



Services for Parents of children ages 0-5 in the San Bernardino, Fontana, Rialto, Highland, Colton, and surrounding areas.

## Keep Your Child Healthy

### Prenatal Care & Assistance

San Bernardino County  
Department of Public Health:  
Partnership for Healthy Babies/  
Perinatal SART  
(909) 388-0468

Loma Linda University Medical  
Center/Children's Hospital  
Perinatal Services Network (PSN)  
(909) 558-3973

Loma Linda University Medical  
Center  
Just for Moms Comprehensive  
Tobacco Treatment  
(909) 558-3973  
[www.llu.edu](http://www.llu.edu)

Veronica's Home of Mercy  
(909) 888-9064  
[www.marysmercycenter.org](http://www.marysmercycenter.org)

### Child & Family Assessment

A Special Place Children's Museum  
Parent to Parent Support Group for  
Special Needs Children  
(909) 881-1201

Blindness Support Services  
A Tactile approach to Learning  
(951) 341-9244  
[www.blindnesssupport.com](http://www.blindnesssupport.com)

Christian Counseling Service  
Parent/Child Interaction Therapy  
(909) 793-1078  
[www.christiancounselingservice.org](http://www.christiancounselingservice.org)

Samaritan Counseling Center  
Behavioral Educational  
Management Services (BEAMS)  
(909) 597-8570  
[www.beamstherapy.org](http://www.beamstherapy.org)

Victor Community Support Services, Inc.  
Central Valley SART Assessment Center  
(909) 890-5930  
[www.victor.org](http://www.victor.org)

Water of Life Community Outreach  
The Well of Healing Mobile Medical Clinic  
(909) 268-1086

### Health Insurance & Access

American Lung Association  
San Bernardino Asthma Coalition  
(909) 88405864  
[www.californialung.org](http://www.californialung.org)

Kids Come First Community Clinic  
Kids Come First  
(909) 673-9125

Asian Resource Center  
Traffic Safety Awareness  
(909) 383-0164  
[www.aarc-ie.org](http://www.aarc-ie.org)

Latino Health Collaborative  
(909) 887-0707  
[www.latino-health.org](http://www.latino-health.org)

Inland Empire Health Plan  
Healthy Kids Program  
(909) 890-2000  
[www.iehp.org](http://www.iehp.org)

New House, Inc.  
Substance Abuse Treatment  
Program/ Clean and Sober Moms  
(909) 881-0390

### Nutrition & Dental Health

County of San Bernardino  
Arrowhead Regional Medical Center  
(ARMC) First 5 Dental Program  
(909) 580-6211

Rialto Unified School District  
Dental Health Program  
(909) 820-7785  
[www.rialto.k12.ca.us](http://www.rialto.k12.ca.us)

SAC Health Systems  
Good to Grow:  
Total Toddler Check Up  
(909) 382-7156  
[www.llu.edu/llu/sachs](http://www.llu.edu/llu/sachs)



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## Help Your Child Learn

### School Readiness Programs

Fontana Unified School District  
(909) 357-5000

[www.fusd.net](http://www.fusd.net)

Rialto Unified School District  
(909) 421-4201

[www.rialto.k12.ca.us](http://www.rialto.k12.ca.us)

San Bernardino City Unified  
School District

(909) 880-6706

[www.sbcusd.k12.ca.us](http://www.sbcusd.k12.ca.us)

### Finding a Preschool

San Bernardino County Superintendent of  
Schools.

Kids N Care

(800) 722-1091

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

## Assistance for Parents

### Parenting Classes

The Foundation for California  
State University: CUIDAR

(909) 537-5945

[www.csusb.edu](http://www.csusb.edu)

Knotts Family Agency

(909) 880-0600

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

Priscilla's Helping Hands

(909) 881-2800

San Bernardino City Unified  
School District Adult School

(909) 388-6000

Volunteers of America, Inc.  
Resource Center

(909) 888-4577

[www.voa-swcal.org](http://www.voa-swcal.org)

### Resource Centers

Community Hospital of  
San Bernardino

(909) 806-1481

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

San Bernardino County Superintendent of  
Schools: Family Resource Program

(909) 777-0776

[www.sbccss.k12.ca.us](http://www.sbccss.k12.ca.us)

Volunteers of America, Inc.  
Resource Center

(909) 888-4577

[www.voa-swcal.org](http://www.voa-swcal.org)

For all social service needs, including  
emergency needs, food, diapers, transportation  
and shelter

Inland Empire United Way 211

**(909) 980-2857 or 2-1-1**

[www.211sb.com](http://www.211sb.com)

Need additional information?

Call First 5 San Bernardino  
(909) 386-7706 or visit our website

[www.first5sanbernardino.org](http://www.first5sanbernardino.org)