. Riverside Ave. #55 Rialto, CA 92376	(909) 875-2968 <a href="http://www.thebrighteststar.org/home.html">http://www.thebrighteststar.org/home.html</a>	Free	Varies
Local Office 229 S. Riverside Ave #N Rialto, CA 92376	(909) 384-2199 <a href="http://www.thebrighteststar.org/home.html">http://www.thebrighteststar.org/home.html</a>		

*The Brightest Star, Inc. Program, is committed to building dreams and self-esteem in foster and at-risk youths traumatized from some form of abuse, neglect, abandonment, and/or poverty disadvantage.*

**THE YMCA OF THE EAST VALLEY**

Highland Family YMCA 7793 Central Ave. Highland, CA 92346	(909) 425-9622 <a href="http://ymcaeastvalley.org/">http://ymcaeastvalley.org/</a>	Free	Varies
San Bernardino Family YMCA 808 E. 21 <sup>st</sup> St. San Bernardino, CA 92404	(909) 881-9622 <a href="http://ymcaeastvalley.org/">http://ymcaeastvalley.org/</a>	Free	Varies
Redland Family YMCA 500 East Citrus Ave. Redlands, CA 92373	(909) 798-9622 <a href="http://ymcaeastvalley.org/">http://ymcaeastvalley.org/</a>	Free	Varies

*The YMCA of the East Valley is an association of people of all ages, ethnic groups, and religious affiliations founded on Christian principles and dedicated to building strong kids, strong families, and strong communities through programs that develop spirit, mind, and body.*

*Language Guide: (A)rmenian, (Ar)abic, (Ca)ntonese, (Ch)inese, (E)nglish, (Fa)rsi, (Hi)ndi, (Hm)ong, (I)talian, (J)apanese, (Kh)mer, (K)orean, (L)aoian, (M)andarin, (R)ussian, (Sa)moan, (Sp)anish, (Tag)alog, (T)hai, (V)ietnamese*

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**YOUTH VISIONARIES YOUTH LEADERSHIP ACADEMY**

696 S. Tippecanoe Ave. San Bernardino, CA 92408	(909) 723-1695 Fax: (909) 723-1509 <a href="http://yvyla-ie.org/site/">http://yvyla-ie.org/site/</a>	Free	Varies
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*The organization's purpose is to help enrich the lives of young people through life building activities and instruction in the areas of education, employment, health, mentoring, and community service.*