



**Youth Health Initiative
Teen Resource Guide for
San Bernardino County**



**DEVELOPED BY:
SAN BERNARDINO COUNTY DEPARTMENT OF PUBLIC
HEALTH
REPRODUCTIVE HEALTH PROGRAM**

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Abuse, Rape, Sexual Assault and Domestic Violence

AGENCY	PHONE NUMBER	DESCRIPTION
<p>Alternative to Domestic Violence</p> <ul style="list-style-type: none"> ▪ Local Crisis Hotline Initiative 	<p>1-800-339-SAFE (909) 683-0829</p>	<p>Each hotline is available 24-hours a day with bilingual services upon request. The agency's services are free to low cost. Some services include, but are not limited to: outreach, assisting with temporary restraining orders, group counseling, child counseling for any age, domestic violence shelter, referrals to other shelters and referrals for free to low cost legal services.</p>
<p>Chicana Service Action Center</p>	<p>1-800-548-2722</p>	<p>The phone line is available 24-hours a day. Services include: domestic violence shelter for those over the age of 18. Referrals are given for domestic violence, legal assistance, homeless shelters, employment services, counseling and food or clothing is based on availability. Bilingual services are available on request. Women & Children Only. For children, age limited to 12 years for males and 17 years for females.</p>



<p>Child Help U.S.A National Child Abuse Hotline</p>	<p>1-800-4A-CHILD (1-800-422-4453)</p>	<p>Suspected physical or sexual child abuse, neglect or exploitation. Referral to crisis counseling for all ages.</p> <p>Internet access at: www.childhelpusa.org</p>
<p>Desert Sanctuary and Haley House (Domestic Violence Shelter Program)</p> <ul style="list-style-type: none"> ▪ Crisis Line ▪ Outreach office: 703 Main Street Barstow, CA 92311 	<p>1-800-982-2221</p> <p>(760) 256-3733</p>	<p>Crisis line is available 24-hours a day. Services include: Groups and Presentations for teens about dating violence, community outreach, parenting classes are available and referrals.</p> <p>Outreach Office Hours: Monday-Friday 9:00 a.m.-5:00 p.m.</p>
<p>Doves of Big Bear Valley Hotline</p>	<p>(909) 866-5723</p>	<p>Hotline is available 24-hours a day. Services include: education services on domestic violence, information, counseling and restraining order assistance.</p>
<p>High Desert Domestic Violence</p> <ul style="list-style-type: none"> ▪ Hotline ▪ Shelter ▪ Outreach office: 15075 7th Street Victorville, CA 92392 	<p>1-866-770-7867</p> <p>(760) 949-4357</p> <p>(760) 843-0701</p>	<p>Hotline is available 24-hours a day. Confidential emergency shelter for battered women and their children under the age of 17yrs, emergency food, clothing, transportation, counseling, support groups and local resource by referrals.</p>



<p>House of Ruth</p>	<p>(909) 988-5559</p>	<p>The hotline is available in English and Spanish 24-hours a day. The domestic violence program includes, but is not limited to: residential program (services), outreach, individual or support group counseling, shelter transportation, assistance in restraining orders, all services are free and staff are bilingual.</p>
<p>National Domestic Violence Hotline</p> <ul style="list-style-type: none"> ▪ Hearing Impaired Hotline 	<p>1-800-799-7233</p> <p>1-800-787-3224</p>	<p>The hotline is available 24-hours a day. Services include, but are not limited to: information and education on domestic violence, references for legal aid, counseling, support groups and referral to shelters for women and children. Bilingual services are available upon request.</p>
<p>Option House P.O. Box 970 San Bernardino, CA 92405</p> <ul style="list-style-type: none"> ▪ Teen and Group Support Listing 	<p>(909) 381-3471</p> <p>(909) 884-4802</p>	<p>The phone line is available 24-hours a day. A domestic violence agency that provides shelter and counseling for battered women and their children. Services are free, they assist with restraining orders, custody, visitation, and court support, donations are taken.</p> <p>Referrals to teen support groups and other support groups.</p>
<p>Project Sister</p>	<p>(909) 626-4357</p>	<p>The sexual assault hotline is available 24-hours a day. Services available include: personal accompaniment to hospital, police station and court, in-person counseling support groups, referrals to other agencies and community education.</p>



Rape, Abuse, Incest, National Network (RAINN)	1-800-656-HOPE	Provides support for victims of sexual assault and significant others, individual or group counseling, hospital & court assistance, community education programs and self-defense.
Sexual Assault Services (Main Hotline) <ul style="list-style-type: none"> ▪ San Bernardino Counseling Office/Hotline 444 N. Arrowhead, Suite 100 ▪ Redlands Counseling Office/Hotline 30 Cajon Street ▪ Victorville Counseling Office/Hotline 15437 Anacapa Road, Suite 8 ▪ Yucaipa Outreach 34282 Yucaipa Blvd. 	1-800-656-4673 (909) 885-8884 (909) 335-8777 (760) 952-0041 (909) 790-9374	Each phone number is available 24-hours a day and bilingual services are available upon request. Services include, but are not limited to: Education on sexual assault, group and individual counseling, teen support groups, hospital assistance if sexually assaulted, prevention programs and outreach services are available upon request. On-site counseling is available in: Victorville, Redlands, San Bernardino, Fontana and Yucaipa. <p style="text-align: center;">Counseling Hours: Monday-Friday 8:00 a.m.-5:00 p.m. (For individual counseling)</p>



<p>Unity Home:</p> <ul style="list-style-type: none"> ▪ Joshua Tree Outreach Office 61607 29 Palms Highway, Suite A and B ▪ Needles Outreach Office 1406 Bailey, Suite E ▪ 24-Hour Crisis Hotline 	<p>(760) 366-1247</p> <p>(760) 326-9170</p> <p>(760) 366-9663</p>	<p>Domestic violence shelter, which provides counseling services, supervised visitations, parenting classes, assists with restraining orders, offers court support, outreach and crisis counseling, and referrals for additional legal services.</p>
<p>Victor Valley Domestic Violence / A Better Way:</p> <ul style="list-style-type: none"> ▪ 24-Hour Hotline ▪ A Better Way Shelter 	<p>(760) 955-8723</p> <p>(760) 955-8010</p>	<p>Services include, but are not limited to, providing: classes through probation for anger management, goal setting, youth life, domestic violence, healthy relationships for teenagers, drug and suicide prevention services, referrals are also given to women and teens looking for shelter.</p> <p style="text-align: center;">Hours of Operation: Monday-Friday 8:00 a.m.-4:00 p.m.</p>



