



# RESOURCES FOR FAMILIES AND CHILDREN (0- 5YRS)



Tribal Family Partners  
(Updated March 2025)

## BASIC ESSENTIALS

### THE CAHUILLA CONSORTIUM

<https://www.cahuillaconsortium.org>

(951) 392-1919

24/7 HOTLINE: (951) 392-1919

**Eligibility:** Service area consists of the four consortium tribal member communities within the four reservations (Cahuilla, Los Coyotes, Santa Rosa, and Torres Martinez) as well as the surrounding communities of Riverside County, San Diego County (North), and parts of San Bernardino County. Additionally, services may be provided to non-native people in these service areas based on availability of funding.

**Program details:** Based on availability of funding, services include emergency short term and basic needs, emergency sheltering, transitional housing, transport/public transportation assistance, small home repair and locksmith (limited), burial/funeral assistance (limited), advocacy, and therapy. Also advocates and assists victims of domestic violence, sexual assault, stalking, and human trafficking.

### CAL FRESH

[www.cdss.ca.gov/calfresh](http://www.cdss.ca.gov/calfresh)

1-877-847-3663

**Eligibility:** People with low income who meet federal income eligibility rules.

**Program details:** Program that provides monthly benefits to assist low-income households in purchasing the food they need to maintain adequate nutritional levels.

### CALIFORNIA CHILDREN'S SERVICES

[California Children's Services](#)

#### Riverside County:

4210 Riverwalk Parkway #300

Riverside, CA 92505

(951) 358-5401

#### San Bernardino County:

150 E Holt Blvd 3<sup>rd</sup> Floor

Ontario, CA 91762

(909) 458-1637

**Eligibility:** Child may qualify if they: (1) are under 21 years old (2) have a health problem that is covered by CCS (3) are a resident of California **and** (4) have one of the following:

- Family income of \$40,000 or less
- Out-of-pocket medical expenses expected to be more than 20% of family's adjusted gross income
- A need for an evaluation to find out if there is a health problem covered by CCS
- Was adopted with a known health problem that is covered by CCS
- A need for the Medical Therapy Program
- Medi-Cal, with full benefits

**Program details:** CCS is a state program for children with certain diseases or health problems. Through this

program, children up to 21 years old can get the healthcare and services they need. CCS will connect you with doctors and trained healthcare professionals who know how to care for your child with special healthcare needs.

### CALIFORNIA INDIAN LEGAL SERVICES

[www.calindian.org](http://www.calindian.org)

609 S Escondido Blvd

Escondido, CA 92025

(760) 746- 8941

**Eligibility:** Free representation in areas of federal Indian law to Native American individuals who are at or below the federal poverty level. Individuals must meet with an Intake Specialist to determine eligibility. CILS may represent clients in a fee-for-service capacity at a lower-than-market rate.

**Program details:** California Indian Legal Services provides individuals and tribes with legal services pertaining to federal Indian law. Individual matters handled include discrimination based on race, unsealing birth records, domestic violence protection and support, expungement, and legal assistance on Native American jurisdictional issues.

### EARLY START FAMILY RESOURCE NETWORK

<https://www.esfrn.org/>

P.O Box 19037

San Bernardino, CA 92423

(909) 890-4788

**Eligibility:** Families who have children with developmental or physical disabilities or who are at risk for disabilities.

**Program details:** A coordinated network of parent-to-parent support throughout Riverside and San Bernardino Counties in California. The ESFRN provides supportive services which include education, resources, and training to families with children who are at risk for or are experiencing delays or disabilities.

### FEEDING AMERICA WAREHOUSE

[feedingamericaie.org/get-help](http://feedingamericaie.org/get-help)

2950 – A Jefferson St

Riverside, CA 92504

(951) 359-4757

**Eligibility:** Cost-free and open to the public

**Program details:** Monthly distributions – dates listed on website. Location of monthly food distributions across Riverside County. Food deliveries offered through Nourish Now for home-bound individuals with health and financial limitations.

**RSBCIHI Quarterly distribution at Soboba Clinic**

## BASIC ESSENTIALS CONT.

### INLAND SO CAL UNITED WAY – 211

inlandsocaluw.org  
1835 Chicago Avenue Suite B  
Riverside, CA 92507  
(909) 751-1180

**Eligibility:** 211 open to the public. Eligibility for resources varies by program.

**Program details:** Two-county 211 system – a comprehensive source of information about local resources and services. Resources can also be searched on their website.

### MORONGO TRIBAL TANF

<https://morongonation.org/morongo-tribal-tanf/>

#### Banning Site

940 E Williams St Suite A  
Banning, CA 92220  
(951) 755-5178

#### San Bernardino Site

720 E Carnegie Dr Suite 150  
San Bernardino, CA 92408  
(951) 572-6250

#### Service population:

Banning Site (Riverside County) serves eligible Native American families who: (1) reside on the Morongo Reservation and are members/descendants of a Federally recognized tribe or of the California Judgement Roll (2) are Morongo Descendants residing on the Morongo Reservation or in the off-reservation areas of Riverside County, excluding the city of Riverside **or** (3) are enrolled Morongo Tribal members

San Bernardino Site (San Bernardino County) serves eligible Native American families who: (1) reside in the off-reservation areas of San Bernardino County and are members/descendants of a Federally recognized tribe, Alaska Natives, or members/descendants of the California Judgement Roll **or** (2) are enrolled Morongo Tribal members residing anywhere in San Bernardino County.

**Eligibility:** Meet income guidelines (200% Federal Poverty Level). Countable resources cannot exceed \$10,000 per family. Native/Non-Native parent(s) with an eligible minor child. \*Expectant Native parent may be eligible in the third month of pregnancy. Caretakers with eligible Native American child(ren) in the household that meet the above criteria may apply.

**Program details:** MTTP provides a variety of services based on eligibility. Services include cash assistance, supportive services (child care, transportation assistance, work supports, job development services, education assistance, and incentives, and prevention programs (literacy, fitness, parenting, Native American culture and traditions, etc.)

### PECHANGA TRIBAL TANF

<https://www.pechanga-nsn.gov/tanf/>

**Eligibility:** Enrolled members of a Federally recognized tribe. Must be living on the Pechanga reservation or within the Orange County Service area.

