

Baby's
Optimal
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Support



Inland Empire Breastfeeding, Childbirth & Community Resource Guide

2016



RESOURCES IN THE WEST END

Breastfeeding Clinics and/or Support Groups

Breastfeeding Support BONUS Warmline, 24 hours a day, 7 days a week (Be connected to a breastfeeding expert such as an IBCLC or Lactation Consultant who can help you successfully breastfeed your baby) CALL 211

PHFE WIC Chino and Pomona Offices	1-888-942-2229
BF Helpline for WIC Chino and Pomona Offices	1-888-278-6455
Pomona Valley Hospital Medical Center Lactation Center (M, Th., Fri., 9-11:30 am; Tues. and Wed. 12-2:30 pm)	909-623-6455
San Antonio Community Hospital Healthy Beginnings Family Care Center in Upland	909-920-6230
Kaiser Permanente-Ontario Newborn Center- Ask for breastfeeding clinics and/or support group; call for an appointment (For members only)	1-888-750-0036 or 909-609-3000

Maternal/Adult/ Child Mental Health Services/Counseling/Parenting Classes

Postpartum Depression Resources, 24 hours a day, 7 days a week	Call 211
Postpartum Support International	1-800-944-4773
Department of Behavioral Health	1-888-743-1478
Pregnancy and Postpartum Stress Group in Pomona (Every Tues. 12:30-2 pm)	909-451-9951 or 909-469-9491
Foothill Family Non- Emergency Shelter in Upland (Tues.-Fri, 9– 5pm; provide counseling services only to those enrolled in the non-emergency shelter program; must live or have recently resided in Upland, Ontario, Claremont, Pomona, Montclair, and Rancho Cucamonga)	909-920-0453
Ontario-Montclair School District Family Resource Center	909-418-6923
West End Family Counseling Services in Ontario	909-983-2020

Home Visitation Programs- Prenatal and Postnatal

LIFT Nurse Home Visitation Program (Countywide) (This free program provides low income pregnant women with education and support to have the healthiest pregnancy possible. A nurse visits you in your home during pregnancy and after baby is born. Call to learn if you qualify for this program.) 909-388-0451 or 1--888-543-7025
or 909-383-2000

Volunteers of America, Early Head Start Home Based Program	909-888-4577
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Tobacco, Drug and Alcohol Cessation Programs; for a countywide list of services, please see page 9.

RESOURCES IN THE CENTRAL VALLEY

Breastfeeding Clinics and/or Support Groups

Breastfeeding Support BONUS Warmline, 24 hours a day, 7 days a week (Be connected to a breastfeeding expert such as an IBCLC or Lactation Consultant who can help you successfully breastfeed your baby) Call 211

Arrowhead Regional Medical Center (ARMC) in Colton (Call for information about prenatal classes and breastfeeding support) 909-580-1000 or 580-3300

ARMC Postpartum Support Group in Colton (Every third Tuesday of the month from 11-12 pm; spouses and babies welcome) 909-580-3530

Kaiser Permanente-Fontana/Ontario Newborn Center 1-888-750-0036 or 909-609-3000
Ask for breastfeeding clinics and/or support group; call for an appointment (For members only)

St. Bernardine Medical Center Family Baby Clinic– Located in a separate building near the hospital (M, Wed. & Fri., 10-12 pm) 909-881-4420

Community Hospital of San Bernardino Breastfeeding Clinics (M 11-1; Tues. & Thurs. 10-12 pm) 909-806-1816

IEHP Community Resource Center Lactation Education (Call for dates and times) 1-866-228-4347

Bosom Buddy Support Group for Breastfeeding Moms in San Bernardino (Two Mondays during the month; call for times and exact dates; spouses and children welcome) 1-855-424-7942 x 309 or 909-386-7600

My Bump to Bundle (visit the website for breastfeeding information and resources in the community) www.mybumpstobundle.com

Maternal/Adult/ Child Mental Health Services/Counseling/Parenting Classes

Postpartum Depression Resources, 24 hours a day, 7 days a week Call 211

Postpartum Support International 1-800-944-4773

Department of Behavioral Health 1-888-743-1478

Cedar House Life Change in Bloomington 909-421-7120

ARMC Postpartum Group in Colton 909-580-3530

South Coast Community Services in Colton (See clients up to age 21) 909-835-4800

County of San Bernardino Children’s Network 909-383-9677

Inland Behavioral & Health Services, Inc. Perinatal Care Network in San Bernardino 909-881-6146

