



**Inland Empire
Breastfeeding, Childbirth &
Community Resource Guide
2017-2018**



Public Health

Congratulations on the birth of your baby! By breastfeeding, you are giving your baby the best start in life. There are several breastfeeding clinics and mother-to-mother support groups for breastfeeding women listed throughout this resource guide that may be helpful to you as a new mother. We encourage you to identify and develop a breastfeeding support network within your own family and community.

RESOURCES IN THE WEST END

Breastfeeding Clinics and/or Support Groups

San Bernardino County Dept. of Public Health WIC Program and Breastfeeding Support	800-472-2321
PHFE WIC Chino and Pomona Offices.....	888-942-2229
BF Helpline for WIC Chino and Pomona Offices.....	888-278-6455
Pomona Valley Hospital Medical Center Lactation Center.....	909-623-6455
<i>Walk-in clinics Mon., Thur., & Fri., 9:00AM to 11:30AM; breastfeeding support class Tues. & Wed. 12:00PM to 2:30PM</i>	
1798 N. Garey Ave, Pomona, CA 91767	
San Antonio Regional Hospital Healthy Beginnings Family Care Center in Upland.....	909-920-6230
Family Care Center, 1175 E. Arrow Highway, Upland, CA 91786 (directly across from San Antonio Regional Hospital)	
Free initial visit for San Antonio patients who have given birth at the hospital; \$25 fee for non-San Antonio patients	
Kaiser Permanente-Ontario Newborn Center- Ask for breastfeeding clinics (For members only).....	888-750-0036
and/or support group; call for an appointment (For members only).....	909-609-3000
Cleavage Club Breastfeeding Support Group-Ontario (website:milkmaidlc.com)909-287-1243 or cass@milkmaidlc.com	

Maternal/Adult/ Child Mental Health Services/Counseling/Parenting Classes

Postpartum Depression Resources, 24 hours a day, 7 days a week	Dial 211
Postpartum Support International.....	800-944-4773
Department of Behavioral Health.....	888-743-1478
Pregnancy and Postpartum Stress Group in Pomona (can arrange childcare if necessary)	909-451-9951
<i>Every 1st, 3rd, & 5th Tuesday of the month from 12:30PM to 2:00PM</i>	909-469-9491
Foothill Family Non- Emergency Shelter in Upland.....	909-920-0453
<i>Tues. through Fri, 9:00PM to 5:00PM (closed 12-1) Counseling services only to those enrolled in the non-emergency shelter program; must live or have recently resided in Upland, Ontario, Claremont, Pomona, Montclair, Alta Loma and Rancho Cucamonga)</i>	
Ontario-Montclair School District Family Resource Center.....	909-418-6923
West End Family Counseling Services in Ontario.....	909-983-2020

Home Visitation Programs- Prenatal and Postnatal

LIFT Nurse Home Visitation Program (Countywide)	
Free program. provides qualifying low income pregnant women with in-home education and support before and after childbirth.....	909-383-2000 909-383-2078

Volunteers of America, Early Head Start Home Based Program.....	909-888-4577
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RESOURCES IN THE CENTRAL VALLEY

Breastfeeding Clinics and/or Support Groups

San Bernardino County Dept. of Public Health WIC Program and Breastfeeding Support	800-472-2321
Arrowhead Regional Medical Center (ARMC) in Colton.....	909-580-3174 or 909-580-3300
(Ask about prenatal classes and breastfeeding support)	909-580-1000
400 N Pepper Ave, Colton, CA 92324	
Note: ARMC Breastfeeding Support Groups officially start January 2018. English group: Mon. 10:30AM-12PM;	
Spanish group: Thurs. 11AM-12:30 PM.....	909-580-3343
ARMC Postpartum Support Group in Colton	
<i>Every third Tuesday of the month from 11:00AM to 12:00PM</i> (spouses and babies welcome).....	909-580-3530
400 N Pepper Ave, Colton, CA 92324	
IBHS WIC Program and Breastfeeding Support in San Bernardino City.....	855-424-7942
(Call for additional information and closest location; open Mon.-Fri. 8:00AM-5:00PM; open Sat. 9:00AM-4:00PM.	
Bosom Buddy Support Group for Breastfeeding Moms in San Bernardino.....	855-424-7942 ext. 309
665 N D Street, San Bernardino, CA 92401; (call for exact dates and times)	or 909-708-8158
Kaiser Permanente-Fontana/Ontario Newborn Center	888-750-0036
Ask for breastfeeding clinics and/or support group. Call for an appointment. (For members only).....	909-609-3000
St. Bernardine Medical Center Family Baby Clinic.....	909-881-4420
<i>Walk-in clinics Mon., Wed., & Fri., 10:00AM to 12:00PM; breastfeeding support group meets Thurs. 1-3 pm</i>	
403 E Highland Ave, San Bernardino, CA 92404; located in a separate building near the hospital.	
Community Hospital of San Bernardino Breastfeeding Clinics	909-806-1816
Walk-in clinics Tues. & Fri., 10:00AM to 12:00PM	
1725 Western Avenue, San Bernardino, CA 92411	