**Program details:** Pechanga TANF provides services based on eligibility. Services include cash assistance, career support, and education support.

### PROJECT T.O.U.C.H.

<https://projecttouchonline.com>

30141 Antelope Rd D-103  
Menifee, CA 92584  
(951) 677-9661

**Eligibility:** Homeless individuals/families in Riverside and San Bernardino Counties

**Program details:** Transitional housing program and annual winter shelter (December-April). Program includes comprehensive case management, employment assistance, transportation, food, clothing, and medical assistance. Community food program that assists those in transitional housing as well as local non-profit partners. Resource referral center. Diving Discount and Thrift Store which prepares transitional housing clients for future work in retail.

### RIVERSIDE-SAN BERNARDINO COUNTY INDIAN HEALTH, INC. (RSBCIHI) – FOOD AND NUTRITION PROGRAM

[www.rsbcihi.org](http://www.rsbcihi.org)

Clinic Locations: Grand Terrace, Banning, Temecula, Thermal, San Jacinto, Anza, Barstow, Mountain Center  
(951) 849-4761

**Eligibility:** For WIC, see eligibility guidelines in general state WIC entry. For all other services, eligible Native American patient. The Patient Registration Department is responsible for determining whether a person is eligible for Direct Care clinic services and if they are eligible for Contract Care benefits or Purchase Referred Care benefits. Eligibility is determined by providing required documents.

**Program details:** In addition to WIC benefits (see WIC entry), Food and Nutrition program includes registered dietitians, nutritionists, and certified nutrition educators who offer nutrition coaching/classes, senior nutrition services, and commodities food distribution (must be an eligible low-income Native American household for food distribution)

## BASIC ESSENTIALS CONT.

### RSBCIHI COMMUNITY OUTREACH SERVICES

rsbcihi.org

(909) 864-1097

**Program details:** RSBCIHI Community Outreach Services utilizes Public Health Nurses (PHNs), Community Health Representatives (CHRs), and Patient Escorts as liaisons between the community and the healthcare system. Services include accessing non-emergency healthcare resources, child/adult immunizations, health screenings, monitoring chronic health problems or permanent disabilities, and teaching self-help skills.

### SOBOBA TRIBAL TANF

sobobatanf.org

#### Riverside Site

1425 Spruce St Suite A  
Riverside, CA 92507

(951) 654-5964

#### Soboba Site

23904 ½ Soboba Rd  
San Jacinto, CA 92583

(951) 487-9075

#### Santa Rosa Site

65200 State Highway 74  
Mountain Center, CA 92561

(951) 487-7737

#### Cahuilla Site

52701 Highway 371 Suite C  
Anza, CA 92539

(951) 487-7738

**Eligibility:** (1) Enrolled members of a Federally recognized tribe, members of a tribe identified on the California Judgement Roll, and their descendants. At least one member of the household is required to be Native American. Have a minor dependent child in the home. Individuals expecting a child may be eligible in their third trimester of pregnancy. (2) Reside within the city of Riverside, on the Soboba, Santa Rosa, or Cahuilla Indian Reservations. All Soboba and Santa Rosa tribal members and descendants reside in Riverside County. (3) Meet federal poverty income guidelines.

**Program details:** Soboba Tribal TANF provides a variety of services based on eligibility. Services include cash assistance, support services, career development, resource referrals, and prevention activities.

### TORRES MARTINEZ TRIBAL TANF

<https://torresmartinez.org/temporary-assistance-for-needy-families-tanf/>

#### Thermal Site

66725 Martinez Rd P.O Box 969  
Thermal, CA 92274

(760) 397-9466

#### San Jacinto Site

641 N State St Suite 2

San Jacinto, CA 92583

(951) 765-9466

#### Murrieta Site

38670 Sky Canyon Dr Suite 100

Murrieta, CA 92563

(951) 292-5100

**Eligibility:** Torres Martinez Tribal TANF provides services to all eligible and needy Indian families and their children who have at least one member of their household (child or adult) who is a member or descendant of a member of a Federally recognized tribe or identified on the California Judgement Roll and who reside anywhere within the boundaries of Riverside County and Los Angeles County excluding: (1) Those persons who are enrolled members or descendants of the Morongo and Soboba Tribe who reside outside Reservation lands served by the TMDCI Tribal TANF Program and (2) The City of Riverside

**Program details:** Torres Martinez Tribal TANF provides a variety of services based on eligibility. Services include cash assistance and education (adult literacy, FAFSA workshop, preparation for college entrance exams, etc.)

### UNITED LIFT RENT AND UTILITY RELIEF FOR RIVERSIDE COUNTY

<https://unitedlift.org/update/>

#### For Western/Southwestern Riverside

1835 Chicago Ave B

Riverside, CA 92507

(951) 697-4700

#### For Eastern Riverside

73-710 Fred Waring Dr Suite 100

Palm Desert, CA 92260

(760) 636-0420

**Eligibility:** Riverside County residents

**Program details:** Program is dedicated to helping families find housing, pay rent or utilities, and fight eviction. Also provides links to legal aid for fighting eviction in Riverside County as well as to a utility assistance program.

### WARRIOR FOR CHILDREN

<https://warriorforchildren.org/about-us/>

1523 Howard Access Rd Unit A

Upland, CA 91786

(909) 931-9499

**Eligibility:** Families experiencing trauma. Submit name to TFP Project Director who will work with RSBCIHI patient advocates to obtain needed supplies

**Program details:** Tangible resources to those in need of items they cannot access themselves. Items include baby items (diapers, formula, wipes, etc.), bedding, clothing, hygiene, toys, and miscellaneous supplies (school supplies, books, backpacks, water bottles, etc.).

## BASIC ESSENTIALS CONT.

### WESTERN EAGLE

[Home - Western Eagle Foundation](#)

40940 County Center Dr

Temecula, CA 92591

(951) 695-7206

**Eligibility:** For emergency food bags, a self-certification form must be completed and provide proof of income. Must have qualifying family income. Volunteer youth, young adults, seniors, individuals with disabilities, veterans, and those in recovery programs or needing community service hours eligible for work development programs.

