

Local Family Services/Resources

Food Banks

The Daily House Network (909) 460-7691, www.dailyhouse2.org . Free meals every Monday from 3-4pm, provides transitional housing for recovering men, women, and children 0-18 years. Referral program for families in need.

GAP Food Bank (909) 945-1020 www.gapfoodbank.org Food distribution Thursdays from 4-6 pm

Shepherd's Pantry www.Shepherdspartry.com Food and clothing services, home food delivery, children's reading tutor program, resource counseling, job search assistance.

Health Clinics

Kids Come First (909) 673-9125 www.kidscomefirst.org Provide medical services ages 0-17. Medical for children without health insurance- no one turned away.

Ontario Public Health Clinic sbcounty.gov (800) 722-4777 Testing, health check-ups, immunizations

Pomona Health Center www.publichealth.lacounty.gov

Counseling Services

Bilingual Family Counseling Services, Inc. (909) 986-0941 serving SB County, child abuse treatment, school based counseling services, mental health prevention & early intervention, case management services.

Olive Branch Counseling Center, olivebranchcounseling.org, a nonprofit organization, counseling for LA, SB, and Riverside counties

Foothill Family Services www.foothillfamily.org

Children with Special Needs

Ability First- 480 South Indian Hill, 909-621-4727 www.abilityfirst.org

Inland Regional Center(909) 890-3000 www.inlandregionalcenter.org IEP support, respite services, free to all who qualify, no age limitations.

Low Cost Clothing

The Salvation Army, Ontario (909) 986-6748

Goodwill Thrift Store (909) 204-4217

Parenting Classes/Resources

(909) 230-6400 www.ci.ontario.ca.us Serves Ontario residents- free

Pomona Valley Hospital Women's & Children's Center (classes for Mothers, fathers, breastfeeding (909) 865-9858

Catholic Charities: parenting classes, counseling services, immigrations and refugee services, disaster relief, recovery services www.ccsbriv.org

Parents As Teachers National Center www.parentsasteachers.org nonprofit parent education organization providing parents of children prenatal to age 5 with support and information on their developing child through a network of local programs.

Domestic Violence Shelters

House of Ruth (909) 391-4515 www.houseofruthinc.org

Child protective services (CPS)

San Bernardino County(909) 386-1100/

LA County dcfs.co.la.ca.us/

Transportation

Omnitrans 1-800-OMNIBUS affordable rates for transportation 7 days a week

Foothill Transit <http://foothilltransit.org>

Support Websites

Public Health Services for LA County

<http://publichealth.lacounty.gov>

County directories for medical services, housing, directory of information and resources, public alerts and information, and county contact information.

Department of Mental Health for LA County

dmh.lacounty.gov

In partnering with clients, families and communities to create culturally competent opportunities for Hope, Wellness and Recovery, the Los Angeles County Department of Mental Health is committed to serving, improving and making a difference in the lives of Los Angeles County residents diagnosed with mental illness.

Here, you will find a wealth of resources on mental health issues, read inspirational stories of wellness and recovery, and you can explore tools to help in the recovery process. Recovery from mental illness is a realistic goal and the Los Angeles County Department of Mental Health supports individuals and families in achieving this goal.

Inland Valley Regional Center

<http://inlandrc.org>

1365 South Waterman Ave. in San Bernardino, 92408, 909-890-3000

Serving and empowering individuals with developmental disabilities for over 40 years.

Church Locator

www.churchesbyzip.com

Find churches near you by city, state, or zip code.