Maternal/Adult/ Child Mental Health Services/Counseling/Parenting Classes

Postpartum Depression Resources, 24 hours a day, 7 days a week.....	Dial 211
Postpartum Support International.....	800-944-4773
Department of Behavioral Health.....	888-743-1478
Cedar House Life Change in Bloomington (help for individuals struggling with chemical dependency).....	909-421-7120
ARMC Postpartum Group in Colton (see info in the above section).....	909-580-3530
South Coast Community Services in Colton (See clients up to age 21).....	909-835-4800
County of San Bernardino Children's Network.....	909-383-9677
Inland Behavioral & Health Services, Inc. Perinatal Care Network in San Bernardino.....	909-881-6146
SACH Family Resource Center in San Bernardino.....	909-382-7171 or 909-382-7100
Valley Star Children & Family Resource Center in San Bernardino.....	909-388-2222
Victor Community Support Services in San Bernardino (See children up to age of 18).....	909-890-5930
Victor Community Support Services-Family Resource Center in West San Bernardino.....	909-522-4656

RESOURCES IN THE EAST END

Breastfeeding Clinics and/or Support Groups

- San Bernardino County Dept. of Public Health WIC Program and Breastfeeding Support800-472-2321
- Inland Empire Breastfeeding Coalition (visit the website for exact meeting location and topics)
4th Tuesday of the month, 9:00AM to 11:30AM.....www.iebreastfeeding.org/
- Riverside-San Bernardino County Indian Health, Inc. WIC Program and Breastfeeding Support in Grand Terrace; (Call for additional information and closest location.).....1-888-268-0008 ext. 4764
- Loma Linda University Children's Hospital
Birth and Beyond Education Center.....www.lomalindababies.org
Visit the website for additional info on exact location, classes, clinics, and moms groups.
- Mothers' Breastfeeding Circle Support Group, Loma Linda
Mother and Children only: Wed. & Fri. 9:30AM to 11:30AM 909-558-7496
Mother, Father and Children: Sun. 3:00AM to 5:00PM.....www.lomalindababies.org
11215 Mountain View Avenue, Suite 179, Loma Linda CA 92354; free, no registration necessary; walk-ins welcome.
- Redlands Community Hospital–Breastfeeding, Perinatal Services & Family Clinic
Mon. through Fri., 9:00AM to 5:00PM; free Breastfeeding support group meets Mondays at 10:00AM:.....909-793-6330
Free for Medical and IEHP patients; fee for private consultation; please call ahead for an appointment.)
802 West Colton Ave., Suite D, Redlands, CA 92374
- The Natural Birth Place in San Bernardino.....909-567-2165
(Fee for service; free moms “Infant Feeding Café” support group meets the 1st Wednesday of the month, from 11AM-1PM. Address: 1881 Business Center Drive, Suite 8 A, San Bernardino, CA 92408
- Parkview Community Hospital Lactation Clinic in Riverside.....951-688-2211 ext. 4111 or 1491
(M-F, by appointment; for babies born at the hospital. Founder's Center-3865 Jackson Street, Riverside, CA 92503
- Best Fed Babies Virtual Breastfeeding Help.....951-961-1135
(Provide help via Skype; fee for service.)
- Lactation Connection.....951-533-3606
(Fee for home consultations)
- Riverside Community Hospital Breastfeeding Center (Note: see special needs babies; walk-ins welcome until 12 pm)
Mon. & Thurs. 9:00AM to 1:00PM, except 2nd Thurs. of the month from 10AM to 2PM ...951-684-4621 or 951-788-3252
4410 Brockton Ave, Riverside, CA 92501; free to all breastfeeding mothers and babies
Note: Time change after Nov. 13, 2017; new time will be Mon. & Thurs. 10:00AM-2:00 PM
- Riverside Community Hospital Women's Services Classes (Call for more info on classes).....951-788-3463
4445 Magnolia Ave Riverside, CA 92501
- Riverside University Health System WIC Program.....855-748-4376
Mon. through Fri., 8:00AM to 5:00PM
- Riverside University Health System Loving Support Program/Breastfeeding Support Hotline.....888-451-2499
English and Spanish-speaking certified lactation specialists and Internationally Board Certified Lactation Consultants (IBCLCs) are available 24 hours a day, 7 days a week to answer your questions.)