**Program details:** Every week, local food pantries, other nonprofit agencies providing hunger relief, and faith-based organizations pick up pallets of food at the Western Eagle drive-thru and transport to distribution sites in the outlying and rural areas of Riverside County and San Diego County. Western Eagle Foundation is able to offer low to moderate income families an “emergency” food bag of staples (canned and dry goods). Emergency food bags are distributed twice a month, and dates are posted both in weekly communications and social media.

Customized food boxes are distributed to families each week and additionally provide a choice of breads, fresh vegetables, fruits, and proteins to offer a nutritious food box to families daily. Work development to increase skill set in stocking, packing, shelving, sorting, pricing, cashiering, customer service, work ethics, and business policies and procedures.

### WOMEN, INFANTS AND CHILDREN (WIC)

For WIC: Meet income guidelines (185% Federal Poverty Level) and be in any of the categories below:

- A pregnant woman
- A woman breastfeeding a baby under 1 year of age
- A woman who had a baby or was pregnant in the past 6 months
- A baby up to their first birthday
- A child up to their fifth birthday
- Babies and children cared for by their fathers, other guardians, or foster parents

**Program details:** The Women, Infants and Children (WIC) Division administers the California WIC program. This program helps families across the state by providing nutrition education, breastfeeding support, healthy foods, and referrals to healthcare and other community services.

### PLANNED PARENTHOOD

[Planned Parenthood | Official Site](#)

**Eligibility:** Anyone in either Riverside or San Bernardino County.

**Program Details:** Nonprofit organization that provides reproductive and sexual healthcare. The organization provides services that include prenatal and postpartum

services, sexual and reproductive concerns, pregnancy testing and planning, birth control, and more. Services are based on location.

### COMMUNITY SETTLEMENT ASSOCIATION

[Community Settlement Association – CSA Riverside](#)

4366 Bermuda Ave

Riverside, CA 92507

(951) 686-6266

**Eligibility:** Residents in Riverside County

**Program Details:** Provides social services and a food pantry program for residents in Riverside County.

### HOUSING AUTHORITY OF RIVERSIDE COUNTY

[Home | Housing Authority of the County of Riverside \(harivco.org\)](#)

5555 Arlington Avenue

Riverside, CA 92504

(951) 351-0700

**Eligibility:** Residents in Riverside County

**Program Details:** Assistance for low-income families in renting an apartment or buying a home.

### TRIBAL/REGIONAL CENTER LOOKUP

[CalTribalFamilies - Tribal/Regional Center Lookup](#)

**Eligibility:** Dependent on current Tribal Member status.

**Program Details:** Provides a map of locations of Tribal/Indian organizations in California. Locations can be selected to view further information about what tribal services are offered for Tribal Members including social services, health services, tribal TANF programs, etc.



## EARLY CARE & EDUCATION

### BANNING UNIFIED SCHOOL DISTRICT INDIAN EDUCATION

<https://floridastreet.banning.k12.ca.us/>

#### Florida Street Discovery Center (0-5)

671 N Florida St  
Banning, CA 92220  
(951) 849-2930

<https://www.banning.k12.ca.us/page/centralized-registration>

161 W Williams St  
Banning, CA 92220  
(951) 922-0200

**Eligibility:** Must be a child enrolled in the BUSD whose parent, grandparent, or themselves is a member of a Federally recognized tribe, state recognized tribe, terminated tribe, or an Indian group that received a grant under the Indian Education Act of 1988

**Program details:** Provides academic tutoring in Math, English, and Reading. Encourages student progress monitoring, student attendance, parent involvement, student intervention, and college/career awareness. Also provides Native American resources and cultural awareness activities in collaboration with the Morongo Tribal Tutoring Services and the local community.

### CHILD CARE RESOURCE AND REFERRAL

<https://rrnetwork.org/family-services>

1 Polk St Unit 201  
San Francisco, CA 94102  
Office: 1 (415) 882-0234  
Hotline: 1 (800) 543-7793

**Eligibility:** Any family in need of child care in California  
**Program details:** Assists families in finding child care by assigning a child care specialist to them that provides details on locations nearby to help decide the best fit for their needs. Also lists possible methods to receive help to pay for child care (qualification dependent).

### CHILD CARE RESOURCE CENTER

<https://www.ccrcca.org/parents/>

1111 East Mill St Suite #100  
San Bernardino, CA 92408  
(909) 384-8000  
OR

15456 W Sage St  
Victorville, CA 92392  
(760) 245-0770

**Eligibility:** High needs or low-income families in San Bernardino County

**Program details:** Offers Child Care Financial Assistance based on the needs of the child and the income of the family. Provides a resource directory for parents that includes various resources for a multitude of topics. Offers assistance with finding child care facilities. Also

allows requests for free, personalized child care for certain programs listed. In addition, lists many funded child care and development options that families can apply to.

### CONSORTIUM FOR EARLY LEARNING SERVICES

<https://consortiumels.org/en/>

21250 Box Springs Rd Suite 113  
Moreno Valley, CA 92557  
(951) 778-5003

**Eligibility:** Families with young children in need of child care in Riverside County

**Program details:** Assists families with finding early child care facilities. Also provides links to information of resources for various topics including child development, agencies, providers, and more.

### FIRST 5 RIVERSIDE COUNTY

<https://rccfc.org/resources/community-programs>

585 Technology Court  
Riverside, CA 92507  
1-800-266-3880

**Eligibility:** Families with children prenatal to age 5 in Riverside County

**Program details:** Offers programs designed to build resilient families, encourage better health for children, provide financial support, or improve early learning.

### FIRST 5 SAN BERNARDINO COUNTY

<https://first5sanbernardino.org/>

735 E Carnegie Dr Suite 150  
San Bernardino, CA 92408  
(909) 386-7706

**Eligibility:** Families with children prenatal to age 5 in San Bernardino County

**Program details:** Dedicated to supporting and enhancing the health and development of children who are prenatal to age 5. Provides resources to parents to learn about development and the resources available to them in their community.