SACH Family Resource Center in San Bernardino 909-382-7171

Valley Star Children & Family Resource Center in San Bernardino 909-388-2222

Victor Community Support Services in San Bernardino (See children up to age of 18) 909-890-5930

Home Visitation Programs (Countywide)- See West End or page 9

Tobacco, Drug and Alcohol Cessation Programs-See page 9

RESOURCES IN THE EAST END

Breastfeeding Clinics and/or Support Groups

Breastfeeding Support BONUS Warmline, 24 hours a day, 7 days a week (Be connected to a breastfeeding expert (IBCLC) who can help you successfully breastfeed your baby)	Call 211
Inland Empire Breastfeeding Coalition (Meeting is every 3rd Tuesday of the month, 9-11 am; visit www.breastfeedie.com for locations and contact info)	
Loma Linda University Medical Center Mommy and Me Breastfeeding and Birth and Beyond Education	909-558-6262 or 909-558-3500
Mothers' Breastfeeding Circle Support Group in Loma Linda (Wed., 9:30-11:30 am-moms and kids only; Sun. 3-5 pm-moms, kids, and daddies) (Email Natalie Johnson at BestbeadsLC@gmail.com)	909-558-3500, press 0
Redlands Community Hospital-BF Clinic Perinatal Services & Family Clinic (M-F, 9- 5 pm; breastfeeding group meets Mondays at 10 am and cost \$10 dollar; call for location and appointment)	909-793-6330
Birth Your Way Birthing Center in Yucaipa and San Bernardino (Fee for service)	714-470-1506
Parkview Community Hospital Lactation Clinic (M-F, by appointment)	951-688-2211 ext. 4111
Best Fed Babies Virtual Breastfeeding Help (provide help via Skype; fee fro service)	951-961-1135
Lactation Connection (Fee for home consultations)	951-533-3606
Riverside Community Hospital Breastfeeding Center (M, W, & F, 9-1 pm; walk-ins welcome until 12 pm; special needs babies)	951-684-4621
Riverside Community Hospital Women's Services Classes	951-788-3463
Riverside County Health Services Agency WIC Program (M-F, 8-5 pm)	1-855-748-4376
Riverside County Health Service Agency Loving Support Program/Breastfeeding Support Helpline	1-888-451-2499
Breastfeeding USA-Inland Empire Chapter (Call or email Tamika.simpson@breastfeedingusa.org for meeting dates and times)	909-910-5876
Kaiser Permanente Riverside (Members Only)	1-866-883-0119 or 951-352-0292
Breastfeeding Support and Share Group-Babies "R"Us in Redlands (Call for dates/times & RSVP)	909-307-2316
La Leche League, International-Tri Cities in Redlands (Call for help via telephone and for peer support group meeting dates and times)	909-433-9331
Corona Regional Medical Center-Baby Connection Center (For babies born at the hospital only; call for an appointment)	951-808-6721
Hemet Valley Medical Center Breastfeeding Clinic (Walk-in Clinic on Wed. 10-12 pm in Room 101)	951-652-2811 X 5440
Rancho Springs Medical Center-Women's Center in Murrieta Breastfeeding Support (Fee for consultation, call for dates and times)	951-440-8428
Rancho Springs Medical Center-Childbirth and Parenting Classes	1-800-879-1020
Loma Linda University Medical Center in Murrieta Breastfeeding Classes (Free to all breastfeeding moms and babies after delivery ; call for times and location)	951-290-4323 or 951-704-1325
San Gorgonio Memorial Hospital-Breastfeeding Support Services in Riverside County (M-F, 9-5 pm, free home visits from RN/IBCLC; call for eligibility)	951-201-4156 or 951-201-4989