RESOURCES IN THE EAST END, *continued*

Breastfeeding Clinics and/or Support Groups

- Kaiser Permanente Riverside (For Members Only).....866-883-0119 or 951-352-0292
- Breastfeeding USA-Inland Empire Chapter.....Tamika.simpson@breastfeedingusa.org/909-910-5876
- My Bump to Bundle (breastfeeding resources; fee for service for lactation consultation).....www.mybumpbundle.com
- La Leche League, Inland Empire.....<http://www.lllie.org/>
Breastfeeding resources and meeting dates/times for the I.E.; website has telephone numbers for La Leche League leaders; call for help and leave a message.
- Corona Regional Medical Center-Baby Connection Center.....951-808-6721
(Only for babies born at the hospital, by appointment; free support group for all moms, call for more info.)
800 South Main Street, Corona, CA 92882
- Hemet Valley Medical Center Breastfeeding Clinic
Walk-ins welcome: Wed. 10:00AM to 12:00PM, Room 105.....951-652-2811 ext. 5440
1117 East Devonshire Ave., Hemet, CA 92543
- After Baby Arrival Breastfeeding Support at Rancho Springs Medical Center-Women's Center in Murrieta.951-440-8428
(Fee for consultation; 25500 Medical Center Dr, Murrieta, CA 92562)
- Rancho Springs Medical Center-Childbirth and Parenting Classes.....800-879-1020
(Call for more information; 25500 Medical Center Drive, Murrieta, CA 92562)
- Mother-Baby Connection Breastfeeding Services at Loma Linda University Medical Center in Murrieta
(Free to all breastfeeding mothers after delivery at any time, call for an appointment).....951-290-4323
28062 Baxter Rd, Murrieta, CA 92563 951-704-1325
- Breastfeeding Support Services in Riverside County
Mon. through Fri., 9:00AM to 5:00PM, 951-201-4989
(Free home visits from RN/IBCLC; call for more info and eligibility requirement)..... 951-201-4156

Maternal /Adult/Child Mental Health Services/Counseling/Parenting Classes

- Postpartum Depression Resources, 24 hours a day, 7 days a week.....Dial 211
- Postpartum Support International.....1-800-944-4773
- San Bernardino County Department of Behavioral Health.....888-743-1478
- Comprehensive Tobacco Treatment Program in Loma Linda.....909-558-3264
(Offers free smoking cessation sessions for pregnant women and caregivers of children 0-5)
- South Coast Community Services in Redlands and Yucaipa.....909-835-4800
- Building a Generation-Family Resource Center in Redlands.....909-793-8822
- Christian Counseling Services in Redlands
Pre/Post-partum support group: Mon., 12:00PM to 1:00PM
(Free childcare and appetizers).....909-793-1078 ext. 214
- The Wylie Center in Riverside, Maternal Mental Wellness (Accepts Medical, IEHP, and many private insurances)
.....951-683-5193
- Corazon Counseling Service in Riverside
(Postpartum Wellness Group in English and Spanish-Fee for service).....951-452-0067

