

# San Bernardino County Resource Guide

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## COVID-19 Resources

### San Bernardino County Website

- [sbccovid19.com/vaccine](https://sbccovid19.com/vaccine)

### San Bernardino Testing Sites

- [sbccovid19.com](https://sbccovid19.com)

### Get Vaccinated – MyTurn

Safe, free, effective COVID-19 vaccines and confidential testing are available to everyone ages 5 and up regardless of immigration or insurance status. Schedule flu, vaccine, and booster appointments, find testing sites, and arrange transportation or in-home visits via the website. For any additional questions call the COVID-19 hotline number.

- Visit [MyTurn.gov](https://MyTurn.gov) or call 833-422-4255
- Monday-Friday: 8 AM to 8PM
- Saturday- Sunday: 8AM to 5PM

# Health, Wellness, and Family Planning

## Planned Parenthood Health Centers

Our nine Health Centers in Orange and San Bernardino counties, offer important health care and education services to every person, every family, and every community. Our doors are open, no matter what. We offer the following services:

- Cancer screenings
- Breast health care
- Annual well-woman checkup
- Birth control
- Emergency contraception
- HPV vaccine
- Sexual health education
- STD testing and treatment
- Family planning counseling

[PPOSBC.org](https://www.pposbc.org) | [714-922-4100](tel:7149224100) | [909-890-5511](tel:9098905511)

## Planned Parenthood Roo

Young people can ask chat bot Roo questions about their health, their body, relationships, or getting care at Planned Parenthood, or they can choose from a list of questions, to get the answers they need within seconds, day or night.

- [roo.plannedparenthood.org](https://roo.plannedparenthood.org)

## BetterThanSexED.org

Planned Parenthood believes that knowledge empowers people to make healthy choices. Our robust comprehensive sex education programs provide the information needed to understand all aspects of sexual and reproductive health. We also provide a free online resource with articles and events for information about sexual and reproductive health, family planning, birth control, and more.

- [betterthansexed.org](https://betterthansexed.org)

## Bedsider

A free support network for birth control information.

- [Bedsider.org](https://bedsider.org)
- [Bedsider.org/es](https://bedsider.org/es) (Spanish)

## Hesperia Health Center

Reproductive health and primary care. Offers immunizations, reproductive health/STD services, maternal health, pediatrics, TB skin testing, primary care services, and HIV services.

- [opa-fpclinicdb.hhs.gov/site/san-bernardino-county-department-public-health-hesperia-clinic](http://opa-fpclinicdb.hhs.gov/site/san-bernardino-county-department-public-health-hesperia-clinic)
- 800-722-4777
- Monday-Friday: 8AM- 5PM
- Wednesday only: 5AM-8:00PM
- 16453 Bear Valley Rd., Hesperia

### **Maternal Outreach Management System (MOMS)**

Prenatal and postpartum education and support, maternal and infant health screenings, parent/baby group classes, and resource referral services. Mothers can get in-home one-on-one or classroom education and support during pregnancy and through the first year after birth. Majority of classes are offered in English and Spanish but home visitation program is available in English, Spanish, and Vietnamese.

- [MOMSOrangeCounty.org](http://MOMSOrangeCounty.org)
- [info@momsorangecounty.org](mailto:info@momsorangecounty.org)
- 800-787-5858 or 714-972-2610
- 1128 W. Santa Ana Blvd., Santa Ana
- Monday–Friday: 8:30AM– 5PM

### **Mother to Baby**

Mother to Baby, a service of the nonprofit Organization of Teratology Information Specialists, is dedicated to providing evidence-based information to mothers, health care professionals, and the general public about medications and other exposures during pregnancy and while breastfeeding. Talk, chat, text, or email directly to the experts behind the most up-to-date research. All services are available in Spanish.

- [MotherToBaby.org](http://MotherToBaby.org)
- 866-626-6847
- 855-999-3525 (text only)

### **National Women's Health and Breastfeeding Helpline**

Breastfeeding individuals can call with questions or concerns about breastfeeding. Women's health information specialists are trained as breastfeeding peer counselors. Calling is free and unlimited. Health information specialists are available in English and Spanish.

- 800-944-9662
- Monday-Friday: 9AM-6PM

### **A Better Balance (ABB)**

ABB is a national, nonprofit legal advocacy organization. This free and confidential legal helpline can help you understand your workplace rights around caring for yourself and your family members. ABB assists workers nationwide facing various issues at work related to:

accommodations for pregnancy, childbirth, breastfeeding, or related medical conditions; sick leave; family and medical leave; discrimination based on being a parent or other caregiver; scheduling; and equal pay (including inquiries from potential employers about salary history). Please note that ABB's consultations are for information only; they can discuss possible options with workers seeking legal advice and/or representation.