Maternal /Adult/Child Mental Health Services/Counseling/Parenting Classes

Postpartum Depression Resources, 24 hours a day, 7 days a week	Call 211
Postpartum Support International	1-800-944-4773
Department of Behavioral Health	1-888-743-1478
Comprehensive Tobacco Treatment Program in Loma Linda	909-558-3264
South Coast Community Services in Redlands and Yucaipa	909-835-4800
Building a Generation-Family Resource Center in Redlands	909-793-8822
Christian Counseling Services in Redlands (Mondays @12-1 pm for pre/post-partum support group; all are welcome; free childcare and appetizers)	909-793-1078 X 214
Maternal Mental Wellness Group (The Wylie Center) in Riverside	951-683-5193
Corazon Counseling Service in Riverside (Postpartum Wellness Group in English and Spanish-Fee for service)	951-373-6600 or 951-452-0067

RESOURCES IN THE DESERT/MOUNTAINS

Breastfeeding Clinics and/or Support Groups

Breastfeeding Support BONUS Warmline, 24 hours a day, 7 days a week (Be connected to a breastfeeding expert or an IBCLC who can help you successfully breastfeed your baby)	Call 211
Desert Valley Medical Center in Victorville- Birth and Beyond Center (Free to all breastfeeding mothers and babies, call for an appointment)	760-241-8000
Victor Community Support Services in Victorville (Health and Wellness Support Group for pregnant and postpartum moms; meets Thursdays 10-11:30 am, except the first Thursday of the month)	760-245-4695
Kaiser Permanente Victorville (Members only)	909-427-3902 or 909-609-3000
St. Mary's Medical Center in Apple Valley-Community Health/Mommy and Me Center (Call for an appointment)	760-242-2311 ext. 8437 or 8443
Barstow Community Hospital (Call for an appointment and BF class schedule. BF support group meets every Thurs. 1-3 pm)	760-957-3323
The Mom and Dads Projects in Big Bear Lake (Call for an appointment and classes, M-Thurs. 8-6 pm)	909-878-2326
High Desert Medical Center in Joshua Tree-Labor and Delivery Dept. (Only for patients that deliver at the hospital; bedside breastfeeding support)	760-366-0740
Desert Regional Medical Center in Palm Springs-Healthy Beginnings & Maternity Boutique (Free to all breastfeeding mothers and babies; M-F, 8-4:30 pm)	760-416-4754
Ridgecrest Regional Hospital-Maternal Child Unit-(Lactation services, childbirth classes as well as to register for classes year round; call for an appointment, M-F)	760-499-3831 or 760-499-3032

Maternal/Adult/ Child Mental Health Services/Counseling/Parenting Classes

Postpartum Depression Resources, 24 hours a day, 7 days a week	Call 211
Postpartum Support International	1-800-944-4773
Department of Behavioral Health	1-888-743-1478
Desert/Mountain Children's Center in Apple Valley (counseling services for children 0-18)	760-552-6700 Ext. 400
Barstow Counseling Center (for adults and children; new clients on Tues. and Thurs.)	760-255-5700
Lutheran Social Services in Barstow	760-256-7279
Bear Valley Community Healthcare District's Mom & Dad Project in Big Bear Lake	909-878-2326
Desert/Mountain Children's Center in Big Bear (counseling services for children 0-18)	909-866-2165
Lutheran Social Services in Big Bear Lake	909-866-5070
Hearts & Lives in Crestline	909-338-3222
Lutheran Social Services in Lucerne Valley	760-248-6612
Rim Family Services in Skyforest	909-336-1800
Lutheran Social Services in Trona	760-372-5159
Victor Community Support Services in Victorville	760-245-4695
Victor Community Support Services in Barstow	760-255-1496
Desert/Mountain Children's Center in Yucca Valley(counseling services for children 0-18)	760-369-3130
High Desert Pregnancy Clinic in Yucca Valley	760-369-8512
Pacific Clinics-Family Resource Center in Yucca Valley	760-228-9657
Valley Star Crisis Walk-in Center in Victorville (Urgent mental health services 24/7 to all ages)	760-245-8837
The Community Crisis Response Team (CCRT) through DBH After hours pager number:	760-956-2345 760-734-8093
Victor Valley Behavioral Health Center	760-995-8300

Home Visitation Programs- For a List of Countywide Services, See West End or page 9

El Sol Healthy Children, Resilient Families Program (Free Home visitation program from promotores for expectant parents , and parents with children 0-5 living in the High Desert and Rim Mountains)	909-386-3500
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Tobacco, Drug and Alcohol Cessation Programs-See page 9



BABY FRIENDLY HOSPITALS

Hospitals have a lot of influence over mothers and their ability to breastfeed. The Baby Friendly Hospital Initiative (BFHI) is a program from the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) designed to help hospitals maximize their ability to help mothers breastfeed. There is an abundance of scientific evidence that points to lower risks for certain diseases and improved health outcomes for both mothers and babies who breastfeed. Breastfeeding is the natural biological conclusion to pregnancy and an important mechanism for the continued normal development of the infant. With the correct information and the right supports in place, under normal circumstances, most women who choose to breastfeed are able to successfully achieve their goal.