### HELP ME GROW INLAND EMPIRE

<https://helpmegrowie.org/parents-and-guardians/>

1-888-464-4316

**Eligibility:** Families with children 0-5 in Riverside and San Bernardino Counties

**Program details:** Provides child development information and developmental screenings. Helps families access resources and services to help deal with any developmental delays or risk factors. Provides a network of services including healthcare agencies and early education providers.

## EARLY CARE & EDUCATION CONT.

### INLAND REGIONAL CENTER

<https://www.inlandrc.org/>

1365 S Waterman Ave  
San Bernardino, CA 92408  
SB for 0-3: (909) 890-4711  
SB for 3+: (909) 890-3148  
R for 0-3: (909) 890-4763  
R for 3+: (951) 826-2648

**Eligibility:** Available to San Bernardino and Riverside County residents. For children 0-3, must have a developmental delay of at least 25% in one or more areas of cognitive, receptive communication, expressive communication, social, emotional, adaptive, motor, vision, or hearing development OR have an established risk condition of known etiology OR be considered a risk of having a substantial developmental disability. For 3+, must have a developmental disability which can include autism, cerebral palsy, etc. that is expected to continue indefinitely, originate prior to 18, and be a substantial disability.

**Program details:** Services provide support to families with children that have developmental disabilities, Services given are dependent on the child based upon guidance from an assigned Service Coordinator.

### QUALITY START RIVERSIDE

<https://qualitystartrc.org/>

(800) 266-3880

**Eligibility:** Families with young children in Riverside County

**Program details:** Program assists in finding child care for families. Also provides resources on other programs that provide financial assistance or improving early learning at home.

### QUALITY START SAN BERNARDINO

<https://qualitystartsb.org/>

[info@qualitystartsb.org](mailto:info@qualitystartsb.org)

**Eligibility:** Families with young children in San Bernardino County

**Program details:** Program offers resources to families revolving around topics including early educator advocacy, parent advocacy, parental involvement in development, high quality learning, and SB County community resources.

### RIVERSIDE COUNTY OFFICE OF EDUCATION, EARLY CARE & EDUCATION

<https://www.rcoe.us/departments/early-education-services/early-care-and-education/looking-for-child-care>

4101 Almond St

Riverside, CA 92501

(951) 826-6655

**Eligibility:** Riverside County families based on their

current income

**Program details:** Offers an Early Care and Education program that provides subsidized child care and development services for eligible families. Provides cost-assisted child care based on gross income and family size. Also has a resource and referral database to assist parents on finding child care services.

### SBCUSD EARLY LEARNING PROGRAM

<https://childdev.sbcusd.com/>

#### Child Development (0-5) Program

303 S K St

San Bernardino, CA 92410

(909) 388-6307

**Eligibility:** All students from birth to five in California. Eligibility is based on family size, family needs, and income.

**Program details:** Preschool program is aimed at early learning for children in a classroom environment. Program aims to assist needy families at no cost or low cost.

### SAN BERNARDINO COUNTY SUPERINTENDENT OF SCHOOLS EARLY EDUCATION AND DEVELOPMENT DEPARTMENT

<https://www.sbcss.k12.ca.us/index.php/en/ess-2019/early-education-and-development>

601 N St

San Bernardino, CA 92415-0020

(909) 386-2658

**Eligibility:** Families with children ages 0-9 in San Bernardino County

**Program details:** Provides learning opportunities and strategies to help students be more successful in their academics.

### SAN BERNARDINO VALLEY COLLEGE CHILD DEVELOPMENT CENTER

<https://www.valleycollege.edu/about-sbvc/facilities/child-development-center/>

701 S Mount Vernon Ave

San Bernardino, CA 92410

(909) 384-4440

**Eligibility:** Open to San Bernardino community and SBVC students with children aged 0-5

**Program details:** Assists with finding quality child care.

## EARLY CARE & EDUCATION CONT.

### **SAN JACINTO UNIFIED SCHOOL DISTRICT INDIAN EDUCATION**

<https://hsps.sanjacinto.k12.ca.us/>

#### **San Jacinto Head Start/State Preschool (0-5)**

257 S Grand Army Ave  
San Jacinto, CA 92583  
(951) 654-1531

#### **CAROLYN E. WYLIE CENTER**

[The Carolyn E. Wylie Center – For Children, Youth & Families](#)

4164 Brockton Avenue  
Riverside, CA 92501  
(951) 683-5193

**Eligibility:** Families in the Riverside County area

**Program Details:** Nonprofit organization that offers intervention, education, and treatment services for children, youth, and families.

#### **CA STATE DEPT OF SPECIAL EDUCATION DIVISION**

(800) 926-0648

**Eligibility:** People residing in California

**Program Details:** Assists parents and individuals in resolving issues at the local level or asking questions regarding special education.

#### **CAHELP**

[Professional Learning - CAHELP](#)

[CAHELP Event Calendar and Homepage](#)

17800 Highway 18  
Apple Valley, CA 92307  
(760) 552-6700

**Eligibility:** Dependent on what courses or events chosen. Some courses have a minimum participant count. Certain courses or events may have a fee to attend associated, but free ones are available.

**Program Details:** Offers a multitude of programs and trainings virtually or on-site. Some examples of what is offered as of October 2024 to the community include a monthly Family Playtime event at IEHP's Community Resource Center and a training on handling challenging child behaviors at home. In addition, family events focusing on various topics that are offered throughout the year can be found on their website's calendar.

#### **San Bernardino County Preschool Services**

[PSD – Preschool Services](#)

662 South Tippecanoe Avenue  
San Bernardino, CA 92415-0630  
(888) 543-7025

**Eligibility:** Serves families in the San Bernardino region. Some programs give service priority to children with disabilities, foster children, and homeless children.

**Program details:** Offers various programs for early

education including Head Start , Early Head Start for Center-Based and Home-Based options, the Low Income First Time Mothers (LIFT) program, the California State Preschool Program, the Fatherhood FIRE Program, Special Needs and Disability programs, etc.