Alcohol and Drug Services

AGENCY	PHONE NUMBER	DESCRIPTION
<p>AA- Alcoholics Anonymous Support Group (Victor Valley) 18888 HWY 18, Suite 205 Apple Valley, Ca 92307</p>	<p>(760) 242-9292</p>	<p>24 hour information on meetings for alcoholics and their families. Offer recovery from alcoholism. Referral to treatment center.</p> <p style="text-align: center;">Hours of Operation: Monday- Friday 9:00 a.m.-4:00 p.m.</p>
<p>Al Anon Support Group 1012 E. Cooley Drive, Suite J-2 Colton, CA 92324</p>	<p>(909) 824-1516</p>	<p>24 hour answering service. Al-anon support group meetings throughout Riverside County and San Bernardino County every week. Al-anon is a self-help group for family or friends of problem drinkers. Groups for teens and adults.</p> <p style="text-align: center;">Hours of Operation: Monday-Friday 12:00 p.m.-5:00 p.m. Saturday 9:00 a.m.-1:00 p.m.</p>
<p>Bilingual Family Counseling 317 West "F" Street Ontario, CA 91762</p>	<p>(909) 986-7111</p>	<p>Outpatient program, drug and alcohol groups, family groups, individual, teen groups, parenting groups, women's group in Spanish, services based on sliding scale fee.</p>



<p>Casa de San Bernardino, Inc. Drug Outpatient Center 735 North "D" Street San Bernardino, CA 92401</p>	<p>(909) 381-5507</p>	<p>Outpatient drug and alcohol counseling center for adolescents from the ages of 14-21 years, drug diversion PC 1000 program is also included. Primary Prevention for youth.</p>
<p>Cedar House Rehabilitation Center: 18612 Santa Ana Avenue Bloomington, CA 92316</p>	<p>(909) 421-7120</p>	<p>125 beds, men & women, detox & recovery 30-60 days, extended recovery 1 year, family groups, adolescent outpatient, aftercare, referral, sober living houses. Accepts most insurance. 24 Hour facility.</p> <p style="text-align: center;">Admission Days and Times: Monday-Friday 8:00 a.m.-4:30 p.m.</p>
<p>High Desert Center Child, adolescent, and Family Services 16248 Victor Street Victorville, CA 92392</p>	<p>(760) 243-7151</p>	<p>Alcohol, Drug Prevention and Treatment. Outpatient treatment for those ages 12 years to adult. Groups, anger management, parenting, adolescent probation and PC 1000 drug diversion program.</p> <p style="text-align: center;">Hours of Operation: Monday-Thursday 9:00 a.m.-9:00 p.m.</p>
<p>Matrix Center, INC 9375 Archibald Avenue, Suite 204 Rancho Cucamonga, 91730</p> <p>▪ Hotline</p>	<p>(909) 989-9724</p> <p>1-800-8-MATRIX</p>	<p>Adult & adolescent outpatient intensive drug and alcohol dependency treatment with free evaluation & referrals. Treatment is structured & intensive.</p>



<p>Merrill Community Service 8627 Wheeler Avenue Fontana, 92335</p>	<p>(909) 823-0609</p>	<p>Drug abuse counseling including family, marital, individual and group. Also offers parent groups, youth programs, and PC 1000 drug diversion program. Consultation, education, information and referral. Based on sliding fee scale.</p>
<p>Narcotics Anonymous</p>	<p>(909) 370-3568</p>	<p>Non-profit fellowship, outpatient program, group counseling, and referrals. Call for locations nearest to you.</p>
<p>Redlands Guidance Clinic- Substance Abuse Program: 1323 West Colton Avenue Redlands, CA 92374</p>	<p>(909) 792-5552</p>	<p>Substance abuse treatment, intervention, information referral, AB-90 youth intervention, employer and employee intervention counseling programs and general walk-in crisis intervention services.</p> <p style="text-align: center;">Hours of Operation: Monday-Friday 8:00 a.m.-8:00 p.m. Saturday 8:00 a.m.-5:00 p.m.</p>
<p>San Bernardino County Behavioral Health – Office of Alcohol and Drugs Program 850 Foothill Blvd. Rialto, CA 92376</p>	<p>1-800-331-3237 (909) 421-9358 (909) 421-9200</p>	<p>Phone lines are staffed 24-hours a day. Outpatient alcohol and drug treatment, primarily group treatment, individual, marital and family provided on a limited basis. Random urine testing. Referrals to residential treatment programs. Services based on a sliding fee scale.</p>



<p>San Bernardino County Behavioral Health – Chino Multiple Diagnosis Clinic 6180 Riverside Drive, Suite 8 headache Chino, CA 91710</p>	<p>(909) 590-5355</p>	<p>Adolescent drug/alcohol program is available. Multiple diagnoses of drug and/or alcohol through medical, social, psychiatric and psychological support services provided at the clinic.</p>
<p>Victor Valley Behavioral Health Center – Multiple Diagnosis Clinic/Outpatient 12625 Hesperia Road Victorville, CA 92392</p>	<p>(760) 955-1777</p>	<p>Treatment of clients with combined mental illness and drug and/or alcohol problems, social, psychiatric, psychological support services, crisis intervention, drug testing, alcohol and drug prevention programs.</p> <p style="text-align: center;">Walk In Clinic: Monday-Friday 8:00 a.m.-2:30 p.m.</p> <p style="text-align: center;">Hours of Operation: Tuesday-Thursday 8:00 a.m.-8:00 p.m. Monday, Wednesday, Friday 8:00 a.m. to 5:00 p.m.</p>



Reproductive Health Services: Birth Control, Pregnancy Testing, Education & Counseling

AGENCY	PHONE NUMBER	DESCRIPTION
<p>San Bernardino County Department of Public Health, Reproductive Health Clinics</p> <ul style="list-style-type: none"> ▪ Main Phone Line 	<p>1-800-722-4777</p>	<p>The phone line provides information on clinic services, locations and arranges appointments for clients. Services are provided at low-cost to no cost. Bilingual staff on-site. (See next listing for specific services.)</p> <p><i>*All services are confidential.</i></p> <p style="text-align: center;">Phone lines are available: Monday-Friday 8:00 a.m.-5:00 p.m.</p> <p style="text-align: center;">Internet access at: www.birthcontrol4U.com</p>



