







ACE's RESOURCES

EAST SAN BERNARDINO COUNTY

Highland - Mentone - Muscoy - Redlands - Yucaipa

NOTE: Please access updated resources using the new QR codes and links below.

<p>East</p>  <p>https://bit.ly/eastaces</p>	<p>Central</p>  <p>https://bit.ly/centralaces</p>	<p>West</p>  <p>https://bit.ly/westaces</p>
<p>HD</p>  <p>https://bit.ly/hdaces</p>	<p>Morongo</p>  <p>https://bit.ly/morongoaces</p>	<p>Mountain</p>  <p>https://bit.ly/mountainaces</p>

CRISIS LINES

National Suicide Prevention

988

Suicide Prevention Helpline – Inland Empire

951-686-4357

National Maternal Mental Health Hotline 24/7

833-943-5746

SAMHSA's National Helpline 24/7

800-662-HELP (4357)

SBC Department of Behavioral Help 24/7 ACCESS

888-743-1478 or 909-386-8256

Basic Needs

<p><u>Nutrition - Food Resources</u> WIC/Women, Infants and Children For pregnant women and parents of children 0-5 http://cms.sbcounty.gov/wic/Home.aspx</p>	800-472-2321
<p>SNAP/CalFresh/Food Stamps Limited in person services www.C4Yourself.com</p>	877-410-8829
<p>Community Action Partnership Food banks, pantries, mobile pantries, soup kitchens, etc. https://www.capsbc.org/food-bank</p>	909-723-1500
<p>Helping Hands Pantry 1455 E. Third St., San Bernardino, Ca 92408 https://helpinghandspantry.org/</p>	909-796-4222
<p>Vida Life Ministries 11608 Cedar Ave., Bloomington, CA 92316 www.vidalifeministries.com</p>	323-823-4762
<p>Family Service of Association of Redlands Covid-19 Drive thru Food Distribution Box 612 Lawton Street, Redlands, CA 92374 Must RSVP online https://www.surveymonkey.com/r/rfsfoodbox www.redlandsfamilyservice.org</p>	909-793-2673
<p>Holy Name of Jesus Food Pantry 1205 Columbia Street, Redlands, CA 92374 <i>Provides sack lunches to individuals</i> <i>*Providing to go meals due to Covid-19*</i> https://theholynameofjesus.org/feeding-the-hungry</p>	<p>909-793-2469</p> <p>After hours emergencies: 951-782-7246</p>
<p><u>Home Delivered Meals</u> <i>For seniors and/or people with certain disabilities</i> Family Service Association https://www.fsaca.org/</p>	951-342-3057

<u>Clothing & Diapers</u>	
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Community Action Partnership Diaper Bank Locations and Assistance 696 S Tippecanoe Ave, San Bernardino, CA 92408 https://www.capsbc.org	909-723-1500
St. Joseph's Clothes 641 Roberds Ave., San Bernardino, Ca 92411 <i>Have to call and schedule appointment</i> http://www.marysmercy-center	909-889-2558
Vida Life Ministries 11608 Cedar Ave., Bloomington, Ca 92316 www.vidalifeministries.com	323-823-4762

<u>Housing/ Utilities/ Internet</u> Housing is Key: CA COVID-19 Rent Relief https://housing.ca.gov/	833-430-2122
Housing Authority of San Bernardino County 715 E. Brier Dr., San Bernardino, CA 92408 https://hacsb.com/	909-890-0644
Inland Fair Housing and Mediation Board 330 N. D St., San Bernardino, CA 92401 https://www.ifhmb.com/	909-888-3763
Our HouseFamily Assistance Program <i>Temporary emergency shelters for children and youth who have run away, been pushed out of their homes, are acting out and at risk for abuse pending return to their own families or suitable alternative placement.</i> https://familyassist.org/programs/our-house-my-place/	909-335-2676 24/7 hotline 760-949-4357 760-843-0701 Office
Community Action Partnership	909-723-1500