- [ABetterBalance.org/get-help](https://ABetterBalance.org/get-help)
- [ABetterBalance.org/linea-de-ayuda](https://ABetterBalance.org/linea-de-ayuda) (Spanish)
- [ABetterBalance.org/know-your-rights](https://ABetterBalance.org/know-your-rights) (State-by-state legal guide)
- [ABetterBalance.org/pregnant-postpartum-workers-know-your-rights](https://ABetterBalance.org/pregnant-postpartum-workers-know-your-rights) (Pregnant & Postpartum Workers)
- [ABetterBalance.org/trabajadoras-embarazadas-conozca-sus-derechos](https://ABetterBalance.org/trabajadoras-embarazadas-conozca-sus-derechos) (Trabajadoras Embarazadas Derechos)
- 1-833-NEED-ABB (833-633-3222)

## **Moses House**

Provides services to families who are pregnant or have child under 6 years old. Services include parenting classes, emergency resources such as diapers and formula, referrals, transportation services and case management services. Virtual and in-person services are available.

- [MosesHouse.org](https://MosesHouse.org)
- 760-955-1895
- [info@moseshouse.org](mailto:info@moseshouse.org)
- 14281 7<sup>th</sup> Street, Victorville

## **DNA Diagnostics Center**

DNA Diagnostics Center, also known as DDC provides comprehensive DNA testing services for paternity and family relationships.

- [dnacenter.com](https://dnacenter.com)
- [contact@dnacenter.com](mailto:contact@dnacenter.com)
- 800-681-7162 (General Questions)
- 800-613-5768 (Consultation)
- Monday-Friday: 8:30AM – 5:30PM EST

## **SpermCheck**

SpermCheck Fertility is an at-home test that indicates male fertility/infertility in minutes by measuring sperm count. This test is ideally used early in the family-planning journey.

- [spermcheck.com](https://spermcheck.com)

# Medi-Cal Resources

## Medical

Have questions or need help signing up for Medi-Cal?

- [714- 922-2477](tel:714-922-2477)

## Dental Care

Medi-Cal members can seek dental services through Denti-Cal.

- [dental.dhcs.ca.gov](http://dental.dhcs.ca.gov)
- 800-322-6384
- 800-735-2922 (TTY)
- Monday-Friday: 8:00AM-5:00PM

## Behavioral Health

### IEHP's Behavioral Health

Patients with IEHP Health Plan can obtain behavioral health services with contracted psychiatrists, psychologists, LCSWs, LMFTs and nurse practitioners and other behavioral health care providers.

- [iehp.org/en/members/mental-health](http://iehp.org/en/members/mental-health)
- 800-440-4347
- 800-718-4347 (TTY)
- Monday-Friday: 7AM-7PM
- Saturday-Sunday: 8AM–5PM

### CalOptima Behavioral Healthline

- 855-877-3885 (24-hour hotline)
- 800-735-2929 (TTY)

### San Bernardino County Behavioral Health

This website is a tool to help meet your behavioral health and substance abuse needs. Access and Referral and 24-hour Crisis Response Teams are available at any time to answer questions about behavioral health, alcohol and drug services, and crisis situations.

- [wp.sbcounty.gov/dbh](http://wp.sbcounty.gov/dbh)
- 888-743-1478

### San Bernardino Community Crisis Response Team (CCRT)

CCRT provides crisis intervention services in the home and in the community – wherever the person is. Services include assessments and referrals to appropriate mental health care services. Teams are available in English and Spanish.

- [wp.sbcounty.gov/dbh/urgentcare](http://wp.sbcounty.gov/dbh/urgentcare)
- 800-398-0018
- 909-420-0560 (Text)

#### Locations:

- **East Valley**  
Colton, Rialto, Yucaipa, Loma Linda, Bloomington, San Bernardino  
909-421-9233 / 909-420-0560 (Text)
- **High Desert**  
Hesperia, Victorville, Apple Valley, Phelan, Barstow, Adelanto, Lucerne Valley  
760-956-2345 / 760-734-8093 (Text)
- **West Valley**  
Chino Hills, Chino, Rancho Cucamonga, Ontario, Fontana, Montclair  
909-458-1517 / 909-535-1316 (Text)
- All phone numbers are available daily from 7:00AM- 10:00PM

#### **Substance Abuse and Mental Health Services Administration (SAMHSA)**

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. Visit the online treatment locator, or send your zip code via text message: 435748 (HELP4U) to find help near you.

- [samhsa.gov/find-help/national-helpline](http://samhsa.gov/find-help/national-helpline)
- 800-662-HELP (4357)
- 800-487-4889 (TTY)

#### **Medi-Cal Non-Medical Transportation (NMT)**

Non-medical Transportation (NMT) is a benefit for patients with Medi-Cal. It provides transportation to Medi-Cal covered services by use of passenger car, taxicab, or any other forms of public or private transportation including private vehicles. Members using NMT must be able to walk without assistance from the driver.