<p>San Bernardino County Department of Public Health, Reproductive Health Clinics and Young Adult Clinics (YAC):</p> <ul style="list-style-type: none"> ▪ Barstow Public Health 303 East Mt. View ▪ Big Bear Public Health 477 Summit ▪ Fontana Public Health 17830 Arrow Blvd. ▪ Joshua Tree Public Health 63532 29 Palms Highway, Ste. D ▪ Needles Public Health 1406 Bailey, Ste. D ▪ Ontario Public Health 1647 E. Holt Blvd. ▪ Redlands Public Health 800 E. Lugonia, Suite F ▪ San Bernardino Public Health 799 E. Rialto Avenue ▪ Victor Valley Public Health 16453 Bear Valley Road 	<p>1-800-722-4777</p>	<p>Reproductive health services include: Reproductive health exams including breast and pelvic exams for women, and testicular cancer screening and prostate checks for males. Services also include education about abstinence, sexually transmitted disease (STD) testing and treatment, HIV/AIDS testing, pregnancy testing and counseling, and all birth control methods dispensed on site. Special counseling is provided to all teens. Services are provided at low-cost to no cost. Bilingual staff on site. <i>*All services are confidential.</i></p> <p style="text-align: center;"><u>YAC Clinics and Hours:</u> No appointment needed for those 21 years old and younger.</p> <p style="text-align: center;">Fontana: Wednesdays: 1:00 p.m.-4:00 p.m.</p> <p style="text-align: center;">Ontario: Mondays: 1:00 p.m.-4:00 p.m.</p> <p style="text-align: center;">Redlands: Thursdays: 1:00 p.m.-4:00 p.m.</p> <p style="text-align: center;">San Bernardino: Mondays: 1:00 p.m.-4:00 p.m.</p> <p style="text-align: center;">Victor Valley: Tuesday: 1:00 p.m.-4:00 p.m. Thursday: 1:00 p.m.-4:00 p.m.</p>
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<p>Alternate Avenues 300 E. 7th Street, Ste. 1E Upland, CA 91786</p> <ul style="list-style-type: none"> ▪ <i>This center does not generally offer referrals to pregnancy termination.</i> 	<p>(909) 920-5518</p>	<p>Services include free pregnancy tests, pregnancy counseling from a pro-life perspective, assistance during pregnancy, referrals to prenatal care and adoption services, support services including pregnancy and parenting classes, abstinence education presentations to high school and college students.</p> <p style="text-align: center;">Internet access at: www.alternateavenues.org</p>
<p>Bethany Christian Services Hotline</p> <ul style="list-style-type: none"> ▪ <i>This center does not generally offer information on pregnancy termination.</i> 	<p>1-800-238-4269</p>	<p>Information on domestic & international adoption, foster home placement, pregnancy counseling from a pro-life perspective, assistance during pregnancy, special needs children's fund, refugee resettlement, child & family counseling.</p>
<p>Cal SAFE (School Age Families Education) Orange Wood High School 515 Texas Street Redlands, CA 92374</p>	<p>(909) 307-5380</p>	<p>Cal SAFE is a teen parent and infant program which allows the teen to continue school with their child. The program serves pregnant teens, parents and their children. Child day care is provided in addition to parenting education and assistance. Only students from the Redlands Unified School District are admitted.</p>



<p>Emergency Contraception Hotline</p>	<p>1-888-NOT-2-LATE</p>	<p>Hotline is available 24 hours a day. Emergency contraception is a method of preventing pregnancy if taken within 72-120 hours after having unprotected sex. It does not however protect against STDs. Referrals for birth control and emergency contraception.</p>
<p>Family PACT (Family Planning, Access, Care and Treatment program)</p>	<p>1-866-FAM-PACT OR 1-866-326-7228</p>	<p>Provides information and referral for comprehensive family planning services to low-income men and women through a network of over 1500 PACT providers. Services may include birth control methods, pregnancy testing & counseling, male & female sterilization, limited fertility services, STD testing & treatment, HIV testing & counseling, pap smears, dysplasia services & reproductive health education and counseling.</p>
<p>Family Planning Associates</p> <p>165 W. Hospitality Lane, Suite 1 San Bernardino, CA 92408</p> <p>5050 San Bernardino St. Montclair, CA 91763</p>	<p>(909) 885-0282</p> <p>(909) 626-2463</p>	<p>Services include confidential pregnancy termination, free pregnancy testing with options counseling, and emergency contraception.</p> <p>Internet access at: www.fpamg.net</p>



<p>Maternal Health Program</p>	<p>1-800-227-3034</p>	<p>Services include: Pregnancy and prenatal exams in addition to nutrition and health education services. The program offers help with Medi-Cal applications for pregnancy care, locating and referral to prenatal care providers, home visiting and care coordination for African-American pregnant women.</p>
<p>Perinatal and Adolescent Life (PALS) Program 505 N. Arrowhead Avenue, Suite 201 San Bernardino, CA 92415</p>	<p>(909) 388-5600</p>	<p>Adolescent family life program that assists teens during and after pregnancy and provides case management in order to get the adolescent to become self-sufficient and independent.</p> <p style="text-align: center;">Hours of Operation: Monday-Friday 8:00 a.m.-5:00 p.m.</p>
<p>Planned Parenthood</p> <p>1873 Commerce Center West San Bernardino, CA 92408</p> <p>918 W. Foothill, # A Upland, CA 91786</p> <p>For More Information and Locations:</p>	<p>(909) 890-5511</p> <p>(909) 985-0065</p> <p style="text-align: center;">OR</p> <p>1-800-230-PLAN</p>	<p>Birth control, routine male exams, female pelvic exams, morning after pill, pregnancy testing, option counseling, pregnancy termination, diagnosis and treatment of STDs, HIV testing and counseling, routine gynecological health care. Accepts Medi-Cal and Spanish speaking staff available upon request.</p> <p style="text-align: center;">Internet access at: www.plannedparenthoodosbc.org</p>



<p>Pregnancy Counseling Center 114 E. Airport Dr., Suite 104 San Bernardino, CA 92408</p> <ul style="list-style-type: none"> ▪ After Hours Hotline ▪ <i>This center does not generally offer information on pregnancy termination.</i> 	<p>(909) 382-4550</p> <p style="text-align: center;">Or</p> <p>(909) 825-6656</p>	<p>Free pregnancy tests and counseling from a pro-life perspective, post abortion counseling, and practical help with maternity clothes, layettes, and baby furniture.</p> <p style="text-align: center;">Hours of Operation: Monday 1:00 p.m.-5:00 p.m. Tuesday-Friday 10:00 a.m.-2:00 p.m.</p>
<p>WIC (Women, Infant, and Children)</p>	<p>1-888-WIC-WORKS</p> <p style="text-align: center;">OR</p> <p>1-888-942-9675</p>	<p>For pregnant, breastfeeding, and postpartum women, infants and children of low to moderate incomes. Offers a supplemental food package. Education on relationship between diet, nutrition and health during pregnancy, lactation, infancy, and childhood. Referrals to family planning services, health care programs including dental, prenatal care and well-baby care.</p> <p style="text-align: center;">Internet access at: www.wicworks.ca.gov</p>



Continuation/Alternative Schools and Job Training

AGENCY	PHONE NUMBER	DESCRIPTION
Alternative Education Center 13063 Pawnee Road Apple Valley, CA 92308	(760) 240-4252	Located by Willow Park High School, the center is an independent study and opportunities program that is based on referrals from Apple Valley School District. <p style="text-align: center;">Hours of Operation: Monday-Friday 7:00 a.m.-3:30 p.m.</p>
Baker Valley Adult School 72100 School House Lane Baker, CA 92309	(760) 733-4387	Provides English learning classes and computer courses. Enrollment classes start every 5 weeks. Students can also earn an adult school diploma. Classes start every 5 weeks: <p style="text-align: center;">Class is in session: Tuesdays and Thursdays 6:00 p.m.-9:00 p.m.</p>



<p>Calico High School – Alternative Education 33525 Ponnay Daggett, CA 92327</p>	<p>(760) 254-2715</p>	<p>Three programs: Continuation School, Adult Education School and Long Term Independent Study. Enrollment is based on referral or inter-district transfer.</p> <p>Adult school is in session: Tuesday and Thursday 4:30 p.m.-7:30 p.m.</p> <p>Continuation school is in session: Monday-Friday 7:20 a.m.-2:05 p.m.</p>
<p>California Conservation Corp 3102 E. Highland Avenue Patton, CA 92369</p>	<p>(909) 862-0767</p>	<p>Work ethic program with a dual mission: the employment and development of young people and enhancement of natural resources. 18-25 year-olds and CA resident.</p>
<p>Central High School 405 North 2nd Avenue Barstow, CA 92311</p>	<p>(760) 255-6063</p>	<p>Continuation school – enrollment is based on referral from Barstow High School and other continuation schools.</p> <p>Two class sessions: Monday-Friday Morning from: 7:40 a.m.-10:50 a.m. Afternoon from: 10:50 a.m.-2:00 p.m.</p>