#### **COMMUNITY SERVICES: MATERNAL HEALTH NETWORK SAN BERNARDINO**

[DynamicCommunityResources](#)  
([maternalhealthnetwork.com](#))

#### **HELPFUL WEBSITES: EARLY LEARNING & DEVELOPMENT BRANCH SAN BERNARDINO**

[Resources \(sbcss.k12.ca.us\)](#)

#### **FAMILY RESOURCE DIRECTORY: CHILD CARE RESOURCE CENTER**

[Family Resource Directory - Child Care Resource Center \(CCRC\) \(ccrcca.org\)](#)

#### **SAN BERNARDINO COUNTY CHILD CARE LOCATIONS**

[San Bernardino County Child Care Options - District Tool \(arcgis.com\)](#)



## EDUCATION & EMPLOYMENT

### CALIFORNIA FAMILY LIFE CENTER

<https://www.cflickids.org/>

930 N State St  
Hemet, CA 92543  
(951) 765-0917

**Eligibility:** Has program-dependent requirements for Riverside County

**Program details:** Organization is dedicated to improving the lives of youth who may have experiences with abuse, are a foster child, or need assistance with pursuing future endeavors including higher education. Their SafeCare program is for parents with children ages 0-5 who want to learn how to create positive relationships, reduce the risk of child injury, and keep children healthy. Their Strengthening Families program serves families with children ages 6-11 to help parents and children develop new skills and behaviors. Also has resources for people aged 16-24 to receive job training and education as well as scholarships. Provides resources for foster/adoptive parents. Offers short term residential therapeutic programs for teenage youth.

### CALIFORNIA INDIAN MANPOWER CONSORTIUM

<http://www.cimcinc.org/index.html>

738 N Market Blvd  
Sacramento, CA 95834  
(916) 920-0285

**Eligibility:** Must be a part of a Federally recognized American Indian tribe, reservation, rancheria, band, or colony. Or must be a part of an American Indian group, entity, or organization whose mission is promoting American Indian welfare. These requirements apply to both San Bernardino and Riverside Counties.

**Program details:** Provides access to job employment and training, community services, child care and development programs, elders nutrition programs, and entrepreneur training for members who are in the service area. For the Child Care and Development Block Grant program, the child must be under 13 years of age with parents who are working or in school. (Child must be from participating tribe and parent must reside in the service area.) This program allows payment for childcare services to be sent to parents.

### CALIFORNIA INDIAN NATIONS COLLEGE

<https://cincollege.org/>

75080 Frank Sinatra Dr Suite 221  
Palm Desert, CA 92211  
(760) 933-9833

**Eligibility:** Native and non-native students who have a high school diploma or GED, or current transfer from an accredited college or university, or current high school students with permission from school and

parents/guardians.

**Program details:** Offers accredited courses for associate degree programs that allow students the possibility to transfer to Cal State and University of California campuses. Courses include cultural language and are taught with Native perspectives. Offers a grant program to cover the cost of tuition and offers scholarship opportunities. Offers an Adult Education program to help those who are interested in getting their high school diploma.

### GATHERING OF TRIBES SUMMER RESIDENTIAL PROGRAM

<https://nasp.ucr.edu/events/gathering-of-the-tribes-srp>

229 Costo Hall  
Riverside, CA 92521  
(951) 827-3850

**Eligibility:** Be a currently enrolled American Indian 8<sup>th</sup>-11<sup>th</sup> grade student, plan to enroll in an institution of higher education, and have the desire to contribute to the American Indian community.

**Program details:** 8-day program designed to let students gain academic experience in a university setting by participating in college courses, personal development workshops, cultural and team building workshops, and fitness activities. Students also engage in career/lifetime goal development. All students after the program have access to guidance in coursework, financial aid, and university applications.

### PALOMAR COMMUNITY COLLEGE (NATIVE HISTORY, CULTURE, AND LANGUAGE CLASSES)

<https://www.palomar.edu/>

1140 W Mission Rd  
San Marcos, CA 92069  
(760) 744-1150

**Eligibility:** Any type of applicant is welcome to apply.

**Program details:** Community college that offers a range of Native-informed courses. Courses include topics about Native history, culture, and language. College offers a program called the Palomar Promise that requires applicants to be a first-time college student, a California resident, have a current FAFSA record with the school code, submit the Palomar Promise application, and enroll full time for the school year. This program allows for selected applicants to receive up to two years of free tuition and textbook assistance.

## EDUCATION & EMPLOYMENT CONT.

### SAN BERNARDINO COUNTY WELFARE TO WORK

<https://wp.sbcounty.gov/tad/programs/other-programs/#wtw>

385 N Arrowhead Ave  
San Bernardino, CA 92415  
(888) 818-8988

**Eligibility:** Must apply for cash aid (CalWORKs), complete annual re-evaluation for CalWORKs, or have a change in your CalWORKs participation status. If not required to participate in WTW, you may be able to volunteer.

**Program details:** Program designed to help develop job skills, find jobs in your area, and pay for childcare, transportation, work expenses, and training/school expenses. Also offers on-the-job training, community service, networking, mental health and wellness referrals, etc.

#### **School of Career Education**

[Home - Riverside SCE](#)

2100 East Alessandro Boulevard  
Riverside, CA 92508  
(951) 826-4723

**Eligibility:** Anyone with a high school diploma

**Program Details:** Offers career training for a variety of careers including dental assistants, medical assistants, pharmacy technicians, and patient care technicians. Offers continuing education courses.

## MENTAL HEALTH & WELLNESS

### BETTER HELP

[www.betterhelp.com](http://www.betterhelp.com)

**Eligibility:** Self-pay. Services offered are generally not covered by health insurance, Medicare, or Medicaid.

**Program details:** Professional, personalized therapy in an online platform. The cost of therapy through Better Help ranges from \$65 to \$90 per week (billed every 4 weeks) based on location, preferences, and therapist availability.

### CELEBRATING FAMILIES

[Behavioral Health – RSBCIHI](#)

11555 ½ Potrero Rd  
Banning, CA 92220  
(951) 849-4761 ext. 1429

**Eligibility:** Self-identified Native and Indigenous families, including parents/guardians and children of all ages.

**Program details:** 10-week program designed to help all members of the family heal and build vital healthy living skills. Program objectives include to strengthen recovery, break the cycle of addiction, increase positive family interactions, and decrease use of alcohol and other drugs by increasing knowledge and use of healthy living skills. Cognitive Behavioral Therapy (CBT) is another component offered within the program in an individual, family, or group setting.