TEN STEPS TO BECOME A DESIGNATED BABY FRIENDLY HOSPITAL

1. Maintain a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all health care staff in skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Help mothers initiate breastfeeding within one hour of birth.
5. Show mothers how to breastfeed and how to maintain lactation, even if they are separated from their infants.
6. Give infants no food or drink other than breastmilk, unless medically indicated.
7. Practice "rooming in" - allow mothers and infants to remain together 24 hours a day.
8. Encourage unrestricted breastfeeding.
9. Do not give pacifiers or artificial nipples to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.



BABY FRIENDLY HOSPITALS

San Bernardino County

Arrowhead Regional Medical Center in Colton	909-580-1000
Barstow Community Hospital	760-256-1761
Community Hospital of San Bernardino	909-887-6333
Kaiser Permanente Fontana	909-427-5000
Loma Linda Children's Hospital	800- 825-5437
Redlands Community Hospital	909-335-5500
San Antonio Regional Hospital in Upland	909-985-2811
St. Bernardine Medical Center in San Bernardino	909-883-8711
St. Mary Medical Center in Apple Valley	760-242-2311
Weed Army Community Hospital in Fort Irwin	760-380-3108
Naval Hospital of 29 Palms	760-830-2135
**Pomona Valley Hospital Medical Center **(Located in Los Angeles County)	909-865-9500

Riverside County

Desert Regional Medical Center in Palm Springs	760-323-6511
Kaiser Permanente Riverside Medical Center in Riverside	951-353-2000
Parkview Community Hospital Medical Center in Riverside	951-688-2211
Riverside Community Hospital in Riverside	951-788-3000
Riverside County Regional Medical Center in Moreno Valley	951-486-4000
Corona Regional Medical Center	951-737-4343

Prenatal & Postnatal Support Services

Breast Pump Rentals/Sales– Countywide

Ameda	1-877-992-6332
Birth Matters (also nursing/feeding supplies)	951-682-7867
Medela	1-800-435-8316
Natural Expressions	909-350-3343
WIC San Bernardino County	1-800-472-2321 or 909-252-5170
WIC Riverside County	1-855-748-4376

Mothers' Milk Bank www.mothersmilk.org

Mothers' Milk Bank- (Call to find out how to donate or request donor breastmilk for at-risk infants) 1-877-375-6645

Insurance Plans Prenatal and Healthy Kids Programs

Free for Members Only

Inland Empire Health Plan-Healthy Babies Program	1-800-440-IEHP (4347)
Inland Empire Health Plan Health Care Management (for high risk pregnancy)	1-866-224-4347
Molina Healthcare-Motherhood Matters Program	1-866-891-2320

Insurance Plans- Tobacco Cessation Programs

Free for Members Only

Kaiser Permanente-Freedom from Tobacco Treatment for Nicotine Addiction Program	909-609-3000
Inland Empire Health Plan (IEHP) Stop Smoking Program	1-800-440-IEHP (4347)
Molina Healthcare of California Smoking Cessation Program	1-866-472-9483 (Member Services) 1-800-526-8196; Inland Empire Office 1-800-232-9998

Mommymeds- Questions about medications during pregnancy and breastfeeding MommyMeds.com

Pregnancy Testing and Counseling

County Reproductive Health/STD Services	1-800-722-4777
Pregnancy and Family Resource Center in San Bernardino	909-382-4550
Planned Parenthood (Upland-Call Center)	909-985-0065
Planned Parenthood (San Bernardino Call Center)	909-890-5511
Planned Parenthood (Victorville)	760-245-9500
Moses House in Victorville	760-955-1895
Rose of Sharon Life Center in Victorville	760-243-5006
Hesperia Clinica Medica	760-948-2242