696 S. Tippecanoe Ave., San Bernardino, CA 92408 https://www.capsbc.org/	ext 2
Salvation Army - Redlands Electric and Gas Assistance Fund 838 Alta Street, Redlands, CA 92374 https://sanbernardino.salvationarmy.org/	909-792-6868
Low Cost Internet Internet Essentials - Comcast EveryoneOn www.Everyoneon.org ATT www.att.com/internet/access/	855-846-8376
United Way Internet Services <i>Learn more about low-cost internet.</i> http://broadband.unitedwaysca.org/resources	Text: INTERNET to 211-211

Employment and Education

California Employment Development Department (EDD) www.edd.ca.gov	1-800-480-3287
East Valley America's Job Center of California 658 East Brier Dr. #100, San Bernardino, CA 92408 Jobs search www.caljobss.ca.gov	909-382-0440 800-758-0398
Building A Generation- Career Assistance Lugonia Elementary Family Resource Center 202 East Pennsylvania Avenue, Redlands, CA 92374 <i>Provides assistance with job search and job readiness</i>	909-307-2424
Generation Go Colton-Redlands-Yucaipa ROP Student Services 1214 Indiana Court, Redlands, CA 92374 <i>Offer young adults advice on career</i>	909-793-3115 Ext. 522

<p><i>planning, employability, occupational skills training, work experience and leadership development.</i></p> <p><i>Campus open by appointment only</i></p> <p>https://wp.sbcounty.gov/workforce/youth/</p>	
<p>Workability I Colton-Redlands-Yucaipa ROP Student Services 1214 Indiana Court, Redlands, CA 92374</p> <p><i>Assists high school students with special needs make the transition from school to work and/or post-secondary education by providing employable skills, comprehensive work services, employment, work site training and follow-up.</i></p> <p><i>Campus open by appointment only</i></p> <p>https://cryrop.org/</p>	<p>909-793-3115</p> <p>Ext. 522</p>
<p><u>Education</u></p> <p>Redlands Adult School 1214 Indiana Ct. Bldg. B Redlands, CA, 92374</p> <p><i>Distance Learning</i> https://www.redlandsusd.net/ras</p>	<p>909-748-6930</p>
<p>Colton-Redlands-Yucaipa ROP 1214 Indiana Court, Redlands, CA 92374</p> <p><i>Distance Learning; Campus open by appointment only</i> https://cryrop.org/index.html</p>	<p>909-793-3115</p>
<p>Crafton Hills College 11711 Sand Canyon Road Yucaipa, CA 92399</p> <p><i>Classes are distance education/online with some exceptions</i> https://www.craftonhills.edu/</p>	<p>909-794-2161</p> <p>Adult Education Counselor Herb Jaco 909-389-3233</p>
<p>Yucaipa Adult School 12358 #B, 6th St. Yucaipa, CA 92399</p> <p>All classes are online currently</p>	<p>909-790-6192</p>

https://yas.yucaipaschools.com/	
Safety and Relationships	
<p>Rape, Abuse & Incest National Network/RAINN www.rainn.org</p>	<p>800- with some excp56-4673</p>
<p>National Domestic Violence Hotline: www.thehotline.org TTY: 800-787-3224</p>	<p>800-799-SAFE (7233)</p>
<p>Family Assistance Program - DV Agency 16857 C St. Victorville, CA 92395</p> <p><i>Virtual classes now available</i> https://familyassist.org/</p>	<p>760-949-4357</p>
<p>Option House Domestic Violence Agency 813 North D St., San Bernardino, CA 92401</p> <p><i>Zoom and phone meetings; some in-person meetings</i> https://www.optionhouseinc.com/</p>	<p>909-383-1602 909-381-3471 (Hotline)</p>
<p>San Bernardino Sexual Assault Services 444 N. Arrowhead Ave. #103, San Bernardino, CA 92401</p> <p><i>All services and classes are available online and via Zoom</i> https://www.sbsas.org/</p>	<p>909-885-8884</p>
<p>Bureau of Victim Services: 303 W. 3rd St. San Bernardino, CA 92415</p> <p>https://sbcountyda.org/victim-services/</p>	<p>909-387-6540</p>
<p><u>Anger Management Programs</u></p> <p>Christian Counseling Services 101 East, West Redlands Blvd Suite 215., Redlands, Ca 92373</p> <p><i>Currently sessions are on Zoom</i> https://ccs-cares.org/</p>	<p>909-793-1078</p>
<p><u>Home Visitation Services</u></p> <p>LIFT Home Visits Program 662 S. Tippecanoe Ave, San Bernardino, CA 92415</p>	<p>909-383-2000</p>