- **IEHP**  
800-440-4347 Option 2  
Monday–Sunday: 8:30AM – 5PM
- **CalOptima**  
714-246-8500  
Monday–Friday: 8:30AM – 5PM
- **Molina**  
844-292-2688  
Monday–Friday: 7:00AM – 7:00PM

- **Monarch**  
714-246-8500  
Monday–Friday: 8:30AM – 5PM

### **IEHP Community Resource Center (CRC)**

CRC is a place where anyone in the community can: take no-cost health/fitness classes, learn about affordable health coverage, get connected with community-based programs/organizations, and participants can access social services, including, employment services, computer training, and legal advocacy and support.

- [iehp.org/en/community/community-resource-centers](http://iehp.org/en/community/community-resource-centers)
- 866-228-4347 (TTY 711)
- Monday - Friday: 9AM– 6PM
- Saturday: 8:30AM– 1PM

#### **Locations:**

- 12353 Mariposa Rd., Ste. C-2 & C-3, Victorville, 92396 (near Vallarta Supermarkets)
- 805 West 2nd St., Ste. C, San Bernardino, 92410



# Counseling and Mental Health Support

## National Alliance on Mental Illness-San Bernardino Area

NAMI-San Bernardino Area provides support and resources for individuals and families affected by mental illness in San Bernardino County. We offer support groups and education programs, and engage in outreach and advocacy, including giving presentations on mental health to the community at large. Links to additional mental health services in San Bernardino County can be found on our website.

- [namisb.org](http://namisb.org)
- 909-654-4134

## West End Family Counseling Services

Provides low-cost mental health services including parent education in West San Bernardino County. Services available in Spanish. Clinics are accessible by appointment only at this time.

- [WEFCS.org](http://WEFCS.org)
- 909-983-2020

Locations:

- 7165 Etiwanda Ave., Rancho Cucamonga
- 855 N. Euclid Ave., Ontario

## LifeStance Health

At LifeStance, there's no one-size-fits-all approach to mental health. We tailor our care plans to fit each person's unique needs. Our clinicians include psychiatrists, psychologists, and licensed therapists who are ready to support you. LifeStance offers both in-person and telehealth appointments, so you get the care you need in the format that serves you best. We also accept most insurance plans, allowing you to get the most from your personalized care plan.

- [lifestance.com/location/state/California](http://lifestance.com/location/state/California) (find your nearest provider)

## National Suicide Prevention Lifeline

Connect with a skilled, trained counselor at a crisis center in your area, anytime 24/7. English and Spanish-speaking representatives are available.

- [988lifeline.org](http://988lifeline.org)
- 988 or 800-273-8255 (24-Hour Hotline)
- 711 then 988-273-8255 (TTY)

## Substance Abuse

### **Alcoholics Anonymous Inland Empire**

Find AA meetings serving the Inland Empire area. Call or refer to website for meeting times.

- [AAInlandEmpire.org](http://AAInlandEmpire.org)
- 909-825-4700
- 897 Via Lata, Ste. AA, Colton

### **San Bernardino County Department of Behavioral Health Mesa Triage Services**

Provides a full range of substance abuse treatment services for on a residential, outpatient or day treatment basis for adults and substance abusing women who are pregnant and/or are parenting children, generally age three or younger, including those who have drug or alcohol-exposed babies. No fee required.

- 909-421-4601
- 888-743-1478
- 850 E. Foothill Blvd., Rialto

### **Outreach Nation**

Resources provided include: individual therapy, family and couples therapy, psychoeducation classes such as parenting, anger management and victim domestic violence classes. Payment is determined on a sliding scale and we accept IEHP and Kaiser insurance.

- [outreachnationclinic.org](http://outreachnationclinic.org)
- 909-825-8080
- 9375 Archibald Ave STE 107 Rancho Cucamonga CA 91730
- Monday- Friday: 9AM-6PM
- Saturday: 9AM-3PM

# Pregnancy Options Support

## All-Options

A national talkline and online forum with judgment-free support for people to talk about the decisions, experiences, and emotions of pregnancy, parenting, adoption, and abortion. Spanish, Hindi, and Hebrew service assistance available.

- [all-options.org](http://all-options.org)
- 888-493-0092
- Monday – Friday: 10 a.m. – 1 a.m. (EST)
- Saturday – Sunday: 10 a.m. – 6 a.m. (EST)

## Miscarriage & Abortion Support

[Planned Parenthood Support After a Miscarriage or Abortion](#)

## Pregnancy Options Workbooks

Provides workbooks for individuals facing pregnancy decisions or looking for emotional and spiritual support. Available in English and [Spanish](#).

- [pregnancyoptions.info](http://pregnancyoptions.info)

## Center for Child Birth Injuries

The Birth Injury Center educates the public and helps individuals identify if their family has fallen victim to negligence by an institution. The organization creates and distributes educational content and provides access to legal representation for these highly sensitive situations. Its website offers an in-depth knowledge base and connections to reputable resources across the United States.