<p>Chaffey Adult School 211 W. 5th Street Ontario, CA 91762</p>	<p>(909) 983-2010</p>	<p>Vocational training/courses include: business computers typing, accounting, medical insurance billing, auto repair, woodwork, GED preparation, Spanish conversation classes, art classes, lip reading, community band and parent-child class (“mommy and me”) to educate their child in the pre-school years. All those under the age of 18 need permission from their high school. The adult school is also a GED test site.</p> <p style="text-align: center;">Hours of Operation: Monday-Friday 8:00 a.m.-9:00 p.m.</p>
<p>Chaparral High School 9258 Malpaso Road Phelan, CA 92329</p>	<p>(760) 868-5400</p>	<p>Continuation school that is based on referrals from Snowline School District.</p> <p style="text-align: center;">Class is in session: Monday-Friday 7:30 a.m.-2:00 p.m.</p>
<p>Chautauqua High School 525 N. Maple Lane Big Bear City, CA 92314</p>	<p>(909) 585-2521</p>	<p>Continuation school, 4 classrooms available for students, 4 hours/day, 1 missed excused day must be made up another day, and classes are held during the day.</p>



<p>Fontana Adult School 9453 Citrus Avenue Fontana, CA 92335</p>	<p>(909) 357-5555</p>	<p>Services include: Adult education, high school diploma, GED preparation and testing site, ESL classes, citizenship classes, Certified Nurse's Assistant (CNA), Pharmacy technician, Medical Assistant, cosmetology through Richard's Beauty College, welding classes and beginning computer classes.</p> <p>Hours of Operation: Monday-Thursday 1:00 p.m.-9:00 p.m. Friday 11:00 a.m.-4:00 p.m.</p>
<p>GED Hotline</p>	<p>1-800-626-9433</p>	<p>A national hotline, which mails each caller an information packet consisting of a letter including referrals to GED preparation, testing sites and GED information newspaper. Spanish speakers are available upon request.</p>
<p>Inland Empire Job Corps Center 3173 Kerry Street San Bernardino, CA 92407</p>	<p>1-800-788-6305 Or (909) 887-6305</p>	<p>Vocational training, high school, G.E.D., residential living, counseling, basic living allowance, medical & dental care, job placement, and automatic savings account. Spanish spoken. Admission requirements: age 16-24 yrs, low income. Serves San Bernardino and Riverside counties.</p> <p>Tours: Every Tuesday at 1:00 p.m., no appointment necessary.</p>



<p>Mountain View Continuation/Adult School 8560 Aliento Road Lucerne Valley, CA 92356</p>	<p>(760) 248-2408</p>	<p>It is a dual location for continuation/independent study and adult school. Some services include: Earn high school diploma, GED preparation classes, office occupation courses which include Word, Excel and Power Point.</p> <p>Hours of Operation: Monday-Friday 7:00 a.m.-3:00 p.m.</p>
<p>Mountain High Continuation School 23332 Crestline Road Crestline, CA 92325</p>	<p>(909) 336-0381</p>	<p>Continuation school students will attend classes: Monday-Friday, 7:30 a.m.-11:30 a.m.</p> <p>Internet access at: www.rimsd.k12.ca.us for additional information. Click on “Mountain High.”</p>
<p>Orange Wood High School 515 Texas Street Redlands, CA 92374</p>	<p>(909) 307-5380</p>	<p>Continuation school, the student must be 16-years-old or older. Only accepts student transferring from another continuation school or Redlands East Valley or High School. Enrollment is every 3 weeks.</p> <p>Class is in session: Monday-Friday 7:35 a.m.-12:45 p.m.</p>



<p>ROP Entry-Level Job Training Services 777 North “F” Street San Bernardino, CA 92410</p>	<p>(909) 381-1260</p>	<p>Classes on medical assisting, banking, computer aid and drafting, office, welding, A+ certification, and printing. Services are free and applicants must be age 16-years-old and above. Identification is required.</p>
<p>San Bernardino Adult School 1200 North “E” Street San Bernardino, CA 92405</p>	<p>(909) 388-6000</p>	<p>Services include, but are not limited to: Literacy classes, GED prep classes and testing site, ESL (at no cost to students), employment resource center and free child care is available for children ages 2-5 years old, (must be a fulltime student).</p> <p>Classes are in session: Monday-Thursday 7:45 a.m.-9:00 p.m. Friday 7:45 a.m.-3:00 p.m. Saturday 8:00 a.m.-12:15 p.m.</p>
<p>Sierra High School 570 E. 9th Street San Bernardino, 92410</p>	<p>(909) 388-6478</p>	<p>Continuation school, based on referrals and accepts San Bernardino Unified School District students, unless transferring from another continuation school.</p> <p>Class is in session: Monday-Friday 7:55 a.m.-12:45 p.m. and 1:30 p.m.-6:20 p.m.</p>



<p>Sky High School 59273 Sunny Slope Drive Yucca Valley, CA 92284</p>	<p>(760) 369-6310</p>	<p>Continuation school which only accepts referrals from Morongo Unified School District and transfers from other continuation schools. No childcare or teen parenting facilities are available at this time. Counseling services are available upon request. ROP classes for office occupations in order to become computer literate and work experience program is available.</p> <p>Continuation School is in session: Day: 7:25 a.m.-12:20 p.m. Independent Study Support Program: Tuesdays 1:00 p.m.-3:00 p.m.</p>
<p>Slover Mountain High 325 Hermosa Street Colton, CA 92324</p>	<p>(909) 876-4171</p>	<p>Continuation school, based on referrals and accepts Colton School District students, unless transferring from another continuation school.</p> <p>Class is in session: Monday-Friday 7:30 a.m.-10:39 a.m. and 11:14 a.m. -2:23 p.m.</p>
<p>Valley View High School 1801 East 6th Street Ontario, CA 91764</p>	<p>(909) 985-0966</p>	<p>Continuation school that only accepts referrals for students from the Chaffey Joint Union High School District.</p>



Crisis and Suicide Hotlines

AGENCY	PHONE NUMBER	DESCRIPTION
Department of Behavioral Health Access Unit	1-888-743-1478	24 Hour Referral line. Referral for Medi-Cal clients to county clinics or to a Fee for Service Provider. Clients without Medi-Cal may call for information and recommendations to nearby psychiatric doctors and county clinics.
First Call for Help Hotline	(760) 240-8255	Phone line is available 24 hours a day. It is a resource crisis directory for callers throughout the high desert.
HOPE (Hope Outreach Program and Education) Referral Service 213 N. Fern Avenue Ontario, CA 91762	(909) 983-5783	Provides referrals for the homeless and low-income people and families. Assistance with bus passes, identification, clothing and hygiene, mailing address and food. Services also include referral for help to get families into homes. Children services include: Hug House an after school program that provides tutoring, food, play yard and mentoring. Services are free for children. <p style="text-align: center;">Hug House: Monday-Friday 3:00 p.m.-6:00 p.m.</p>



National Youth Crisis Hotline	1-800-448-4663	24 hour referral hotline for ages 17 years old and under who are in a crisis situation.
Suicide and Crisis Intervention Service <ul style="list-style-type: none"> ▪ Teen Line 	1-800-832-9119 (909) 854-7067	Provides the caller with over the phone counseling, information and referral can be provided for any type of crisis situation.