Dental Health

Bloomington Community Health Systems, Inc. (Adults and children; fee based on income)	909-546-7530
Baldy View Smile School (Free for children 3-18; call for hours and appointment)	909-947-3400 X 1319
Children's Dental Center (\$20 per visit; children 5-18; call for hours and appointment)	909-885-2045
Loma Linda School of Dentistry Clinic at School of Dentistry (Discounted rate of 20-30% more than a private practice)	909-558-4675
SACH Norton Dental Clinic (Adults and children; call for the initial appointment same day M-Th beginning at 7 am-4 pm; fee based on income and household size)	909-382-7120
Hearts & Lives in Crestline (Dental screening and fluoride treatment for pregnant women and children under the age of 6)	909-338-3222

Public Health Services/Prevention Services

Department of Public Health Services

BONUS Breastfeeding Support Warmline 24 hours a day, 7 days a week (Be connected to a breastfeeding expert such as an IBCLC or Lactation Consultant who can help you successfully breastfeed your baby) Call 211

All programs below are available M-F, 8-5 pm:

Public Health Information Line	1-800-782-4264
Baby's Optimal Nutrition with Ultimate Support (BONUS) Program (number to contact Department of Public Health program staff)	909-388-5668 or 909-388-5676
Public Health Clinics (Reproductive, Primary, Pediatric, Prenatal, Immunizations, Tuberculosis, HIV/AIDs,)	1-800-722-4777
Communicable Disease Program	1-800-722-4794
CHDP (Free Health Check-Ups and Physical Exams for 0-21 years of age)	1-800-722-3777
WIC Program (Nutrition education and vouchers for food for pregnant, breastfeeding, and postpartum women, and infants and children under age 5; call for information)	1-800-472-2321
Car Seat Safety (Low-cost car seats, classes on correct use of car seats)	1-800-782-4264
Black Infant Health Program (BIH clients participate in 10 prenatal and 10 postpartum sessions to set health-promoting goals for themselves and their babies)	1-844-352-3985
California Children Services (Case management and medical care for eligible young children and adults 0-21 with physically handicapped medical conditions)	1-866-722-6227
Environmental Health Services (Food safety/protection, recreational health, housing and property improvement)	1-800-442-2283
Animal Care and Control	1-800-472-5609

Home Visitation Programs-Prenatal and Postpartum

LIFT Nurse Home Visitation Program (Countywide) (This free program provides low income pregnant women with education and support to have the healthiest pregnancy possible. A nurse visits you in your home during pregnancy and after baby is born. Call to learn if you qualify for this program.) 909-388-0451 or 1-888-543-7025
or 909-383-2000

Volunteers of America, Early Head Start Home Based Program 909-888-4577

Tobacco, Drug and/or Alcohol Cessation Programs

Partnership for Healthy Mothers and Babies Program (Nurse home visits for pregnant women to support with cessation of smoking, drugs, and alcohol)	1-800-722-3777
Alcohol & Drug Abuse Treatment Services Program (DBH)	1-800-968-2636
Substance Abuse Referral Service (24 hours a day/7 days a week)	1-800-743-1478
California Smokers' Helpline	1-800-NO-BUTTS or 1-800-662-8887
San Bernardino County Tobacco Control Program (Information on smoke-free multi-unit housing options in San Bernardino County)	909-647-4532
Comprehensive Tobacco Treatment Program (Serves Apple Valley, Barstow, Fontana, Loma Linda, Rialto, San Bernardino, Twentynine Palms, Victorville, and Yucca Valley; assistance with transportation in the form of a bus pass provided when available.)	909-558-3264
Arrowhead Regional Medical Center Medical Clinic Quit Clinic in <u>Colton</u>	909-580-6167
Mental Health Systems Drug Education and Relapse Prevention Class in <u>Colton</u>	909-433-9824
<u>VA Loma Linda Medical</u> Center Stop Smoking Classes (For Eligible Veterans Only)	909-825-7084 X 1869
Center for Health Promotion <u>Loma Linda University</u> (MD visits are billed to insurance)	909-558-4537
Beaver Medical Group Health Education Department in <u>Redlands</u> (Free for members and non-members)	909-335-4131
American Lung Association in <u>San Bernardino</u>	909-884-5864
Norton SAC Clinic Behavioral Health Dept. in <u>San Bernardino</u> (sliding scale)	909-382-7135 or 909-382-7100
Inland Behavioral and Health Services, Inc. in <u>San Bernardino</u> (Perinatal Care Network)	909-881-6146
<u>San Bernardino</u> Medical Group (Free to the Public)	909-883-8611 X 2294
Rim Family Services in <u>Skyforest</u> (Free to the Public)	909-336-1800
Inland Valley Recovery Services in <u>Upland</u> (Free to the Public)	909-949-4667
St. John of God Health Services in <u>Victorville</u> Smoking Cessation & Drug and Alcohol (Outpatient) (Free to the Public)	760-952-9192