- [birthinjurycenter.org](http://birthinjurycenter.org)

# Adoption Services

## Adoption Services

A website that provides information on adoption services.

- [Adoption.com](http://Adoption.com)

## Adoption Law Office of Jan Rochelle-Chamerat, Adoption Attorney

Adoption attorney using integrity, respect, honesty, and hard work in bringing children into loving homes through her adoption law practice.

- [jrochellelaw@aol.com](mailto:jrochellelaw@aol.com)
- 805-705-5952
- P.O. Box 1500 Solvang, CA 93464

## Seneca Family of Agencies SoCal

Provides adoption and foster care services and education for parents and professionals. Individual, family, and group counseling in areas of adoption, attachment issues, depression, grief, anxiety, and behavioral issues.

- [SenecaFOA.org/seneca-southern-california](http://SenecaFOA.org/seneca-southern-california)
- 714-309-1847 Sherry Gimple, Resource Family Recruiter
- [info@senecacenter.org](mailto:info@senecacenter.org)

Locations:

- 233 S. Quintana Dr., Anaheim  
714-202-2106

1801 Park Court Place Ste. H, Santa Ana, 92701  
714-957-1004

## San Bernardino County Adoption Services

Public agency providing adoption services to birth parents and adoptive parents. Birth parents can choose adoptive parents and participate in an open adoption. San Bernardino County still has a Relinquishment program. Birth parents can work with a social worker to legally relinquish their parental rights. If desired, they can choose the adoptive family and request the type of post-adoption contact they would like to have with the family.

- [HS.SBCounty.gov/cfs](http://HS.SBCounty.gov/cfs)
- 909-891-3300
- [llittle@hss.sbcounty.gov](mailto:llittle@hss.sbcounty.gov)
- 1495 S. E St., San Bernardino 92415

## After-Abortion Support

### Exhale

Exhale offers a free, national text line that provides emotional support, resources and information. All communication is completely confidential and counselors offer support and respect without judgment. The Exhale text line is available to individuals who have had abortions, and to their partners, friends, allies, and family members.

For a confidential talk line, visit [connectandbreathe.org/contact](https://connectandbreathe.org/contact) for more information.

- [ExhaleProVoice.org](https://ExhaleProVoice.org)
- 617-749-2948 (Text)
- Monday-Friday 3PM-9PM
- Saturday 1PM- 9PM
- Sunday 3PM–7PM

# Smoking Cessation

## California Smokers' Helpline

A free program that can help you quit smoking, including self-help materials, referrals, and one-on-one counseling over the phone.

- [kickitca.org](http://kickitca.org)
- [kickitca.org/es](http://kickitca.org/es) (Español)
- 800-300-8086
- 800-600-8191 (Español)

# Residential Programs and Daily Living Assistance

## Emergency Food Assistance

### Loveland Jubilee Pantry

This program provides food and clothing for needy families on a monthly basis. Personal hygiene items are sometimes available. Food is given away every Friday from 10AM- 12PM.

- 909-988-5683
- 17977 Merrill Avenue, Fontana, CA 92335

### BenefitsCal

BenefitsCal is a one-stop shop to apply for:

- CalFresh
- CalWORKs
- Medi-Cal
- County Medical Services Program (CMSP)
- Disaster CalFresh
- General Assistance (GA) and General Relief (GR)

[benefitscal.com](https://benefitscal.com)

### Salvation Army – San Bernardino

Provides community information and referral assistance to the homeless. Emergency shelter for women and children, married couples and men with dependent children. Provides meal programs every day at 4:30PM except Saturdays. Please call 211 if you need further help locating places that offer food and living assistance and clothing.

- 909-792-6868
- 909-888-4880 (Shelter)
- 838 Alta St. Redlands
- Monday– Friday: 9AM-4PM
- Food distribution occurs the 1st Thursday of each month from 9AM-11:30AM

# Intimate Partner Violence and Sexual Assault Support

## Partners Against Violence

Provides support for Survivors of sexual assault and violent crimes. All of our services are confidential and available at no cost to Survivors, their significant others, and family members. We are partners committed to building healthy relationships, families, communities, and generations that are free from violence. Services are provided to those residing within San Bernardino County and East Riverside Counties. No proof of citizenship or residency status is needed.

### Services provided:

- **Crisis Response and Crisis Hotline**  
Reach a trained crisis intervention advocate any day, any time on our 24/7 Crisis Hotline.
- **Accompaniment**  
Have an advocate by your side during medical and legal appointments.
- **Advocacy**  
Someone who is in your corner, with you throughout the journey of healing.
- **Counseling**  
Specialized, confidential counseling for individuals and groups. Includes Survivor led peer-based counseling, trauma informed and strength-based, as well as support groups for Survivors and families. Offered in-person and virtually for individuals ages 4 and up.