Emergency Food and Other Resources

AGENCY	PHONE NUMBER	DESCRIPTION
211 San Bernardino County, a Program of the Inland Empire United Way	1-888-HELPLNK (1-888-435-7565)	San Bernardino County 2-1-1, a Program of the Inland Empire United Way. A hotline referral for food, shelter, counseling, disability issues, drug abuse, AIDS, health insurance, child care, legal aid, sexual abuse, domestic violence, etc. <p style="text-align: center;">Hotline Hours: Monday-Friday 8:00 a.m.-5:00 p.m.</p>
Aletheian Christian Foundation 12181 Oaks Chino, CA	(909) 627-3635	Provides assistance services such as: food, emergency shelter, rent and utility payments to needy people in the Chino area as funds allow. <p style="text-align: center;">Food and Other Resources: Monday, Tuesday and Thursday 10:00 a.m.-2:00 p.m.</p>
Catholic Charities 1800 Western, Suite 107 San Bernardino, CA 92411 635 Taylor Avenue Ontario, CA 91761	(909) 880-3625 (909) 391-1617	All services are based on availability. Food, rental, mortgage, utility and transportation (bus passes) assistance. Information and referrals are available for medical services, clothing, and furniture. Please call first for information on distribution supplies.



<p>Central City Lutheran Mission 1354 North "G" Street San Bernardino, CA 92405</p>	<p>(909) 381-6921</p>	<p>All services are free for teens and all information is confidential. The mission provides: Food, clothing, peer counseling for HIV/AIDS, unwanted pregnancy, human sexuality and STDs. Transportation for HIV testing, HIV positive teens are provided with free housing that includes counseling and support.</p> <p style="text-align: center;">Walk-In Hours: Monday-Friday 10:00 a.m.-8:00 p.m. Saturday hours are based on appointments only.</p>
<p>Chino Neighborhood House 13310 6th Street Chino, CA 91710</p>	<p>(909) 628-5608</p>	<p>Picture identification or utility bill is required to receive food or clothing. Serves low income families residing in Chino Unified School District, Chino Hills and portions of South Ontario.</p> <p style="text-align: center;">Food and Clothing Distribution: Monday, Wednesday and Friday 9:00 a.m.-2:00 p.m.</p>
<p>Church of the Valley-Crisis Ministry 20700 Standing Rock Road Apple Valley, CA 92307</p>	<p>(760) 247-6494</p>	<p>A picture identification is needed to receive food or clothing. A person can receive food only 3 times a year.</p> <p style="text-align: center;">Food and Clothing Distribution: Monday-Thursday 10:00 a.m.-1:30 p.m.</p>



<p>First Call for Help Hotline</p>	<p>(760) 240-8255</p>	<p>The phone line is available 24-hours a day. Referrals are primarily for the high desert. Referrals are given for food and clothing distribution centers and clothing vouchers.</p>
<p>HOPE (Hope Outreach Program and Education) 213 N. Fern Avenue Ontario, CA 91762</p>	<p>(909) 983-5783</p>	<p>Provides referrals for the homeless and low-income people and families. Assistance with bus passes, identification, clothing and hygiene, mailing address and food. Hug House for children is an after school program that provides tutoring, food, play yard with supervision and mentoring. Services also include referral for help to get families into homes. Services are free for children.</p> <p style="text-align: center;">Hours of Operation: Monday-Thursday 9:00 a.m.-3:00 p.m. Friday 9:00 a.m.-2:00 p.m.</p> <p style="text-align: center;">Hug House: Monday-Friday 3:00 p.m.-6:00 p.m.</p>



<p>Our Lady of the Desert Catholic Church 18386 Corwin Road Apple Valley, CA 92307</p>	<p>(760) 242-4427</p>	<p>Food is distributed Wednesday and Thursday mornings. A picture identification is needed for adults and a medical or social security card is needed for children 18-years old and younger. Food can only be picked up once every 2 months. Clothing vouchers are given on availability.</p> <p>Food Distribution: Wednesday and Thursday 9:00 a.m.-11:30 a.m.</p>
<p>Salvation Army Community Center 14585 La Paz Drive Victorville, CA 92392</p>	<p>(760) 245-2545</p>	<p>Services include: daily food distribution, youth programs and summer camp for kids. Food can only be acquired once every 3 months per person or family and bread can be picked up more than once a month.</p> <p>Food Distribution: Monday-Friday 9:00 a.m.-12:00 p.m.</p> <p>Bread Distribution: Monday, Tuesday, Thursday and Friday 11:00 a.m.-12:00 p.m.</p> <p>Youth Program: Wednesdays 4:30 p.m.-5:45 p.m.</p>



<p>Seventh-Day Adventist Community Services 16070 Lorene Drive Victorville, CA 92395</p>	<p>(760) 245-3620</p>	<p>No identification is required at this site.</p> <p>Food and Clothing Distribution: Thursdays 9:00 a.m.-11:00 a.m.</p>
<p>SOVA Center- Counsel of Churches 635 Taylor Avenue Ontario, CA 91761</p>	<p>(909) 391-4882</p>	<p>The center serves people from the following cities: Ontario, Upland and Rancho Cucamonga. Food and clothing can only be obtained once every 30 days per person or depending on need.</p> <p>Food and Clothing Distribution: Monday-Friday 9:00 a.m.-11:00 a.m. and 1:30 p.m.-3:00 p.m.</p>



General Counseling

AGENCY	PHONE NUMBER	DESCRIPTION
<p>Bear Valley Family Counseling 41945 Big Bear Blvd. Big Bear Lake, CA 92315</p>	<p>(909) 866-5721</p>	<p>Provides services for individuals on Medi-Cal and Healthy Families for children ages 18 years and under. A Psychiatrist is available on site and case management is provided for clients. Services for adults are limited, please call for more information.</p> <p style="text-align: center;">Hours of Operation Monday - Thursday 9:00 a.m.-7:00 p.m. Closed Fridays</p> <p style="text-align: center;">Open Screening days: Wednesdays from: 8:00 a.m.-11:30 p.m. and 2:00 p.m.-5:30 p.m.</p>



<p>Bilingual Family Counseling Services 317 West "F" Street Ontario, CA 91762</p>	<p>(909) 986-7111</p>	<p>Outpatient drug/alcohol and child abuse treatment. Programs for adults, adolescents and children (play therapy). Prevention programs include school and community presentations and parent education. Crisis intervention, individual, family and group counseling and suicide intervention. Fees are based on a sliding scale.</p> <p>Hours of Operation: Monday-Thursday 9:00 a.m.-8:00 p.m.</p>
<p>Chino Human Services 13271 Central Avenue Chino, CA 91710</p>	<p>(909) 591-9822</p>	<p>Court mandated youth anger management, family and teen counseling, therapists on site. It is free for Chino residents, \$15 per session for non-Chino residents.</p> <p>Hours of Operation: Monday-Thursday 8:00 a.m.-8:00 p.m. Friday 8:00 a.m.-6:00 p.m.</p>
<p>Department of Behavioral Health Access Unit</p>	<p>1-888-743-1478</p>	<p>The hotline is available 24 hours a day. Services include: Referrals for mental health to local clinics and county providers that accept Medi-Cal.</p>