Health and Community Resources

HealthCare Coverage for Adults and Children

Medi-Cal Access Information Line	1-800-433-2611
Covered California	1-800-300-1506
Medi-Cal Outreach Line	1-888-747-1222
Inland Empire Health Plan (IEHP)	1-866-294-4347
Kaiser Permanente Care for Kids	1-800-255-5053
Molina	1-800-526-8196

San Bernardino & Riverside Counties Indian Health-For Native Americans Only

San Manuel Indian Health Clinic in Grand Terrace	1- 888-268-0008
Barstow Indian Health Clinic	1- 877-277-3101

Veteran Services-For Pregnant Veterans Only

Pregnant services for veterans enrolled at Loma Linda VA only	909-825-7084 ext. 7058
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Providers that help tongue-tie or lip-tie infants

Maria King, CNM, RN, IBCLC in Yucaipa and San Bernardino	714-470-1506
Jesse T. James, DDS in Colton	909-799-9988
Dr. Judith Strutz, DDS in San Bernardino	909-890-1400
Cameron Fuller, DDS in Redlands	909-793-4326
Dr. Bruce Taber, DDS in Loma Linda	909-796-2299
Dr. Jill Cuni in Banning for Beaver Medical Patients	951-845-0313
Dr. Seth Cohen in Redlands for Beaver Medical Patients	909-794-3682
Dr. Cameo Ashley Carter in Redlands	909-792-8866
Children's Dental FunZone in Fontana	909-429-9090
Children's Dental FunZone in Ontario	909-945-5848

Family Support Services

March of Dimes (Our programs help moms-to-be learn how to take care of themselves before, during and after their pregnancy)	951-341-0903 or 914- 997-4488
Child Care Resource Center	1-800-722-1091 or 909-384-8000
Child Support Services (California)	1-866-901-3212
Preschool Services Department (Early Head Start, Head Start and Preschool; call for more info)	1-888-543-7025
Children's Network	909-383-9677
Children and Family Services (Adoption, Foster Care)	909-382-0440
CalFresh (Cal-Works, Medi-Cal, Food Stamps, Foster Care, General Assistance and Welfare/Cash Aid)	1-877-410-8829
County of San Bernardino Department of Workforce Development (job assistance, career services)	909-382-0440 760-949-8526
Inland Fair Housing and Mediation Board (Serves as an intermediary to assist individuals in resolving issues related to housing discrimination, homeownership sustainability, rental complaints, and disputes in courts via resource recommendations, education and mediation)	909-984-2254 or 800-321-0911
Legal Aid Society of San Bernardino (Improves the lives of those in need in San Bernardino County and surrounding communities by providing counseling, education, legal services, regardless of ability to pay.	909-889--7328 or 909-381-4633

Spanish Speaking Resources/Services

Su Familia- The National Hispanic Family Helpline	1-866-783-2645
Ventanilla de Salud(Health Window at the Mexican Consulate; visit or call them for community and health resources)	909-381-7616
El Sol Neighborhood Educational Center	909-884-3735
El Sol Mamas and Bebés Support Group in Riverside County (Meets once a week; call for location and time) Group meets during pregnancy and after delivery.	909-682-4294 951-823-0360

Community Services/Prevention Services

Community Assistance (Shelter/Food)