RESOURCES IN THE HIGH DESERT/MOUNTAINS

Breastfeeding Clinics and/or Support Groups

San Bernardino County Dept. of Public Health WIC Program and Breastfeeding Support	800-472-2321
Community Action Partnership of Kern WIC Program and Breastfeeding Support in Adelanto, Big Bear, Crestline/Lake Arrowhead, & Phelan (call for exact location).....	866-327-3074
Desert Valley Medical Center in Victorville-Free to all breastfeeding mothers who deliver at the hospital; call for an appointment; 16850 Bear Valley Road, Victorville, CA 92395.....	760-241-8000, ext. 8100 or 8256
Victor Community Support Services in Victorville	760-245-4695
<i>Health and Wellness Support Group for pregnant and postpartum mothers; every Wed. at 9:30AM to 11:30AM</i> 15095 Amargosa Rd Ste 201, Victorville, CA 92394	
Kaiser Permanente Victorville	909-427-3902
<i>Ask for breastfeeding clinics and/or support group. For Members only.....</i>	909-609-3000
St. Mary's Medical Center in Apple Valley, Mommy and Me Center <i>Call for an appointment; free for all breastfeeding mothers.....</i>	760-242-2311 ext. 8437 or 8443
18300 Highway 18, Apple Valley, CA 92307	
Barstow Community Hospital <i>BF support group meets every Thurs. 1:00PM to 3:00PM, Call for an appointment & BF class schedule ...</i>	760-957-3323
820 E Mountain View St, Barstow, CA 92311	
The Mom and Dads Projects in Big Bear Lake <i>Mon. through Thurs., 9:00AM to 5:00PM, Call for an appointment.....</i>	909-878-2326
41820 Garstin Drive, Big Bear Lake, CA 92315	
High Desert Medical Center in Joshua Tree-Labor and Delivery Dept. <i>Only for patients that deliver at the hospital; bedside breastfeeding support.....</i>	760-366-0740
6601 White Feather Road, Joshua Tree, CA 92252	
Desert Regional Medical Center in Palm Springs-Healthy Beginnings & Maternity Boutique	760-416-4754
<i>Mon. through Fri., 8:00AM to 4:30PM</i> <i>Free for all breastfeeding mothers and babies;1150 N Indian Canyon Dr, Palm Springs, CA 92262</i>	
Ridgecrest Regional Hospital-Maternal Child Unit (direct line for breastfeeding help).....	760-499-3032
<i>Mon. through Fri., Childbirth classes available year-round, call for an appointment.....</i>	760-499-3831
1081 N. China Lake Blvd., Ridgecrest CA 93555	

Maternal/Adult/ Child Mental Health Services/Counseling/Parenting Classes

Postpartum Depression Resources, 24 hours a day, 7 days a week.....	Dial 211
Postpartum Support International.....	800-944-4773
Department of Behavioral Health.....	888-743-1478
Desert/Mountain Children's Center in Apple Valley <i>Counseling services for children 0-18.....</i>	760-552-6700 ext. 400
Barstow Counseling Center <i>New clients received on Tue. and Thur. at 8 AM; for adults and children.....</i>	760-255-5700



RESOURCES IN THE HIGH DESERT/MOUNTAINS, *continued*

Maternal/Adult/Child Mental Health Services/Counseling/Parenting Classes

Bear Valley Community Healthcare District's Mom & Dad Project, Big Bear Lake (Parenting education and resource center)	909-878-2326
Desert/Mountain Children's Center, Big Bear Lake Counseling services for children 0-18	909-866-2165
Lutheran Social Services, Big Bear Lake	909-866-5070
Lutheran Social Services, Lucerne Valley	760-248-6612
Lutheran Social Services in Barstow	760-256-7279
Rim Family Services, Skyforest	909-336-1800
Lutheran Social Services, Trona	760-372-5159
Hearts & Lives, Crestline	909-338-3222
Victor Community Support Services, Victorville	760-245-4695
Victor Community Support Services, Barstow	760-255-1496
Desert/Mountain Children's Center, Yucca Valley Counseling services for children 0-18	760-369-3130
High Desert Pregnancy Clinic, Yucca Valley (Offers free classes for mothers and families and provides assistance with purchasing pregnancy/infant supplies.)	760-369-8512
Pacific Clinics-Family Resource Center, Yucca Valley	760-228-9657
Valley Star Crisis Walk-in Center, Victorville Urgent mental health services available 24/7 to all ages	760-245-8837
The Community Crisis Response Team (CCRT) through Department of Behavioral Health After hours pager number	760-956-2345 760-734-8093
Victor Valley Behavioral Health Center (Offered to adults of all ages and children 5-18 years of age)	760-995-8300

Maternal/Adult/Child Mental Health Services/Counseling/Parenting Classes

El Sol Healthy Children, Resilient Families Program, High Dessert and Mountain Area Free Home visitation program for expectant parents, and parents with children 0-5	909-386-3500
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BABY FRIENDLY HOSPITALS

Hospitals have a lot of influence over mothers and their ability to breastfeed. The Baby Friendly Hospital Initiative (BFHI) is a program from the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) designed to help hospitals maximize their ability to help mothers breastfeed. There is an abundance of scientific evidence that points to lower risks for certain diseases and improved health outcomes for both mothers and babies who breastfeed. Breastfeeding is the natural biological conclusion to pregnancy and an important mechanism for the continued normal development of the infant. With the correct information and the right supports in place, under normal circumstances, most women who choose to breastfeed are able to successfully achieve their goal.