➤ [partnersagainstviolence.org](http://partnersagainstviolence.org)

### Locations:

- **San Bernardino Office** (formerly SBSAS)  
444 N. Arrowhead Ave., Ste. 101  
San Bernardino, 92401  
909-885-8884
- **Coachella Valley Office** (formerly CVSAS)  
78370 Hwy 111, Ste. 130  
La Quinta, 92253  
760-568-9071
- **Morongo Basin Office** (formerly MBSAS)  
58945 Business Center Dr., Ste. C  
Yucca Valley, 92284  
760-369-3353
- **High Desert Office** (formerly HDSAS)  
15437 Anacapa Rd., Ste. 8  
Victorville, 92392  
760-952-0041
- **Redlands Satellite Office**  
(inside Redlands Police Department)  
30 Cajon St., Redlands, 92373  
909-335-8777



- **Yucaipa Satellite Office**  
(inside Sheriff's station)  
34144 Yucaipa Blvd., Yucaipa, 92399  
909-918-2314

### **RAINN: Rape, Abuse & Incest National Network**

Provides free 24-hour confidential counseling, crisis intervention, and support to victims of sexual assault. Also provides referrals, information for friends and family, and offers out programs to prevent sexual assault, help victims, and make sure that rapists are brought to justice.

- [RAINN.org](https://www.rainn.org)
- [RAINN.org/es](https://www.rainn.org/es) (Spanish)
- 800-656-4673

### **Kaiser Permanente - Fontana Medical Center**

Provides forensic evidence collection after sexual assault.

- [healthy.kaiserpermanente.org/southern-california/facilities/fontana-medical-center-100127](https://healthy.kaiserpermanente.org/southern-california/facilities/fontana-medical-center-100127)
- 909-427-5000
- 9961 Sierra Ave., Fontana

# Domestic Violence Support

## California Secretary of State's Safe at Home

The Safe at Home program serves victims of domestic violence, stalking, sexual assault, human trafficking, and elder/dependent adult abuse, as well as reproductive health care workers, volunteers, and patients, and public entity employees and contractors. Safe at Home provides these individuals a substitute mailing address that can be used to help keep their home, work, and school address confidential and out of the hands of someone who has harmed or wants to harm them. There are fees for reproductive health and public entity applicants and participants.

- [sos.ca.gov/registries/safe-home](https://sos.ca.gov/registries/safe-home)
- [safeathome@sos.ca.gov](mailto:safeathome@sos.ca.gov)
- 877-322-5227
- 916-651-1304 (TTY/TDD)
- Monday–Friday 8AM– 5PM

## Haven Hills

Provides 24-hour crisis line, 45-day crisis shelter, counseling, 18-month transitional housing, children's program, and LGBTQ services.

- [HavenHills.org](https://HavenHills.org)
- [HavenHills.org/es/casa](https://HavenHills.org/es/casa) (Spanish)
- [safe@havenhills.org](mailto:safe@havenhills.org)
- (818) 887-6589 (24-Hour Hotline)

## House of Ruth

Free domestic violence support, including emergency shelter, crisis intervention counseling, case management services, legal advocacy, adult and children's therapy, support groups, and 24-hour hotline. Counseling offered in both English and Spanish.

- [HouseofRuthInc.org](https://HouseofRuthInc.org)

877-988-5559 (24-Hour Hotline)

## National Domestic Violence Hotline

Provides free 24-hour information and referrals for victims of domestic violence. Also provides crisis intervention, resource materials, and bilingual advocates.

- [NDVH.org](https://NDVH.org)
- [espanol.thehotline.org](https://espanol.thehotline.org) (Español)
- 800-799-SAFE (7233)
- 800-787-3224 (TTY)
- Text "START" to 88788

## **National Teen Dating Abuse Helpline**

Peer advocates offer support, information, and advocacy to those involved in abusive dating relationships, as well as concerned parents, teachers, clergy, law enforcement, and service providers.

- [LoveIsRespect.org](http://LoveIsRespect.org)
- [espanol.loveisrespect.org](http://espanol.loveisrespect.org) (Spanish)
- 866-331-9474
- Text LOVEIS to 22522

## **Futures Without Violence**

Provides programs, policies, and campaigns that empower individuals and organizations working to end violence against women and children around the world.

- [FuturesWithoutViolence.org](http://FuturesWithoutViolence.org)
- [info@futureswithoutviolence.org](mailto:info@futureswithoutviolence.org)

## **Option House Inc.**

Option House Inc. provides the following services: short term emergency shelter, legal services, CalWorks services, one on one domestic violence support sessions, group domestic violence support sessions, teen dating violence prevention. Majority of services are provided in English and Spanish and are free of charge.