American Red Cross (For emergency disasters periods)	760-245-6511
Catholic Charities San Bernardino	909-880-3625
Catholic Charities High Desert	760-243-1100 or 760-242-2311 X 8454
Community Health Action Network in Victorville	760-241-9900
Community Action Partnership in San Bernardino	909-723-1500
Chino Neighborhood House (Food only for Chino or Chino Hills residents M, T, W, F, Sat 9-1)	909-628-5608
Cush Foundation in Pomona (Food Pantry; twice a month on a Thurs; call for more info)	909-621-5369
Desert Manna in Barstow (Food Pantry and Emergency Shelter)	909-256-7797
Feed My Sheep Food Bank Only in the High Desert (Call for more info)	760-243-4343
Foothill Family Shelter in Upland-Non-Emergency Shelter	909-920-5568
Fort Bragg Food Bank (Food only; M, W, F, 9-3 pm)	707-964-9404
Gap Food Bank Ministries in Rancho Cucamonga	909-945-1020
Helping Hands Pantry in San Bernardino (Food Pantry Only; call for hours)	909-796-4222
High Desert Outreach Center in Adelanto (Food Pantry on Fridays 7 AM for number band, food given at 1 pm; call for more info)	760-246-7874
Housing Authority San Bernardino County	909-983-1318
Inland Temporary Homes (San Bernardino)	909-796-6381
Inland Valley Hope Partners (Food Pantry and Homeless Outreach)	909-622-3806
The Lord's Table in Victorville (Food Pantry Only)	760-241-2043
Mercy House Walk-in Center in Ontario	909-391-2630
Operation Provider (Rim Forest)	909-337-8585
Outreach Nation in Rancho Cucamonga (Food pantry, clothing, baby supplies, general household items; M-Th. 10-3:30)	909-825-8080
Our Lady of the Desert in Apple Valley (Food pantry only Wed. & Thurs. 9-11:30 AM; need ID)	760-242-4427
Salvation Army-Redlands (Food Assistance for residents of Loma Linda, Redlands, Mentone, Yucaipa, and Calimesa and other services; call for info)	909-792-8818
Salvation Army-San Bernardino (Food Assistance and Shelter)	909-888-1336
Salvation Army-Victorville (Food Assistance and Shelter)	760-245-5933
Salvation Army -Ontario (Food Assistance Only)	909-986-6748
Samaritan Helping Hand in Victorville (Food Pantry; M-Tues. 10-12)	760-243-5933
St. Joseph Catholic Church in Barstow (Sack lunches (Food Only) Mon.-Thurs., 9am-4pm; Fri. 9am-12pm)	760-256-6818
The Blessing Center in Redlands (Food distribution Tues., Wed. and Sat. 9-11 am)	909-793-5677
Victor Valley Rescue Mission in Victorville (Grocery and clothing assistance; free meals Mon.-Thurs. 3:45 pm; call for more info)	760-955-5958
Riverside County	
Corona-Norco Settlement House (Food Pantry; only serve Corona/Norco residents)	951-737-3504
Find Food Bank- Coachella Valley (M-F, 8-4:30; call to find a local food bank)	760-775-3663
Valley Community Pantry in Hemet (Serve San Jacinto Valley and surrounding areas, call for more info)	951-929-1101
St. Martha Community Food Pantry in Murrieta (Serve the surrounding cities; call for more info)	951-677-6347
Tiffany's House of Hope in Moreno Valley (Food Pantry and other services; call for more info)	951-777-4673

Domestic Violence Resources /Shelters and Hotline

Option House in San Bernardino	909-381-3471
San Bernardino County Child Abuse Hotline	1-800-827-8724
San Bernardino Sexual Assault Hotline	1-800-656-4673
House of Ruth in Pomona	909-988-5559
Desert Sanctuary in Barstow	760-256-3733
Haley House Outreach in Barstow	760-256-3441
Desert Manna in Barstow	760-256-7797
Emergency Shelter for Desert Manna	760-255-9025
Doves Domestic Violence Outreach Shelter in Big Bear	909-866-1546 or 1-800-851-7601
Morongo Basin Unity House	760-366-9663
Victor Valley Domestic Violence-A Better Way Shelter	760-955-8723
A Better Way in Victorville Outreach	760-955-8010
Domestic Violence/Shelter and Services in Victorville	760-843-0701
High Desert Homeless Services in Victorville (Emergency Shelter)	760-245-5991