Ten Steps to Becoming a Baby Friendly Hospital

1. Maintain a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all health care staff in skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Help mothers initiate breastfeeding within one hour of birth.
5. Show mothers how to breastfeed and how to maintain lactation, even if they are separated from their infants.
6. Give infants no food or drink other than breastmilk, unless medically indicated.
7. Practice "rooming in"- allow mothers and infants to remain together 24 hours a day.
8. Encourage unrestricted breastfeeding.
9. Do not give pacifiers or artificial nipples to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.



BABY FRIENDLY HOSPITALS, *continued*

San Bernardino

Arrowhead Regional Medical Center, Colton.....	909-580-1000
Barstow Community Hospital.....	760-256-1761
Community Hospital of San Bernardino.....	909-887-6333
Kaiser Permanente, Fontana.....	909-427-5000
Loma Linda University Children's Hospital.....	800-825-5437
Redlands Community Hospital.....	909-335-5500
San Antonio Regional Hospital, Upland.....	909-985-2811
St. Bernardine Medical Center, San Bernardino.....	909-883-8711
St. Mary Medical Center, Apple Valley.....	760-242-2311
Weed Army Community Hospital, Fort Irwin.....	760-380-3108
Naval Hospital of 29 Palms.....	760-830-2190
Pomona Valley Hospital Medical Center.....	909-865-9500
<i>Located in Los Angeles County</i>	

Riverside County

Desert Regional Medical Center, Palm Springs.....	760-323-6511
Kaiser Permanente Riverside Medical Center, Riverside.....	951-353-2000
Parkview Community Hospital Medical Center, Riverside	951-688-2211
Riverside Community Hospital, Riverside.....	951-788-3000
Riverside University Health System, Moreno Valley.....	951-486-4000
Corona Regional Medical Center.....	951-737-4343

PRENATAL & POSTNATAL SUPPORT SERVICES

Breast Pump Rentals/Sales– Countywide

Ameda.....	877-992-6332
Birth Matters, <i>Nursing/Feeding supplies</i>	951-682-7867
Medela.....	800-435-8316
Natural Expressions.....	909-350-3343
Hygeia, a Breast Pump and More.....	855-786-7296
Offering hospital-grade performing Hygeia breast pumps	www.momsgetmore.com
Simply Mama visit www.simplymamabreastpumps.com	866-364-7113
WIC San Bernardino County.....	800-472-2321
	909-252-5170
WIC Riverside County.....	855-748-4376

Mothers' Milk Bank www.mothersmilk.org

Mothers' Milk Bank, Request donor breastmilk or donate human milk for at-risk infants.....	877-375-6645
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Prenatal, and Healthy Kids Programs, *For health insurance members only*

Inland Empire Health Plan-Healthy Babies Program.....	800-440-IEHP ext. 4347
Inland Empire Health Plan Health Care Management, <i>For high risk pregnancy</i>	866-224-4347
Molina Healthcare-Motherhood Matters Program	866-891-2320

Tobacco Cessation Programs, *For health insurance members only*

Kaiser Permanente-Freedom from Tobacco Treatment for Nicotine Addiction Program.....	909-609-3000
Inland Empire Health Plan (IEHP) Stop Smoking Program.....	800-440-IEHP ext. 4347
Molina Healthcare of California Smoking Cessation Program.....	866-472-9483
Member Services.....	800-526-8196
Inland Empire Office.....	800-232-9998

Medications questions during pregnancy and breastfeeding

Questions about medications during pregnancy and breastfeeding	806-352-2519	MommyMeds.com
Mother To Baby free helpline to ask questions about medications during pregnancy & breastfeeding		1-866-626-6847

Dental Health

Bloomington Community Health Systems, Inc. <i>For adults and children; fee based on income</i>	909-546-7530
Baldy View Smile School, <i>Free for children 3-1</i>	909-947-3400 ext. 1319
Children's Dental Health Center in San Bernardino, <i>\$20 per visit; children 5-18</i>	909-885-2045
Loma Linda School of Dentistry Clinic at School of Dentistry, <i>20-30% cheaper than private practices</i>	909-558-4675
SACH Norton Dental Clinic, <i>For adults and children; fee based on income and household size</i>	909-382-7120
Hearts & Lives in Crestline, <i>Screening and fluoride treatment for pregnant women and children 0-6</i>	909-338-3222