<i>All programs associated with pre-school services are virtual</i>	
https://wp.sbcounty.gov/dbh/mental-health-services/pei/system-enhancement/lift/	
Victor Community Support Services 1053 N. D St. San Bernardino, CA 92410	909-522-4656
<i>All services now are phone or online via Zoom</i> https://www.victor.org/victor-community-support-services	

Substances and Addiction

Alcoholics Anonymous (AA): www.aa.org	
Narcotics Anonymous (NA): www.na.org ;	
Al-Anon Inland Empire Service Center www.al-anon.org <i>Online Zoom meetings, phone conference calls; and some in-person meetings</i>	909-824-1516
National Council on Alcoholism and Drug Dependence East San Gabriel & Pomona Valley Pomona Office 656 N. Park Ave Pomona, CA 91768 <i>All meetings are virtual with the exception of intake which is in person</i> https://www.ncaddesqpv.org/	(909) 629-4084
Southern California Narcotics Anonymous www.todayna.org www.westsidena.org <i>Have online meetings available</i>	800-863-2962
National Council on Problem Gambling Chat at https://www.ncpgambling.org/help-treatment/chat/ https://www.ncpgambling.org/	800-522-4700
ProjectKnow - Porn Addiction Helpline https://www.projectknow.com/porn-addiction/helplines/	877-764-1827
Quit Smoking Hotline	877-448-7848

www.quit.com	800-784-8669
DBH Behavioral and Addiction/SARC Screening, Assessment & Referral Ctr. 850 E. Foothill Blvd Rialto, CA 92376 https://wp.sbcounty.gov/dbh/ads/screening-prevention/sarc/	909-884-0840
Local Programs & Facilities Cedar House Life Change Center 18612 Santa Ana Ave Bloomington, CA 92316 <i>Some online virtual and some in-person</i> https://cedarhouse.org/	800-246-4357 Toll Free or 909-421-7120
Inland Behavioral and Health Services 1963 N E St San Bernardino, CA 92405 <i>All meetings and class online via Zoom</i> https://ibhealth.org/	909-881-6146
Mental Health Systems Central Valley Regional Recovery Center 1076 S Santo Antonio Dr #B Colton, CA 92324 <i>Online meetings</i> https://www.mhsinc.org/listing/central-valley-regional-recovery-center-2/	909-433-9824
MHS PRIDE San Bernardino Center for Change: 1874 S Business Center Dr San Bernardino, CA 92408 <i>Use telehealth services</i> https://sobernation.com/listing/mental-health-systems-inc-pride-san-bernardino-center-for-change-san-bernardino-ca/	909-386-0523
Colton Clinical Services: 2275 E Cooley Dr Colton, CA 92324 <i>Meetings and trainings held online and in-person</i> https://sobernation.com/listing/colton-clinical-services-colton-ca/ https://www.acadiahealthcare.com/	909-370-1777
Gibson House for Men 1100 N. D St., San Bernardino, CA 92410 <i>In-take done over phone for information gathering; residential facility</i>	909-884-0840

https://www.varpinc.org/	
Gibson House for Women: 1135 N D St San Bernardino, CA 92410 <i>In-person due to residential facilities</i> https://www.varpinc.org/	909-888-6956
Inland Valley Recovery Services 939 North D St., San Bernardino, CA 92410 <i>Onsite and in-person meetings</i> https://www.inlandvalleyrecovery.org/	909-889-6519