- [optionhouseinc.com](http://optionhouseinc.com)
- 909-381-1602
- 909-381-3471 (Crisis Hotline)
- Monday – Friday: 8AM– 5PM

# Human Trafficking

## National Human Trafficking Resource Center

Anonymous and confidential, accessible in more than 200 languages, this hotline is able to provide help, referral to services, training and general information.

- [humantraffickinghotline.org](https://humantraffickinghotline.org)
- [humantraffickinghotline.org/obtenga-ayuda](https://humantraffickinghotline.org/obtenga-ayuda) (Español)
- 888-373-7888 (24-Hour Hotline)
- 711 888-373-7888 (TTY)
- 233733 (Text)

## California Coalition to Abolish Slavery and Trafficking

Services provided specifically for human trafficking survivors in Los Angeles County Area: anonymous and confidential, accessible in more than 160 languages, able to provide help, referral to services, training and general information. Resources/legal services offered in Spanish.

- [castla.org](https://castla.org)
- 888-KEY-2-FREE
- 888-539-2373 (24-Hour Hotline)

## Legal Support

### ACLU

Get information on what to do if you're stopped by Police, Immigration Agents, or the FBI.

- [aclusocal.org](https://aclusocal.org)

# LGBTQ+ Services

## Social Support

### Parents, Families and Friends of Lesbians and Gays (PFLAG)

Supports the health and well-being of LGBTQ persons, their family, and friends through support, education, and advocacy.

- [PFLAG.org](https://pflag.org)

### Riverside PFLAG

No cost to attend. Free Parking. Any youth under 18 must be accompanied by a parent or guardian. These meetings are for LGBTQ+ individuals, as well as parents, families, and allies.

- [pflag\\_riversideca@yahoo.com](mailto:pflag_riversideca@yahoo.com)
- Meeting: All Saints Episcopal Church, 3847 Terracina Dr., Riverside 92506 (Cross street is Magnolia Ave; Across from RCC), 2<sup>nd</sup> Sunday of each month, 7PM

### Temecula PFLAG

- [PFLAGTemecula.org](https://PFLAGTemecula.org)
- 951) 878-8052
- [President@PFLAGTemecula.org](mailto:President@PFLAGTemecula.org)  
Meeting: 41000 Main St., Temecula, 92590, 4<sup>th</sup> Wednesdays of each month, 6:30PM–8:30PM

### FOLX Health

FOLX Health is a digital healthcare service provider specifically designed to support LGBTQIA+ people. The FOLX team of largely queer, trans, and nonbinary clinicians currently provides testosterone and estrogen hormone replacement therapy (HRT), erectile dysfunction medication, PrEP — all able to be shipped directly to members' doors — as well as required lab monitoring through at-home kits or Quest Diagnostics locations. Members communicate with FOLX through secure digital video visits and/or messaging.

- [folxhealth.com](https://folxhealth.com)
- [support@folxhealth.com](mailto:support@folxhealth.com)

## Help Lines

### LGBT National Help Center

The LGBT National Help Center provides vital support through our national hotlines, one-to-one online chats and email peer support, as well as factual information and local resources for cities and towns across the US and Canada. We speak to anyone of any age, regardless of gender, sexuality, gender identity, ethnicity, or location about coming out issues, relationship concerns,

parent issues, HIV/AIDS anxiety, safer sex information, suicide prevention, discrimination, isolation and much more.

- [lgbthotline.org](http://lgbthotline.org)
- Monday–Friday: 1PM–9PM
- Saturday: 9AM–2PM
- National Hotline: 888-843-4564
- Youth Hotline: 800-246-7743
- Senior Hotline (Ages 50+): 888-234-7243
- Coming Out Support Hotline: 888-688-5428
- One-to-One Chat: [LGBThotline.org/chat](http://LGBThotline.org/chat)

### **Translifeline**

Peer to peer hotline support for trans, gender diverse, and questioning individuals. This resource pledges that they will not engage in nonconsensual active rescue (calling 911 or law enforcement).

- [translifeline.org](http://translifeline.org)
- [translifeline.org/es/quienes-somos](http://translifeline.org/es/quienes-somos) (Spanish)
- 877-565-8860

### **Borrego Health**

Offers gender affirming care services. Will see uninsured and underinsured patients and has a low-cost visit option.

- [borregohealth.org](http://borregohealth.org)
- [borregohealth.org/transgender-health](http://borregohealth.org/transgender-health)

### **The Trevor Project**

Crisis and suicide prevention services for LGBTQ youth, including toll-free and online chat hotlines.

- [TheTrevorProject.org](http://TheTrevorProject.org)
- 866-4U-TREVOR
- 866-488-7386
- Text “START” to 678-678
- Available 24/7, 365 days a year

### **LGBTQ Healthcare Directory**

A free, searchable database of all kinds of doctors, medical professionals and healthcare providers who are knowledgeable and sensitive to the unique health needs of LGBTQ+ people in the USA and Canada.