FREE & LOW INCOME CLINICS

Al Shifa Free Clinic in San Bernardino-Primary, Specialty and Dental Services (Tue.-Sat)	909-473-0600
Lestonnac Free Clinic in San Bernardino- Primary, Specialty and Dental Services (Mon. & Thurs, 12-7 pm, Saturday 9-5 pm)	909-881-4800
New Hope Free Clinic in Redlands-Primary, Specialty, and Dental Services (Tues. Thurs 6-9pm; Sat. 9-12)	909-748-5408
Well of Healing Mobile Free Medical Clinic (Weekends only from 9-1 pm; call for mobile clinic locations)	909-463-0103
High Desert Clinic- Free Pregnancy Testing and Ultrasound in Yucca Valley Mon. & F. 12:30-5; Tues.-Thurs 10:30-5	760-369-8512
ARMC Breathmobile (Free Asthma/Allergy Mobile Clinic on Wheels) For kids 0-18 years only; call for an appointment Mon-Thurs. 8:30 am– 4:30 pm)	909-498-6277 or 909-213-3341
ARMC Free Mobile Clinic (all ages; call Mon.-Thurs. 7-3 pm for appointment and locations)	909-520-1207

Federally Qualified Health Centers (FQHCs)-Patients can pay what they can afford (based on income, sliding scale) and will receive services without insurance.

Department of Public Health Clinics (M-F, 8-5 pm; please call for an appointment)	1-800-722-4777
<ul style="list-style-type: none"> ● Adelanto Community Health Center ● Hesperia Community Health Center ● San Bernardino Community Health Center ● Ontario Community Health Center 	
Kids Come First Clinic and Pomona Community Health Center in Ontario (Mon., Tues. 8-5pm, Thurs. 10-7 pm, Fri., 8-3 pm)	909-984-7384
Pomona Community Health Center (M, Tues., Thurs. 8-7:30pm W & F 8-5 pm; Sat. 9-2 pm)	909-630-7927
H Street Clinic in San Bernardino (Mon.-Fri. 8– 5 pm)	909-381-0803
Inland Family Community Health Clinic-San Bernardino (M-F 8-5 pm and 5-9 pm Urgent Care; Sat. 9-6 pm Urgent Care)	909-708-8158
Whitney Young Family Health Clinic -San Bernardino (M-F 8-5 pm)	909-386-7600
SACHS- Norton Clinic -San Bernardino (M-Thurs. 7-5 pm, Fri. 7:30-12 pm)	909-382-7100
SACHS- Arrowhead Clinic- San Bernardino (M-W 7:30-5 pm)	909-381-1663
SACHS- Frazee Clinic -San Bernardino (Mon. & Thurs. 8-5 pm)	909-383-8092
Bloomington Community Health Center (M-Fri 8-5 pm; dental services Mon.– Sat. 8-5 pm)	909-546-7520
Hi-Desert Family Health Clinics-Twenty-nine Palms (Mon.– Fri. 8-5 pm)	760-367-5906
Hi-Desert Family Health Clinics Yucca Valley (Mon.-Fri 8-5 pm)	760-365-9305
Tri-State Community Health Care Center in Needles (Mon.-Fri 8-5 pm)	760-326-0222

Family Health Centers

Arrowhead Regional Medical Center Family Health Centers (Fontana, Rialto, San Bernardino) (M-F 8-5 pm)	1-855-422-8029
Redlands Family Health Clinic (M-F, 8-4:30 pm)	909-335-5799
Yucaipa Family Health Clinic (M-F, 8-4:30 pm)	909-478-7951

Rural Health Clinic-care for underserved populations. All RHCs are, by definition, serving low income patients in areas that have a shortage of medical services. Rural Health Clinics (RHCs) care for underserved populations. It is a big responsibility as these patients tend to be sicker and more medically in need than average.

Ridgecrest Rural Health Clinic (Mon.-Fri 8-5 pm)	760-499-3855
Yucca Valley Medical Care, Inc. (M-F 8-5, closed 12-1 for lunch; Sat 8-1 pm)	760-365-8500
MCH Rural Health Clinic in Lake Arrowhead (M-F 8:30-4:30, closed 12-1 for lunch)	909-336-9715
Santa Rose Del Valle in Coachella (M-F, 8-5 pm)	760-391-5151