Mental Health and Wellness

Department of Behavioral Health/DBH 24/7 Access Resources & Referrals Community Crisis Response Team/CCRT https://wp.sbcounty.gov/dbh/ https://wp.sbcounty.gov/dbh/crisis-services/urgent-mobile-response/community-crisis-response-team-cprt/	888-743-1478 909-421-9233
SART (Screening, Assessment, Referral & Treatment) <i>Victor Community Support Services</i> 1908 S. Business Center Drive, Suite 109 San Bernardino, CA 92408 <i>All services are provided by phone.</i> https://wp.sbcounty.gov/dbh/mental-health-services/children-youth/general/0-5-comprehensive-treatment/sart/	(909) 890-5930 Fax (909) 890-5950
IEHP/Inland Empire Health Plan https://ww3.iehp.org/en/members/mental-health	800-440-4347
MOLINA Healthcare 200 Oceangate, Suite 100, Long Beach, CA 90802 https://www.molinahealthcare.com/	866-449-6848
National Alliance on Mental Illness (NAMI) www.nami.org	800-950-6264 or text NAMI to 741741
Substance Abuse and Mental Health Services Administration/SAMHSA www.samhsa.gov	800-662-4357

Loma Linda University Behavioral Health Institute 1686 Barton Rd., Redlands, CA 92373 <i>Virtual meeting and classes</i> https://luh.org/behavioral-health	909-558-9500
SACHS Behavioral Health Services 1455 E. 3rd St., San Bernardino, CA 92410 <i>Use Video app or phone for meetings and trainings; also have some in-person meetings for certain types of clinic visits</i> https://www.sachealth.org/health-behavior-wellness-center/	909-382-7100
Family Service Agency of San Bernardino <i>ADMIN:</i> 1669 N. E St., San Bernardino, CA 92405 <i>CLINIC:</i> 1661 N. E. St. San Bernardino, CA 92405 https://www.fsasb.org/	909-886-6737
Victor Community Support Services 1053 N. D St., San Bernardino, CA 92410 <i>All services now are phone or online via Zoom</i> https://www.victor.org/victor-community-support-services	909-522-4656
Inland Behavioral Health 1963 North E St., San Bernardino, CA 92405 <i>All meetings and class online via Zoom</i> https://ibhealth.org/	909-881-6146
South Coast Community Services -Yucaipa Community Wholeness & Enrichment Program 34324 Yucaipa Boulevard, Suite B-D, Yucaipa, CA 92399 <i>Therapy, support groups and educational presentations. SafeTALK presentations available which prepare those over 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources.</i> <i>Services are provided via telehealth and some in-person for those who really need it</i>	877-527-7227 Toll free 909-790-1300 Business Line

<p>Adolescent Outpatient Services Inland Valley Recovery Services - San Bernardino 939 North D Street, San Bernardino, CA 92401</p> <p><i>Provides adolescent outpatient services, behavioral health screenings, and support services. Counseling, group therapy, dual diagnosis and education resources are available.</i></p> <p><i>Onsite and in-person meetings</i></p> <p>https://www.inlandvalleyrecovery.org/Youth_Services</p>	909-889-6519
<p><u>Postpartum Depression Support</u></p> <p>Postpartum Depression Hotline www.Pregnancy-info.net Text "HOME" to 741741</p> <p>https://www.postpartum.net/locations/alifornia/</p>	800-944-4773
<p>Valley Star Community Services: 1585 South D. Street Suite 101 San Bernardino, CA 92324</p> <p>Effective Black Parenting - 8 weeks</p> <ul style="list-style-type: none"> - Adult parents with children 6-12 <p>Active Parenting - 8 weeks</p> <ul style="list-style-type: none"> - Adult parents with children 6-12 <p>https://www.starsinc.com/family-resource-center-frc/</p>	909-388-2222
<p>IBS Community Health Care Clinic Westside Counseling Center Perinatal Care Network: 1963 North E Street, San Bernardino, CA 92405</p> <p>https://ibhealth.org/</p>	909-881-6146