### HOTLINES

#### Strong Hearts Native Helpline

1-844-762-8483 (call or text)

#### REACH Crisis Hotline

1-866-373-8300

#### Rape Crisis Hotline

(909) 626-HELP(4357)

#### Child Abuse Hotline

(626) 966-4155

#### Partners Against Violence Crisis Hotline

(909) 885-8884

#### National Sexual Assault Hotline

1-800-656-HOPE

#### National Domestic Violence Hotline

1-800-799-HOPE

#### National Center for Victims of Crime

1-202-467-8700

<https://www.thehotline.org>

#### Crisis Text Line

Text "HELLO" to 741741

#### Alcoholics Anonymous 24-Hour Hotline

(909) 825-4700

#### Alcoholics Anonymous Locator Hotline

(909) 881-3230

#### 24-Hour Information and Referral to Shelters

2-1-1 OR (800) 464-1123

### MENTAL HEALTH URGENT CARE – PERRIS

<https://www.telecarecorp.com/mental-health-urgent-careperris>

85 Ramona Expressway Suites 1-3  
Perris, CA 92571  
(951) 349-4195

**Eligibility:** Must be 18 years of age or older or ages 13-17 for youth. Must be diagnosed with a mental illness (may include co-occurring substance use disorder) and be experiencing a mental health crisis.

**Program details:** Voluntary, 12-chair facility includes a full staff of clinicians, psychiatric prescribers, nursing staff, and peer specialists. Services emphasize choice-making skills and harm-reduction techniques. Services include access to psychiatric providers, nurses, social workers, and other clinical staff, psychiatric assessment, medication evaluation and service, development of crisis and recovery plans, and linkage and referral to community treatment resources.

### MENTAL HEALTH URGENT CARE – RIVERSIDE

<https://www.telecarecorp.com/western-riverside-csu>

9990 Country Farm Rd Bldg. 2  
Riverside, CA 92503  
(951) 509-2499

**Eligibility:** Adult residents of Riverside County who are diagnosed with serious mental illness who are experiencing a mental health crisis and who have a co-occurring substance use disorder. Does not admit individuals who are having a medical emergency.

**Program details:** Provides access to providers, nurses, social workers, and other clinical staff. Offers psychiatric assessments, medication evaluations, crisis and recovery plan development, and referrals to community treatment resources.

### MENTAL HEALTH URGENT CARE – PALM SPRINGS

<https://telecare.squarespace.com/riverside-desert-mhuc>

2500 N Palm Canyon Dr Suite A1-A4  
Palm Springs, CA 92262  
(442) 268-7000

**Eligibility:** Adolescents, ages 13-17, and adults, ages 18 and older, who live in Riverside County. Individuals who have been diagnosed with a serious mental illness and are experiencing a mental health crisis. Does not admit individuals who are having a medical emergency.

**Program details:** Provides access to providers, nurses, social workers, and other clinical staff. Offers psychiatric assessments, medication evaluations, crisis and recovery plan development, and referrals to community treatment resources.

## MENTAL HEALTH & WELLNESS CONT.

### PARTNERS AGAINST VIOLENCE

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

444 N Arrowhead Ave Suite 101

San Bernardino, CA 92401

(909) 885-8884

**Eligibility:** Services available at no cost to survivors, their significant others, and family members.

**Program details:** Sexual assault survivor services include crisis response, accompaniment (during medical and legal appointments), counseling, advocacy, and education (prevention education and community training). Crime survivor services include crisis response, information and referral, services coordination, and education. Community services include professional training, prevention (evidence-based prevention programming), and awareness.

### PROJECT SISTER FAMILY SERVICES

<https://www.projectsister.org/>

(909) 623-1619

**Eligibility:** Services offered to victims of sexual assault, child abuse, dating violence, commercial sexual exploitation, human trafficking, stalking, and bullying. Non-offending family members may also be eligible for some services. Service area covers the following cities in Western San Bernardino County: Etiwanda, Rancho Cucamonga, Alta Loma, San Antonio Heights, Montclair, Upland, Guasti, Ontario, Chino, and Chino Hills.

**Program details:** Crisis intervention services including accompaniment, counseling (individual, family, couples, or group) and support groups. Accompaniment program provides support by a Sexual Assault Counselor during medical exams, investigate interview by law enforcement, interviews by district appointment or court appearances. A walk-in clinic is also available to provide support, information, and referrals. Community outreach services also provided through education and prevention programs on the following topics: good touch bad touch, bullying, internet safety, sexual harassment, healthy relationships, safe dates, human trafficking, child abuse and mandated reporting, sexual assault, self-defense, and sexual harassment (workplace).

### REACH

[reachus.org](http://reachus.org)

1600 E Florida #206

Hemet, CA 92544

(951) 652-8300

**Eligibility:** Services are free for survivors, their family, and significant others affected by sexual violence, child victims of crime, and human trafficking. Service areas: Aguanga, Anza, Garner Valley, Gilman Hot Springs, Hemet, Homeland, Idyllwild, Lakeview, Mountain Center, Nuevo, Pine Cove, Sage, San Jacinto, and Winchester.

**Program details:** REACH provides crisis intervention, emotional support, legal and medical information, case management, and safety planning. Advocates can join and support survivors during forensic exams, law enforcement interviews, and court hearings. REACH provides professional counseling both in person and via Telehealth. Counseling Services are free and confidential for survivors, their family, and significant others. REACH also provides community services through school-based services, professional training, and community presentations.

### RIVERSIDE UNIVERSITY BEHAVIORAL HEALTH

<https://www.rcdmh.org/Directors-Message>

Child and Adolescent Services locations in Riverside, Corona, Indio, Lake Elsinore, Moreno Valley, San Jacinto, and Temecula.