<p>High Desert Pregnancy Counseling Center 56659 29 Palms Highway, Suite G Yucca Valley, CA 92284</p>	<p>(760) 369-8512</p>	<p>Services include: free pregnancy testing, counseling from a pro-life perspective, abstinence programs, dispenses free baby clothes and diapers. Birth control is not dispersed at this site, but information is available.</p> <p>Hours of Operation: Monday, Wednesday and Friday 11:00 a.m.-3:00 p.m.</p> <p>Internet access at: www.highdesertpregnancycenter.com</p>
<p>La Casa Ramona Counseling 1543 W. 8th Street, Suite B San Bernardino, 92411</p>	<p>(909) 386-5415</p>	<p>Mental health services for children and adolescents. Counseling services include school, social and family issues. No drug or alcohol counseling is provided and services for adults are limited and are based on severity. Fees are based on sliding scale or Medi-Cal (not Healthy Families). Spanish speakers are available.</p> <p>Hours of Operation: Monday-Friday 8:00 a.m.-5:00 p.m.</p>



<p>Mesa Counseling Services 850 East Foothill Blvd. Rialto, CA 92376</p>	<p>(909) 421-9358</p>	<p>Mental health clinic for all ages. Counseling services include: individual, family or group therapy, psychiatric medication and special program for transitional age (17-21 years). Medi-Cal and Healthy Families accepted.</p> <p>Hours of Operation Monday, Thursday, Friday 8:00 a.m.-5:00 p.m. Tues & Wednesday 8:00 a.m.-8:00 p.m.</p> <p>Walk-ins: Monday-Friday 8:00 a.m.-2:00 p.m.</p>
<p>Morongo Basin Mental Health 55475 Santa Fe Trail Yucca Valley, CA 92284</p>	<p>(760) 365-3022 Extension 723</p>	<p>Services include: Child psychiatrist on site, counseling for individual, anger management group counseling, testing for ADHD and family counseling.</p> <p>Hours of Operation: Monday-Friday 800 a.m.-5:00 p.m.</p>



<p>Nueva Vida 290 North 10th Street, Suite 102 Colton, CA 92324</p>	<p>(909) 825-6188</p>	<p>The agency provides family and individual counseling for children. Services for youth include: Transitional program for ages 16-21 years, psychiatric medication for children under 18 years, 2 child psychiatrists on site, peer interaction groups and therapist interaction groups. Fees are based on a sliding scale. Accepts Medi-Cal and Medi-Cal HMO's but does not accept Healthy Families. Serves Colton, Bloomington and surrounding areas.</p> <p>Hours of Operation: Monday/Wednesday 8:00 a.m.-8:00 p.m.</p> <p>Tuesday/Thursday 8:00 a.m.-5:30 p.m.</p> <p>Friday 8:00 a.m.-5:00 p.m.</p> <p>Every other Saturday 8:00 a.m.-5:00 p.m.</p>
<p>San Bernardino Family Services 1669 North "E" Street San Bernardino, CA 92405</p>	<p>(909) 886-6737</p>	<p>Teen anger diversion, values clarifications, anger training and control, independent living skills, male and female discussion groups, victim awareness: about child abuse, grief from death or violent crimes.</p> <p>Hours of Operation: Monday-Thursday 8:30 a.m.-9:00 p.m.</p>



<p>Oasis Counseling Center</p> <ul style="list-style-type: none"> ▪ Barstow 309 E. Mountain View, Suite 100 ▪ Victorville 15447 Anacapa Road, Suite 200 	<p>(760) 256-0376</p> <p>(760) 245-9446</p>	<p>Individual counseling and substance abuse counseling. Outpatient counseling, individual, couple, marriage and family dealing with personal and family problems. Drug/alcohol treatment programs, parenting classes, and PC 1000 classes.</p> <p>Hours of Operation:</p> <p><u>Barstow-</u> Tuesday-Thursday 9:00 a.m.-8:00 p.m. Friday 9:00 a.m.-5:00 p.m.</p> <p><u>Victorville-</u> Monday-Thursday 8:00 a.m.-8:30 p.m. Friday & Saturday 8:00 a.m.-4:30 p.m.</p>
<p>Upland Community Counseling 934 N. Mountain Avenue, Suite C Upland, CA 91786</p>	<p>(909) 579-8100</p>	<p>Provides counseling group and medication support services. Please call for information on current adolescent and teen groups.</p> <p>Hours of Operation: Monday, Tuesday and Friday 8:00 a.m.-5:00 p.m.</p> <p>Wednesday and Thursday 8:00 a.m.-8:00 p.m.</p>



<p>Victor Valley Behavioral Health Center 12625 Hesperia Road Victorville, 92392</p>	<p>(760) 955-1777</p>	<p>The agency is a behavioral, outpatient facility with psychiatrists, counselors and therapists on site. Medication can be prescribed by the psychiatrists. Some services include: Group and individual therapy on anger management, parenting and pre-teen anger management.</p> <p style="text-align: center;">Hours of Operation: Monday, Wednesday, Friday 8:00 a.m.-5:00 p.m. Tuesday 8:00 a.m.-8:00 p.m.</p> <p style="text-align: center;">Walk-ins: Mon-Friday 8:00 a.m.-2:30 p.m.</p>
<p>Victor Valley Community Services Council “First Call for Help”</p>	<p>(760) 240-8255</p>	<p>Phone line is available 24-hours a day. Full information and referral service for people seeking services or information on community agencies for any type of crisis.</p>



Online/Internet Web Site Services

WEB ADDRESS	DESCRIPTION
http://www.sbcounty.gov/pubhlth/	This is the San Bernardino County Department of Public Health website that contains a directory of all Public Health services for San Bernardino County.
http://www.cdc.gov/health/adolescent.htm	Centers for Disease Control is a national website that provides the latest information on disease prevention and education awareness. This section contains health topics from A-Z for adolescents and teens.