- [lgbtqhealthcaredirectory.org](http://lgbtqhealthcaredirectory.org)

## LGBTQ Support Centers

### Bienestar

Provides case management, housing assistance, mental health counseling, peer support, substance abuse services to persons with HIV/AIDS. Serves the Latina/o LGBT community and offers HIV testing, referrals, support groups, and addiction support services in English and Spanish. Some locations may have more services.

- [bienstar.org](http://bienstar.org)
- [bienstar.org/es](http://bienstar.org/es) (Spanish)
- 866-590-6411

Locations:

- **Long Beach**  
2690 Pacific Ave. #300, Long Beach
- **Pomona**  
180 E. Mission Blvd., Pomona

## Legal Services

### Lambda Legal (Western Regional Office)

Legal information and help with discrimination or unfair treatment because of sexual orientation, gender identity and expression, and HIV status.

- [LambdaLegal.org](http://LambdaLegal.org)
- 213-382-7600
- 800 South Figueroa Street Suite 1260. Los Angeles, CA

### Transgender Law Center (TLC)

Transgender legal advocacy, community advocacy, client intake, legal referrals.

- [TransGenderLawCenter.org](http://TransGenderLawCenter.org)
- 510-587-9696



## Health and Human Services

### San Bernardino County 211

By dialing 2-1-1, get linked to thousands of local health and human services programs. It's a free resource that provides referrals to community health and social services, including food, shelter, transportation, prenatal care, substance abuse, government assistance programs, workforce development, health insurance access programs, elder care, child development care, safety services, and more.

- [211oc.org](http://211oc.org)
- 951-697-4700
- Dial 211

### HIV/AIDS Services

#### AIDS Drug Assistance Program

The AIDS Drug Assistance Program (ADAP) provides drugs to individuals who otherwise could not afford them. The drugs provided by ADAP have been determined to prolong quality of life and to delay the deterioration of health among individuals infected with HIV.

- [cdph.ca.gov/Programs/CID/DOA/Pages/OAadap.aspx](http://cdph.ca.gov/Programs/CID/DOA/Pages/OAadap.aspx)
- 844-421-7050

#### San Bernardino Department of Health HIV Services

HIV Prevention Services offers community testing and ongoing care and treatment for those living with HIV, including access to HIV medications (AIDS Drug Assistance Program).

- [dph.sbcounty.gov/programs/hiv-aids](http://dph.sbcounty.gov/programs/hiv-aids)
- 800-782-4264
- 351 N. Mountain View Ave., 3rd Floor, San Bernadino, 92415

#### HIVinfo

Offers information on HIV treatment and research, customized clinical trial searches, and referrals to a host of other useful, government-approved resources. Health information specialists can confidentially answer questions in both English and Spanish.

- [hivinfo.nih.gov](http://hivinfo.nih.gov)
- 800-448-0440
- 1PM-4PM ET

#### San Bernardino County HIV/AIDS Program

Provides confidential HIV antibody testing and counseling and AIDS Drug Program.

- [dph.sbcounty.gov/programs/hiv-aids/hiv-prevention-2](http://dph.sbcounty.gov/programs/hiv-aids/hiv-prevention-2)
- 800-255-6560
- 800-722-4777 (Clinical Services/STD Testing)

Locations:

- **San Bernardino**  
606 E. Mill St., San Bernardino
- **Victorville / Hesperia**  
16453 Bear Valley Rd., Hesperia
- **Ontario**  
150 E. Holt Ave., 2nd Floor, Ontario
- **Adelanto**  
11336 Bartlett Ave., Ste. 11, Adelanto
- **Barstow**  
303 E. Mountain View St., Barstow
- **Redlands**  
800 E. Lugonia Ave., Ste. F, Redlands

# Weight Management

## Calorie Calculator

This free tool estimates the number of calories a person needs to consume each day. Can be used as a guideline for how many calories to consume each day to maintain, lose, or gain weight at a chosen rate.

- [calculator.net/calorie-calculator.html](https://calculator.net/calorie-calculator.html)

## Calorie Counter by FatSecret

This free app helps users track and log food intake and physical activity, nutritional information, ingredients and recipes that fit user's nutritional plan; weight chart and journal; Apple Health, Google Fit, Samsung Health, and Fitbit exercise tracking integration; access to community support. The Premium version includes nutritional meal plans created by dietitian, and advanced meal planning. Languages: English, Spanish, and others.

- [fatsecret.com](https://fatsecret.com)

## Choose My Plate

This free tool provides education and resources from the U.S. Department of Agriculture to find a healthy eating style that can be maintained and built on throughout the lifetime considering the individual's needs. Users can set food goals, see daily progress towards and tips to help meet food goals, earn badges as goals completed, sync to smartwatch.