Adult Services locations are in Banning, Riverside, Blythe, Hemet, Indio, Lake Elsinore, Corona, Perris, and Temecula

(800) 449-3008

**Program details:** Services offered include urgent care, substance use disorder and recovery services, outpatient clinics, and prevention and early intervention services. Parent support and training program offers support, education, training, and resources to parents and primary caregivers who are raising a child with mental health/behavioral challenges. Services include support and educational groups, training relating to mental health, a parent-to-parent telephone support line, social events, mentorship for youth, limited respite, and a parent resource library. Preschool 0-5 Programs include two components, Set-4-School and Prevention and Early Intervention (PEI) Mobile Services. Set-4-School provides a comprehensive continuum of early identification, early intervention, and treatment services designed to promote social competence and decrease the development of disruptive behavior disorders among children ages 0-5. Three Mobile PEI treatment units provide various interventions to children and families in select communities across all three regions of Riverside County. Services are provided to families who may not otherwise receive services due to transportation or other geographic barriers. Services offered with the Set-4-School and PEI Mobile Services Programs include Parent-Child Interaction Therapy (PCIT), Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Incredible Years (IY), and Positive Parenting Program (Triple P).

## MENTAL HEALTH & WELLNESS CONT.

### RSBCIHI BEHAVIORAL HEALTH

#### [Behavioral Health – RSBCIHI](#)

Clinic Locations: Grand Terrace, Banning, Temecula, Thermal, San Jacinto, Anza, Barstow, Mountain Center (951) 849-4761

**Eligibility:** Eligible Native American patients. The Patient Registration Department is responsible for determining whether a person is eligible for Direct Care clinic services and if they are eligible for Contract Care benefits and Purchase Referred Care Benefits. Eligibility is determined by providing required documents.

**Program details:** Specialty outpatient services include psychiatric medication assessment, supportive services, motivational interviewing, Eye Movement Desensitization and Reprocessing (EMDR), Cognitive Behavior Therapy (CBT), Trauma Focused-CBT, and Dialectic Behavior Therapy (DBT). Offers crisis response after hours by calling any clinic location.

### SAN BERNARDINO COUNTY DEPARTMENT OF BEHAVIORAL HEALTH

<https://wp.sbcounty.gov/dbh/resources/>

(888) 743-1478

#### Outpatient Clinic Locations

**East Valley:** Rialto, San Bernardino, Redlands, Yucaipa

**Desert Mountain:** Apple Valley, Barstow, Adelanto, Crestline, Lucerne Valley, Big Bear Lake, Trona, Needles, Victorville

**Morongo Basin:** Yucca Valley

**West Valley:** Ontario, Upland, Chino, Fontana

**Program details:** Services offered include urgent care, substance use disorder and recovery services, outpatient clinics, and prevention and early intervention services.

### VICTOR COMMUNITY SERVICES

[www.victor.org](http://www.victor.org)

(844) 547-1442

**Riverside County Locations:** Hemet, Lake Elsinore, Palm Desert, Perris

**San Bernardino County Locations:** Barstow, San Bernardino (2), Victorville (2)

**Program details:** Services include foster family and adoption, wraparound programs, child and family teaming, community based mental health, clinic-based mental health, school-based mental health, 0-5 services, transitional age youth, prevention and early intervention, and substance abuse/co-occurring.

### STRONG HEARTED NATIVE WOMEN'S COALITION

[Strong Hearted Native Women's Coalition, Inc. –](#)

PO Box 2488

Valley Center, CA 92082

(760) 644-4781

**Program details:** Strong Hearted Native Women's

Coalition, Inc. works to bring awareness against sexual assault, domestic violence, dating violence, stalking, sex-trafficking, and murdered & missing within tribal communities in California. Shelter program, Kiicha, is a multiagency facility. Kiicha provides a safe home for Native victims and their children who are affected by domestic violence, sexual assault, dating violence, stalking, and sex-trafficking within California. Three locations within San Diego and San Bernardino Counties. Legal Assistance for Victims is a partnership program between California Indian Legal Services and Strong Hearted Native Women. Legal assistance includes safety planning, crisis intervention assistance, criminal case help, court accompaniment, direct representation, protection orders, etc.

### AUTISM SOCIETY OF AMERICA

[Contact Us | Autism Society](#)

(800) 328-8476

**Eligibility:** Anyone who may be living with autism or know someone who has autism

**Program Details:** Offers resources for people with autism based on geographic location and age of the person with autism.

### CHADD

[CHADD - Improving the lives of people affected by ADHD](#)

(301) 306-7070

**Eligibility:** Anyone who may have ADHD or know someone with ADHD

**Program Details:** Offers resources and educational materials for managing and understanding ADHD

### CODIE

[Home - CODIE](#)

1737 Atlanta Ave H3A

Riverside, CA 92507

(951) 275-5000

**Eligibility:** Anyone in Riverside and San Bernardino County who is deaf or knows someone who is deaf.

**Program Details:** Offers resources and services for individuals who are deaf including education and advocacy.

### RIVERSIDE COUNTY MENTAL HEALTH AND SUBSTANCE USE RESOURCES

<https://up2riverside.org/mental-wellbeing/>

### ADDICTION AND SUBSTANCE USE

<https://up2riverside.org/substance-use-and-prevention/>

Other topics covered: Suicide Prevention, Veterans, LGBTQ, Parents



## **MENTAL HEALTH & WELLNESS CONT.**

### **LIST OF RESOURCES TO ASSIST FAMILIES EXPERIENCING ACEs**

[Adverse Childhood Experiences – Children's Network  
\(sbcounty.gov\)](http://sbcounty.gov)

## RECREATION & ENRICHMENT

### INTER-TRIBAL SPORTS

<https://www.intertribalsports.org/>

5187 College Ave Suite 111

San Diego, CA 92115

**Eligibility:** Tribe or tribal-affiliated organization in Riverside County

**Program details:** Year-round athletic programs for various sports designed to unify tribal youth and communities. Includes athletic sporting events and bootcamps to encourage teamwork and fitness. The Wellness program provides healthy refreshments to promote healthy eating habits in youth. Cultural events and outings. Scholarships for youth to encourage higher education.

### RSBCIHI DIABETES PROGRAM

<https://www.rsbcihi.org/00-diabetes/>

11980 Mount Vernon Ave

Grand Terrace, CA 92313

(909) 864-1097

**Eligibility:** All community members with RSBCIHI

**Program details:** Program provides diabetes education classes to teach diabetes prevention, knowledge of diabetes, and self-care tips including healthy eating, blood sugar monitoring, healthy coping, reducing risks, encouraging an active lifestyle, etc. The program also provides both cardiovascular and retinopathy screenings for diabetes. Also uses a program to stop tobacco use to reduce risk of diabetes.