PRENATAL & POSTNATAL SUPPORT SERVICES, *continued*

Pregnancy Testing and Counseling

County Reproductive Health/STD Services.....	800-722-4777
The Natural Birth Place (Owned/Operated by a Certified Nurse Midwife offering out of hospital birth to low risk women. Full prenatal/postnatal/contraceptive/well woman/ultrasounds and prescriptive services available.).....	909-567-2165
Pregnancy and Family Resource Center, San Bernardino.....	909-382-4550
Planned Parenthood, Upland Call Center.....	909-985-0065
Planned Parenthood, San Bernardino Call Center.....	909-890-5511
Planned Parenthood, Victorville.....	760-245-9500
Moses House, Victorville.....	760-955-1895
Rose of Sharon Life Center, Victorville.....	760-243-5006
Hesperia Clinica Medica.....	760-948-2242

PUBLIC HEALTH SERVICES/PREVENTION SERVICES

Department of Public Health Services

The following programs are available Mon. through Fri., 8:00AM to 5:00PM

Public Health Information Line.....	800-782-4264
Public Health Clinics <i>Reproductive, Primary, Pediatric, Prenatal, Immunizations, Tuberculosis, HIV/AIDs</i>	800-722-4777
Communicable Disease Program.....	800-722-4794
Child Health and Disability Prevention Program. <i>Free Health Check-Ups and Physical Exams for 0-21 years of age</i>	800-722-3777
Lead Program (lead testing and treatment for adults and children).....	800-722-3777
WIC Program..... <i>Nutrition education and vouchers for food for pregnant, breastfeeding, and postpartum women, and infants and children under age 5</i>	800-472-2321
Car Seat Safety..... <i>Low-cost car seats, classes on correct use of car seats</i>	800-782-4264
Black Infant Health Program..... <i>Clients may participate in 10 prenatal and 10 postpartum sessions to set health-promoting goals for themselves and their babies</i>	844-352-3985
California Children Services..... <i>Case management and medical care for eligible young children and adults 0-21 with physically handicapped medical conditions</i>	866-722-6227
Environmental Health Services.....	800-442-2283
<i>Food safety/protection, recreational health, housing and property improvement</i> Animal Care and Control.....	1-800-472-5609

PUBLIC HEALTH SERVICES/PREVENTION SERVICES, *continued*

Home Visitation Programs—Prenatal and Postpartum

LIFT Nurse Home Visitation Program, **San Bernardino Countywide**

This free program provides low income pregnant women with education and support to have the healthiest pregnancy possible.

A nurse visits you in your home during pregnancy and after the baby is born.....909-383-2000
Call to learn if you qualify for this program.....888-543-7025

Volunteers of America, Early Head Start Home Based Program.....909-888-4577

Nurse-Family Partnership Program, **Riverside County**—nurse home visitation program that improves the health, well-being, and self-sufficiency of low-income, first-time parents, and their children.

Call to learn if you qualify for this program.....951-358-5438

Tobacco, Drug and/or Alcohol Cessation Programs

Department of Behavior Health Alcohol & Drug Abuse Treatment Services Program.....800-968-2636

The Screening Assessment and Referral Center (SARC)-For initial screening and referral.....909-421-4601

Rialto Behavioral & Addiction Treatment Services.....909-421-9465
For information about out-patient treatment programs

California Smokers' Helpline.....800-NO-BUTTS (800-662-8887)

San Bernardino County Tobacco Control Program

Information on smoke-free multi-unit housing options in San Bernardino County.....909-647-4532

Comprehensive Tobacco Treatment Program.....909-558-3264

Serves Apple Valley, Barstow, Fontana, Loma Linda, Rialto, San Bernardino, Twentynine Palms, Victorville, and Yucca Valley;

assistance with transportation in the form of a bus pass provided when available.....909-558-3264

Arrowhead Regional Medical Center Medical Clinic Quit Clinic, Colton.....909-580-6167

Mental Health Systems Drug Education and Relapse Prevention Class, Colton.....909-433-9824

VA Loma Linda Medical Center Stop Smoking Classes, *For Eligible Veterans Only*.....909-825-7084 ext. 1869

Center for Health Promotion Loma Linda University

Medical visits are billed to insurance.....909-558-4537

Beaver Medical Group Health Education Department, Redlands

Free for members and non-members.....909-335-4131

American Lung Association, San Bernardino.....909-884-5864

Department of Behavioral Health, Norton SAC Clinic, San Bernardino.....909-382-7100

San Bernardino Medical Group, *Free to the Public*.....909-883-8611 ext. 2294

Rim Family Services, Skyforest, *Free to the Public*.....909-336-1800

Inland Valley Recovery Services, Upland, *Free to the Public (also provide **Perinatal services**)*.....909-949-4667

High Desert Center for Child, Adolescent & Family Services, Inc. in Victorville (also provides **Perinatal services**).....