- [choosemyplate.gov](https://choosemyplate.gov)

## Eat This Much

Eat This Much Free – Daily meal planning based on user's nutritional goals and food preferences, grocery list and cooking instructions, nutrition and weight logging and tracking. Eat This Much Premium – fee required – All of the above services plus weekly meal planning, customizable daily meal planning, automatic and customizable grocery lists, sync with Apple Health.

[eatthismuch.com](https://eatthismuch.com)

## Lose It!

Basic – Personalized weight loss plan based on user's goals, food and physical activity logging and tracking, sync Apple Health and Google Fit apps, access to community support.

Premium (fee required) – All of the above services plus additional logging and tracking options, meal and physical activity planning, sync devices like fitness trackers or scale. Languages: English, Spanish, and others.

- [loseit.com](https://loseit.com)

## **Move Your Way**

Services: Tools, videos, and fact sheets from the U.S. Department of Health and Human Services to make it easier to get more physical activity. Languages: English and Spanish.

- [health.gov/moveyourway](https://health.gov/moveyourway)

## **MyFitnessPal**

MyFitnessPal Free – Personalized nutrition profile based on user's goals, food and physical activity logging and tracking, personal food database, sync to numerous apps and devices, access to community support. MyFitnessPal Premium (Fee required) – All of the above services plus additional and customizable logging and tracking options, guided fitness and nutrition plans, meals and recipes. Languages: English, Spanish, and others.

- [myfitnesspal.com](https://myfitnesspal.com)

## **Obesity Action Coalition**

Education, advocacy, and support for individuals affected by the disease of obesity by a national non-profit organization; can join the Obesity Action Coalition (OAC) Community for access to additional news, health and wellness information, events and educational opportunities, and getting involved with OAC.

- [obesityaction.org](https://obesityaction.org)

## **Community**

### **IEHP Community Resource Centers (CRC)**

The IEHP Community Resource Centers are your local resource for healthcare information in Riverside, San Bernardino and Victorville. Our friendly, bilingual staff can help you take free classes, learn about health care, and about health coverage programs. Our doors are open to IEHP Members and the community, you do not have to have insurance. Classes limited to IEHP members are noted on the class calendar. English and Spanish classes available.

### **Fitness Classes**

Stay active with classes like Yoga, Zumba (all levels), Tai Chi, Line Dance, Yoga for Seniors & People with Disabilities, Meditation, Aerobic Box, Latin Dance, Strength and Conditioning, and Kid Aerobics.

### **Wellness Classes**

Learn about nutrition, managing asthma symptoms, controlling diabetes, stress management, breathing and relaxation.

- [iehp.org/community/community-resource-centers](https://iehp.org/community/community-resource-centers)
- Monday-Friday 9AM – 6PM
- Saturdays 8:30AM-1PM
- Check the website for a monthly class schedule

## Locations

- **San Bernardino**  
805 W. 2nd St., Suite C.  
San Bernardino, 92410  
(at Marshall's Plaza)  
866-228-4347 press "4"
- **Victorville**  
12353 Mariposa Road Unit C2 and C3  
Victorville, 92395  
866-228-4347 press "5"
- **Riverside**  
3590 Tyler St., Ste. 101  
Riverside, CA 92503  
(Across from Galleria at Tyler - next to Dollar Tree)  
866-228-4347 press "3"

## City Parks, Recreation, & Community Services Departments

### San Bernardino Parks, Recreation & Community Services

- Open to: General community (you do not have to be a resident of San Bernardino)
- Cost: Fees required (non-resident fees apply)
- Services: Recreational activities and classes, parks. Recreational and community centers.
- Website: [sbcity.org](http://sbcity.org)
- Online Registration: [apm.activecommunities.com/sbcity/Home](http://apm.activecommunities.com/sbcity/Home)
- Contact: 909-384-5233

### Upland Recreation and Community Services

- Open to: General community
- Cost: Fees required for classes
- Services: Recreational activities and classes, parks
- Website: [uplandca.gov/recreation](http://uplandca.gov/recreation)
- Recreation Classes: [apm.activecommunities.com/upland/Activity\\_Search](http://apm.activecommunities.com/upland/Activity_Search)
- Virtual Recreation & Resource Center: [uplandca.gov/virtual-recreation-resource-center](http://uplandca.gov/virtual-recreation-resource-center)
- Contact: 909-931-4280

### Victorville Community Services Department

- Cost: Fees required for most classes and sports. Some free classes.
- Services: Recreational activities and classes, parks. Community and sports centers.
- Website: [victorvilleca.gov/government/city-departments/community-services/recreation](http://victorvilleca.gov/government/city-departments/community-services/recreation)
- Register for Activities: [apm.activecommunities.com/victorvillerec](http://apm.activecommunities.com/victorvillerec)
- Virtual Recreation Center: [victorvilleca.gov/government/city-departments/community-services/recreation/virtual-recreation-center](http://victorvilleca.gov/government/city-departments/community-services/recreation/virtual-recreation-center)
- Contact: 760-245-5551