### VALLEY WIDE RECREATION

<https://www.gorecreation.org/>

901 W Esplanade Ave

San Jacinto, CA 92582

(951) 654-1505

**Eligibility:** Open to the public, certain sports or classes have age requirements.

**Program details:** Promotes healthier lifestyles and community involvement through year-round sports, classes, and special events that are geared towards youth and adults.

## HOME VISITING PROGRAMS

### ADOLESCENT FAMILY LIFE PROGRAM – RIVERSIDE UNIVERSITY HEALTH SYSTEM

[Adolescent Family Life Program | Riverside University Health System \(ruhealth.org\)](#)

(800) 794-4814

**Eligibility:** Pregnant and/or parenting male and female adolescents, up to age 21.

**Program details:** The overall goal of the Adolescent Family Life Program (AFLP) is to address the health, social, educational, and economic challenges of expectant and parenting male and female youth and their families. AFLP provides youth with the resources to achieve the goals of increasing access and use of needed services, increased social and emotional support, increasing educational attainment, and improving pregnancy planning and spacing.

### CALIFORNIA WORK OPPORTUNITY AND RESPONSIBILITY TO KIDS (CALWORKS) HOME VISITING PROGRAM (HVP)

[CalWorks Home Visiting Program](#)

**Eligibility:** The individual is either pregnant or the parent/caretaker relative of a child less than 24 months of age and a member of the CalWORKs assistance unit **or** the parent/caretaker relative of a child-only case **or** an individual who is eligible for CalWORKs aid.

**Program details:** CalWORKs HVP aims to support positive health development and well-being outcomes for pregnant and parenting people, families, and infants born into poverty, expand their future educational, economic, and financial capability opportunities, and improve the likelihood that they will exit poverty.

### EL SOL NEIGHBORHOOD EDUCATIONAL CENTER [El Sol Neighborhood Educational Center – Transforming hearts, minds and actions. \(elsolnec.org\)](#)

(909) 884-3735

#### ➤ HEALTHY CHILDREN RESILIENT FAMILIES

**Eligibility:** Expectant parents and parents with children ages 0-5 living in the High Desert.

**Program details:** Dedicated to promoting the well-being of parents and children, promoting personal and social support to improve family welfare, providing lessons in parenting strategies, and the strengthening of a healthy and united family.

#### ➤ HEALTHY FAMILIES AMERICA MATERNAL HEALTH

**Eligibility:** Healthy Families America is for expectant mothers and mothers with children 0-3 months of age in San Bernardino County.

**Program details:** Program intends to empower mothers by connecting them to programs for prenatal care, birth spacing, infant development, doula services, and father

participation. Lessons in parenting strategies and strengthening of healthy and united families

### HEALTHY FAMILIES AMERICA – RIVERSIDE UNIVERSITY HEALTH SYSTEM

[Healthy Families America | Riverside University Health System \(ruhealth.org\)](#)

(800) 794-4814

**Eligibility:** High-risk clients during pregnancy or within the first 3 months of the infant's birth.

**Program details:** Families can expect to receive home visits with an emphasis on bonding, attachment, child development, and social emotional growth. The visits include parental education of infants through early childhood care and well-being as well as overall family wellbeing. Healthy Families works with families to ensure they are connected to medical, dental, mental health, and other community resources.

### LOW-INCOME FIRST-TIME MOTHERS (LIFT) PROGRAM

[San Bernardino County, Preschool Services Dept.](#)

(888) KIDS-025 or (888) 543-7025

**Eligibility:** Pregnant woman until 6 weeks postpartum and meet income guidelines.

**Program details:** The LIFT Program provides pregnant women prenatal education, support, and empowerment to have the healthiest pregnancy possible. These free services are provided through family visits in your home by a Registered Nurse.

### NURSE FAMILY PARTNERSHIP – RIVERSIDE UNIVERSITY HEALTH SYSTEM

[Nurse-Family Partnership | Riverside University Health System \(ruhealth.org\)](#)

(800) 794-4814

**Eligibility:** To enroll, an individual must live in Riverside County and be less than 28 weeks pregnant with their first pregnancy.

**Program details:** Nurse-Family Partnership (NFP) is an evidence-based nurse home visitation program that improves the health, well-being, and self-sufficiency of low-income, first-time parents and their children.

### PARENTS AS TEACHERS – JURUPA UNIFIED SCHOOL DISTRICT

[Parents As Teachers \(jurupausd.org\)](#)

(951) 222-7872

**Eligibility:** In order to be eligible for PAT, families must be receiving or must be eligible for CalWORKs.

**Program details:** The Parents as Teachers (PAT) is a home visiting program for families with children 0-2 years old. The PAT vision is that all children will learn, grow, and develop to reach their full potential and that parents and caregivers are their earliest and best teachers.

## HOME VISITING PROGRAMS CONT.

### **PARENTS AS TEACHERS – RIM FAMILY SERVICES, INC.**

<https://rimfamilyservices.org/>

(909) 336-1800

**Eligibility:** Families of 0-5 in the mountain community (Big Bear/Arrowhead)

**Program details:** Parents as Teachers (PAT) is an early childhood education program. PAT is designed to give parents of children prenatal to 5 years old information and support to help parents be their child's first and best teacher. Parent Educators conduct home visits with a lesson customized for the child's age and provide information on child development and play-based learning activities. Group Connections bring parents in the PAT Program together once a quarter to share experiences and to discuss parenting topics.

### **PURPOSELY CHOSEN, INC. – HOME VISITING AND SUPPORT PROGRAM**

[Purposely Chosen, Inc](#)

(951) 682-7600

**Eligibility:** Pregnant and postpartum foster care youth ages 13-21 in group home setting in Riverside and San Bernardino counties.

**Program details:** Our Home Visiting and Support offers personal, hands-on, home visits with a nurse or social worker who facilitates access to health care, health education, and practical support. This program serves minor parents during pregnancy until their children are up to one year of age.