.....760-243-7151

Inland Behavioral and Health Services, Inc., San Bernardino **Perinatal Care Network**909-881-6146

Tobacco, Drug and/or Alcohol Cessation Programs, continued

St. John of God Health Services, Victorville
Smoking Cessation & Drug and Alcohol, Outpatient, Free to the Public.....760-952-9192

MHS-Yucca Valley Center for Change Rockin' Recovery Center, For Medical patients.....760-369-1074

HEALTH AND COMMUNITY RESOURCES

Health Care Coverage for Adults and Children

Medi-Cal Access Information Line.....800-433-2611

Covered California.....800-300-1506

Medi-Cal Outreach Line888-747-1222

Inland Empire Health Plan (IEHP).....866-294-4347

Kaiser Permanente Care for Kids.....800-255-5053

Molina Health Care.....800-526-8196

San Bernardino & Riverside Counties Indian Health-For Native Americans Only

San Manuel Indian Health Clinic, Grand Terrace.....888-268-0008

Barstow Indian Health Clinic.....877-277-3101

Veteran Services-For Pregnant Veterans Only

Pregnant services for veterans enrolled at Loma Linda Veterans Hospital.....909-825-7084 ext. 7058

Providers that help tongue-tie or lip-tie infants (Note: * Frenotomy via laser is performed by the provider)

Maria King, CNM, RN, IBCLC, San Bernardino.....909-567-2165
(Maria King is also a lactation consultant who provides breastfeeding and lactation evaluation at assessment time; all tongue-tied appointments include 1 follow-up visit.)

James Jessie, DDS, San Bernardino *.....909-799-9988

Dr. Judith Strutz, DDS, San Bernardino *.....909-890-1400

Dr. Cameron Fuller, DDS, Redland *.....909-793-4326

Dr. Ronald Moore, DDS, Loma Linda *.....909-796-2299

Dr. Jill Cuni, MD, Banning, *Beaver Medical patients only*.....951-845-0313

Dr. Seth Cohen, MD, Redlands, *Beaver Medical patients only*.....909-794-3682

Dr. Estevan Solarte, MD, *Beaver Medical patients only*.....909-794-3682

Dr. Varonica Dixon, MD *Beaver Medical patients only*.....909-792-7309

Dr. Cameo Ashley Carter, MD, Redlands *.....909-792-8866

Loma Linda School of Dentistry * (accepts IEHP; call for more info and ask for tongue-tie services).....909-558-4222

Free Vision Exams for Adults and Children (Sponsored by Molina Healthcare)

1st/3rd Monday of the month, 9 AM-3 PM (Must call for an appointment).....909-469-8330
Mexican Consulate/Consulado de Mexico
293 N. D Street, San Bernardino, CA 92401

2nd/4th Monday, 9 AM-3 PM (Must call for an appointment).....909-469-8330
Guatemalan Consulate/Consulado de Guatemala
330 N. D Street, Ste. 120, San Bernardino, Ca 92401



HEALTH AND COMMUNITY RESOURCES, *continued*

Family Support Services

March of Dimes <i>Help mothers-to-be learn how to take care of themselves before, during and after their pregnancy</i>	914- 997-4488 951-341-0903
Child Care Resource Center.....	800-722-1091 909-384-8000
Child Support Services of California.....	866-901-3212
Preschool Services Department <i>Early Head Start, Head Start, and Preschool</i>	888-543-7025
Children's Network.....	909-383-9677
Children and Family Services <i>Adoption and Foster Care</i>	800-722-4477
Transitional Assistance Department <i>Cash Aid, CalFresh, Cal-Works, Medi-Cal, Foster Care, and General Assistance</i>	877-410-8829
Department of Workforce Development <i>Job assistance and Career Services</i>	909-382-0440
Inland Fair Housing, and Mediation Board <i>Serves as an intermediary to assist individuals in resolving issues related to housing discrimination, homeownership sustainability, rental complaints, and disputes in courts via resource recommendations, education and mediation</i>	800-321-0911 909-984-2254
Legal Aid Society of San Bernardino <i>Improves the lives of those in need in San Bernardino County and surrounding communities by providing counseling, education, legal services, regardless of ability to pay</i>	909-381-4633 909-889--732