Runaway Services

AGENCY	PHONE NUMBER	DESCRIPTION
National Runaway Switchboard	1-800-621-4000 OR 1-800-RUNAWAY	<p>The phone line is available 24-hours a day, 7 days a week. The switchboard is a youth crisis hotline that specializes in runaways. Services include: national referral database for runaways, administer Home Free Program that reunites runaways with their families (must be between the ages of 12-20 years old), messaging service that relays messages from youth to their families and conference calling. Multiple language interpreters are available on request.</p> <p style="text-align: right;">Internet access at: www.nrscrisisline.org</p>
National Youth Crisis Hotline	1-800-448-4663	<p>24-hour hotline for kids 17 years and younger to call when in crisis. Provides caring listeners to talk to youth about their problems and help them locate assistance and referrals.</p>



Sexually Transmitted Diseases (STD)

AGENCY	PHONE NUMBER	DESCRIPTION
<p>San Bernardino County Department of Public Health, Reproductive Health Clinics</p> <ul style="list-style-type: none"> ▪ Main Phone Line 	<p style="text-align: center;">1-800-722-4777</p>	<p>The phone line provides information on STD clinic services, locations and arranges appointments for clients. Services are provided at low-cost to no cost. Specific services include testing and treatment for most STDs. Bilingual staff on-site.</p> <p><i>*All services are confidential.</i></p>



<p>San Bernardino County Department of Public Health, HIV Clinic, Main Phone Lines:</p> <ul style="list-style-type: none"> ▪ San Bernardino Clinic 799 East Rialto Ave. ▪ Ontario Health Center 1647 East Holt Blvd. ▪ Victor Valley Health Center 16453 Bear Valley Rd. 	<p>(909) 383-3060</p> <p style="text-align: center;">OR</p> <p>1-800-255-6560</p>	<p>Free anonymous HIV antibody counseling and testing, confidential HIV antibody counseling and testing for a \$10 fee, photocopy of the results upon request for an additional \$5 fee, referral to care for people who test positive.</p> <p style="text-align: center;">Counseling & Testing Available:</p> <p style="text-align: center;">San Bernardino Clinic Monday – Friday 8:00 a.m. – 4:30 p.m. Tuesdays 8:00 a.m. – 6:30 p.m.</p> <p style="text-align: center;">Ontario Health Center Fridays, 8:00 a.m. – 10:30 a.m.</p> <p style="text-align: center;">Victor Valley Health Center Wednesdays & Fridays 8:00 a.m. – 10:30 a.m.</p>
<p>AIDS Hotline – English</p>	<p>1-800-342-AIDS (2437)</p>	<p>The hotline is available 24 hours a day and offers AIDS and STD information, nationwide referrals and free literature for anyone in the United States. Services are free.</p>



AIDS and STD Hotline – Spanish	1-800-344-SIDA (7432)	Provides HIV and AIDS information and referrals for Spanish speakers. Spanish literature on AIDS and STD information and referrals for local or national agencies in the United States. <p style="text-align: center;">Hours of Operation: Monday-Friday 8:00 a.m.-2:00 a.m. EST.</p>
STD Hotline ▪ TTY Phone Line	1-800-227-8922 1-800-243-7889	Centers for Disease Control and Prevention (CDC) hotline to provide information on HIV/AIDS and STDs.



Stop Smoking Resources

AGENCY	PHONE NUMBER	DESCRIPTION
<p>American Cancer Society</p> <ul style="list-style-type: none"> ▪ 24 Hour Hotline ▪ Great Start (Pregnant Women) 	<p>(909) 683-6415</p> <p style="text-align: center;">Or</p> <p>1-800-227-2345</p> <p>1-866-667-8278</p>	<p>Provides local referrals for smoking cessation programs.</p> <p>The phone line is available 24-hours a day and provides local resources for smoking cessation programs and support groups.</p> <p>Great Start is a smoking cessation program for pregnant women.</p>
<p>American Lung Association 441 Mac Kay Drive San Bernardino, CA 92408</p>	<p>(909) 884-5864</p>	<p>Provides education on tobacco use, training services for trainers, presentations and advocacy for tobacco cessation, and information on local tobacco cessation programs. Referrals are available for San Bernardino and Riverside counties.</p> <p style="text-align: center;">Hours of Operation: Monday-Friday 8:30 a.m.-4:30 p.m.</p>



<p>California Smoker's Helpline:</p> <ul style="list-style-type: none"> ▪ English ▪ Spanish ▪ Cantonese/Mandarin ▪ Vietnamese 	<p>1-800-NO-BUTTS (1-800-662-8887)</p> <p>1-800-NO-FUMES (1-800-663-8637)</p> <p>1-800-556-5564</p> <p>1-800-778-8440</p>	<p>The helpline is available 24-hours a day and provides free information and referrals for local sites to help people stop smoking.</p>
<p>Nicotine Anonymous Support Group</p>	<p>1-800-642-0666</p>	<p>The message system is available 24-hours a day and refers the caller to mutual self-help groups for smokers. The on-going support group is based on the 12-steps and traditions of alcoholics and narcotics anonymous.</p>
<p>San Bernardino County T.U.R.N Program</p>	<p>1-800-637-6653</p>	<p>Educational presentations, professional training, policy development assistance, quit smoking program referrals, tobacco education resources.</p>



Youth Recreation and Activities

AGENCY	PHONE NUMBER	DESCRIPTION
<p>Boys and Girls Club</p> <ul style="list-style-type: none"> ▪ Boys and Girls Club, San Bernardino 1180 West 9th Street San Bernardino, CA 92411 ▪ Boys and Girls Club, Fontana 7723 Almeria Avenue Fontana, CA 92336 	<p>(909) 888-6751</p> <p>(909) 822-4988</p>	<p>Youth and family service agency for youth development. Fees are varied.</p> <p>Youth and family counseling, employment services (for ages 16-21), basketball, computer center, Tae Kwon Do classes, dance classes, pool and swimming lessons.</p> <p style="text-align: center;">Hours of Operation: Monday-Friday 7:00 a.m.-7:00 p.m. Computer Center: 7:00 a.m.-7:00 p.m.</p> <p>Learn how to be a DJ, homework and tutoring available, basketball, computer technology classes, arts and crafts, soccer and football. Teen Supreme is a social interactive club just for teens (ages 13-18 years).</p> <p style="text-align: center;">Hours of Operation: Monday, Wednesday, Thursday and Friday 2:00 p.m.-6:00 p.m. Tuesday 12:00 p.m.-6:00 p.m.</p> <p style="text-align: center;">Internet access at: www.bgcfontana.com</p>



<p>Boys and Girls Club <i>(continued)</i></p> <ul style="list-style-type: none"> ▪ Boys and Girls Club, Yucca Valley 56525 Little League Drive Yucca Valley, 92284 ▪ Boys and Girls Club, Crestline 607 Forest Shade Road Crestline, CA 92325 ▪ Boys and Girls Club, Redlands 803 W. Brockton Avenue Redlands, CA 92374 	<p>(760) 365-5437</p> <p>(909) 338-0418</p> <p>(909) 798-4599</p>	<p>Homework and tutoring, computer lab, teenager intervention/counseling groups, basketball, special teen activities throughout the year, full size gym and game room.</p> <p style="text-align: center;">Regular Hours of Operation: Monday-Friday 10:00 a.m.-6:00 p.m.</p> <p>After-school program, homework center (arts and crafts), computer literacy, ESL classes, GED prep and test, fitness programs, pool tables, cyber café and Smart Moves program.</p> <p style="text-align: center;">Hours of Operation: Monday-Saturday 2:00 p.m.-6:30 p.m.</p> <p>Teen center that provides homework help and tutoring, sports fitness and basketball tournament.</p> <p style="text-align: center;">Hours of Operation: Monday-Friday 2:00 p.m.-6:00 p.m.</p>
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Fontana Recreation and Community Services	(909) 428-8360	Main administration office.
<ul style="list-style-type: none"> ▪ Jessie Turner Community Center 6396 Citrus Avenue Fontana, CA 92336 	(909) 428-8372	<p>After school program, open gym for basketball, dance classes that include: hip-hop/jazz, tap, ballet, Mexican folk, pool, Tae Kwon Do, summer camp available.</p> <p style="text-align: center;">Hours of Operation: Monday-Friday 8:00 a.m.-8:00 p.m. Saturday 8:00 a.m.-2:00 p.m.</p>
<ul style="list-style-type: none"> ▪ Don Day Community Center 14501 Live Oak Avenue Fontana, CA 92337 	(909) 428-8383	<p>Teen program for ages 11-16 years old: homework and games, basketball, kick ball, pool table tournament, Tae Kwon Do, fitness program and swimming pool. Dance classes include: Mexican folk, ballet, tap, jazz, hip-hop and cheerleading.</p> <p style="text-align: center;">Hours of Operation: Mon-Friday 8:00 a.m.-8:00 p.m. Saturday 8:00 a.m.-2:00 p.m.</p>