<p><u>Suicide Prevention</u></p> <p>National Suicide Prevention Lifeline www.suicidepreventionlifeline.org</p>	877-727-4747
<p><u>Grief/Bereavement Support</u></p> <p>Always In My Heart 11265 Mountain view Ave, Loma Linda CA, 92354</p> <p><i>Support groups meet on Zoom virtual platform</i> www.lluh.org/bereavement</p>	909-558-7261
<p>St. Bernardine Baby and Family Center: 403 E. Highland Ave. San Bernardino CA</p> <p><i>All classes and support groups canceled until further notice</i> https://locations.dignityhealth.org/baby-and-family-center-at-st-bernardine-medical-center</p>	909-881-4420
<p>Christ the Redeemer Catholic Church: 12745 Oriole Ave, Rm 6 Grand Terrace, CA 92313</p> <p><i>All Bereavement Support Group meetings are on hold/canceled until further notice</i> https://www.ctrcgt.org/ministries</p>	909-754-6969

Parenting and Child Care

<p>Child Care Resource Center 1111 E. Mill St. #100 San Bernardino, CA 92408</p> <p>Applying for child care financial assistance, finding child care, etc. https://www.ccrcca.org/apply/</p>	909-384-8000
<p>California Parent-Youth Helpline Free helpline and support groups to explore underlying emotions and build resiliency. https://caparentyouthhelpline.org</p> <p><i>Sessions are online</i></p>	855-427-2736
<p>Triple P Positive Parenting Program www.triplep-parenting.com</p>	803-451-2278
<p>Black Infant Health Program of</p>	1(844)352-3985

San Bernardino https://wp.sbcounty.gov/dph/programs/hs/bih/	
Mental Health Systems 1076 San Antonio St., Ste B, Colton, CA 92354 <i>Online meetings</i> https://www.mhsinc.org/listing/central-valley-regional-recovery-center-2/	909-433-9824
Making a Difference Association 1430 E Cooley Dr #111, Colton, CA 92324 Castle Parenting - 12 weeks (w/Fee) Parents with children of all ages. <i>Due to Covid-19 all meetings and sessions are via telehealth video or audio</i> https://madacarefarm.net/	909-420-0413
Parent Project https://parentproject.com/	800-372-8886
Building a Generation Multiple locations 932 W Cypress Avenue Redlands CA, 92373 https://www.buildingageneration.org/	909-793-8822
Family Assistance Program 16857 C St. Victorville, CA 92395 <i>Virtual classes now available</i> https://familyassist.org/	760-949-4357
Victor Community Support Services: Multiple locations - Spanish Available <i>.All services now are phone or online via Zoom</i> https://www.victor.org/victor-community-support-services	909-522-4656
Walden Family Services: Multiple locations - Spanish Available 255 N. D Street, #412, San Bernardino 92401 Nurturing Parenting - 16 weeks Parents 13-25 with children 0-5 --- Nurturing Parenting - 16 weeks Parents 26+ with children 0-5	909-264-6742

https://waldenfamily.org/	
Codie Center on Deafness: 1737 Atlanta Ave. #83A, Riverside, CA 92507 <i>Currently scheduling and meeting via online Zoom video or Video Phone (VP) for deaf</i> https://codie.org/	951-275-5000 VP: 951-801-5674 for deaf
Asante Family Service: 1255 E. Highland Ave #107, San Bernardino, CA 92404 https://asantefamilyagency.org/	909-694-9265
Valley Star Community Services: 1585 South D St., Ste 101, San Bernardino, CA Effective Black Parenting - 8 weeks Adult parents with children 6-12 --- Active Parenting - 8 weeks Adult parents with children 6-12 https://www.starsinc.com/family-resource-center-frc/	909-388-2222
Family Service Agency of San Bernardino: <i>ADMIN:</i> 1669 N. E St., San Bernardino, CA 92405 <i>CLINIC:</i> 1661 N. E. St. San Bernardino, CA 92405 https://www.fsasb.org/	909-886-6737
SAC Health System - Resource Center 250 S. G St., San Bernardino, Ca 92410 <i>Use Video app or phone for meetings and trainings; also have some in-person meetings for certain types of clinic visits</i> https://www.sachealth.org/health-behavior-wellness-center/	909-382-7100 909-771-2891
Christian Counseling Services 101 East, West Redlands Blvd Suite 215., Redlands, Ca 92373 https://ccs-cares.org/	909-793-1078

For Additional Services and/or Resources

Dial 211 (all ages)

Help Me Grow 1-888-464-4316 (age 0-8)

or visit [CONNECTIE \(online\)](#)