<p>Friday Night Live, Club Live, and Friday Night Live Kids</p>	<p>1-800-782-4264</p> <p>OR</p> <p>(909) 387-6623</p>	<p>Friday Night Live builds partnerships for positive and healthy youth development, which engages youth as active leaders and resources in their communities.</p> <p>Friday Night Live: designed for high school-aged youth.</p> <p>Club Live: designed for middle school-aged youth.</p> <p>Friday Night Live Kids: designed for kids in grades 4-6.</p> <p>Internet access at: www.fridaynightlive.org</p>
<p>San Bernardino Recreation and Community Services</p> <ul style="list-style-type: none"> ▪ Lytle Creek Community Center 380 South K Street San Bernardino, CA 92410 	<p>(909) 384-5424</p> <p>(909) 384-5424</p>	<p>Main administration office.</p> <p>Youth and teen sports (ages 7-18 years): football, basketball, track & field, coed softball and game room. Free lunch program all youth under 18 years. Other activities include cooking, arts and crafts and tutoring is available.</p> <p>Hours of Operation: Monday-Friday 9:00 a.m.-8:00 p.m.</p> <p>Free Lunch Program is offered: Monday-Friday 12:00 p.m.-1:00 p.m.</p>



<p>San Bernardino Communities Against Drugs</p> <ul style="list-style-type: none"> ▪ Youth-to-Youth Program 600 N. Arrowhead Avenue, Suite 201 San Bernardino, CA 92401 	<p>(909) 885-0509</p>	<p>Community based, focuses on middle and high school students, students help create the program, public speaking skills are attained, monthly training, and workshops on various topics considered important by the students are conducted.</p>
<p>Rialto Recreation and Community Services 214 N. Palm Avenue, Ste 204 Rialto, CA 92376</p> <ul style="list-style-type: none"> ▪ Rialto Racquet and Fitness Club 1243 S. Riverside Avenue Rialto, CA 92376 	<p>(909) 820-2612</p> <p>(909) 820-2611</p>	<p>After school programs are free and serve Rialto students. Activities available: Open gym, aquatics, Karate, tap, and guitar. Please call for more information on fees for classes and other services.</p> <p>Hours of Operation: Monday-Thursday 7:00 a.m.-6:00 p.m.</p> <p>Workout facility, weights and cardiovascular equipment, basketball, swimming pool/jacuzzi/sauna.</p> <p>Hours of Operation: Monday-Thursday 5:00 a.m.-10:00 p.m. Friday 5:00 a.m.-8:00 p.m. Saturday & Sunday 7:00 a.m.-6:00 p.m.</p>



<p>YMCA:</p> <ul style="list-style-type: none"> ▪ Ontario 215 West "C" Street Ontario, CA 91762 ▪ Redlands 500 E. Citrus Avenue Redlands, CA 92373 ▪ San Bernardino 808 E. 21st Street San Bernardino, CA 92404 	<p>(909) 797-3662</p>	<p>Cardiovascular center, weight room, aerobics, basketball court, volleyball and karate.</p> <p>Youth sports, basketball, aerobics, swimming (indoor/outdoor pools), camping program, roller hockey rink, gymnastics and racquetball courts.</p> <p>Active aquatics program with swim team. Swim lessons, basketball and gymnastics.</p>
<p>Yucaipa Teen Center 12385 7th Street Yucaipa, CA 92399</p>	<p>(909) 797-3662</p>	<p>Drop-in center with a game room for teens ages 11-18 years. Activities include: Swimming pool and lessons, ping pong, video games (Playstation), arts and crafts, homework center and tutoring. Referrals and information for parents on drugs and alcohol prevention are available. Guidance programs that include: drug and alcohol intervention and anger management classes.</p> <p style="text-align: center;">Regular Hours: Monday-Friday 2:00 p.m.-6:00 p.m.</p> <p style="text-align: center;">Summer Hours: Monday-Friday 1:00 p.m.-6:00 p.m.</p>



**California Relay Service (TDD)
For the Hearing Impaired**

AGENCY	PHONE NUMBER	DESCRIPTION
	1-800-735-2929	



Public Health Department Child and Adolescent Health Programs

AGENCY	PHONE NUMBER	DESCRIPTION
California Children Services 150 Carousel Mall San Bernardino, CA 92415	(909) 387-8400	Case management, diagnosis and treatment services for children and young adults under age 21, which are medically, financially and residentially eligible. Physical and occupational therapy services for eligible children at school-based sites. Services provided are for medically fragile children up to the age of 21. <p style="text-align: center;">Hours of Operation: Monday-Friday 8:00 a.m.-5:00 p.m.</p>
Child and Adolescent Health Program 120 Carousel Mall San Bernardino, CA 92415	1-800-722-3777	Refer eligible children to local CHDP doctors for free check-ups. Testing: urine, blood lead level, vision, hearing, counseling by an RN, dental referrals, and community outreach and education on child health topics. Spanish speaking staff available.
Immunization Clinics: <ul style="list-style-type: none"> ▪ Barstow 303 E. Mountain View ▪ Chino 5443 B street 	1-800-722-4794 OR (909) 387-6521	Immunizations are a walk-in basis clinic. Children ages 2 months to 18 years are free and \$10 per visit for adult vaccines. Services also include travel immunizations and perinatal Hepatitis B prevention. <i>See continuation below.</i>



<p>Immunization Clinics: <i>(continued)</i></p> <ul style="list-style-type: none"> ▪ Fontana 17830 Arrow Blvd ▪ Hesperia 1645 Bear Valley Road ▪ Joshua Tree 63532 29 Palms Hwy, Suite D ▪ Needles (Must call directly to make an appointment) 140 Bay Leave Street, Suite B ▪ Ontario 1647 East Holt Blvd. ▪ Rancho Cucamonga 10071 Feron Blvd ▪ San Bernardino 351 N. Mountain View Room 107 ▪ Trona 13205 Market St ▪ Twin Peak 26010 State Hwy 189 ▪ Yucaipa Sherer Community Center 	<p>(760) 326-9230</p>	<p>Mountain communities please call for more information on services and locations. All clinic hours are subject to change, please call in advance for updated information.</p> <p style="text-align: center;">*NOTE: Clients must bring an immunization record for their children and proof of being a parent by identification (birth certificate or court document).</p>
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12202 First Street		
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