Resources for families with special needs children

Early Start Family Resource Network.....	909-890-4788 or 800-974-5553
A free service for families who have children with special needs living in San Bernardino and Riverside Counties of	

Spanish Speaking Resources/Services

Su Familia, The National Hispanic Family Helpline.....	866-783-2645
Mexican Consulate, Ventanilla de Salud.....	909-381-7616
El Sol Neighborhood Educational Center.....	909-884-3735
El Sol Mamas y Bebés Support Group, Riverside County <i>Expectant mothers home visitation program with community health workers</i>	951-823-0360

COMMUNITY SERVICES/PREVENTION SERVICES

Community Assistance (Shelter/Food)

American Red Cross, <i>For emergency disasters periods</i>	760-245-6511
Catholic Charities, San Bernardino.....	909-880-3625
Catholic Charities, Regional Center.....	760-243-1100
Community Health Action Network, Victorville.....	760-241-9900
Community Action Partnership, San Bernardino.....	909-723-1500
Chino Neighborhood House <i>Food for Chino or Chino Hills residents only, Open Mon., Tue., Wed., Fri., and Sat. from 9:00AM to 1:00PM</i>	909-628-5608
Cush Foundation, Pomona <i>Food Pantry, open twice a month on a Thursdays; call for exact dates and times</i>	909-621-5369
Desert Manna in Barstow <i>Food Pantry and Emergency Shelter</i>	760-256-7797
Feed My Sheep <i>Food for High Desert residents only</i>	760-243-4343
Foothill Family Shelter, Upland-Non-Emergency Shelter.....	909-920-5568
Helping Hands Pantry, San Bernardino <i>Food Pantry Only</i>	909-796-4222
High Desert Outreach Center, Adelanto <i>Food Pantry open on Fridays at 7:00AM</i>	760-246-7874
San Bernardino County Housing Authority.....	909-983-1318 or 909-890-0644
Inland Temporary Homes, San Bernardino.....	909-796-6381
Inland Valley Hope Partners <i>Food Pantry and Homeless Outreach</i>	909-622-3806
The Lord's Table in Victorville <i>Food Pantry Only</i>	760-241-2043
Mercy House Walk-in Center, Ontario.....	909-391-2630
Operation Provider, Rim Forest.....	909-337-8585
Outreach Nation, Rancho Cucamonga <i>Food pantry, clothing, baby supplies, general household items Mon. through Thur. 10:00AM to 3:30PM</i>	909-825-8080
Our Lady of the Desert in Apple Valley <i>Food pantry, Wed. & Thur. from 9:00AM to 11:30 AM; need ID</i>	760-242-4427

COMMUNITY SERVICES/PREVENTION SERVICES, *continued*

Community Assistance (Shelter/Food), *continued*

Salvation Army-Redlands <i>Food Assistance for residents of Loma Linda, Redlands, Mentone, Yucaipa, and Calimesa and other services</i>	909-792-8818
Salvation Army, San Bernardino <i>Shelter only</i>	909-888-1336
Salvation Army, Victorville <i>Food Assistance</i>	760-245-5933
Salvation Army, Ontario <i>Food Assistance Only, M-F 9-10:30 AM; free dinner every Wed. 6-7 PM</i>	909-986-6748
Samaritan Helping Hand, Victorville <i>Food Pantry; Mon. through Tue. 10:00AM-12:00PM</i>	760-243-5933
St. Joseph Catholic Church, Barstow <i>Sack lunches (Food Only) Mon. through Thur., 9:00AM-4:00PM, Fri. 9:00AM-12:00PM</i>	760-256-6818
The Blessing Center, Redlands <i>Food distribution Tue., Wed. and Sat., 9:00AM-11:00AM</i>	909-793-5677
Victor Valley Rescue Mission, Victorville <i>Grocery and clothing assistance</i>	760-955-5958
Riverside County	
Settlement House, Corona-Norco <i>Food Pantry; only serve Corona/Norco residents</i>	951-737-3504
Find Food Bank, Coachella Valley <i>Mon. through Fri., 8:00AM to 4:30PM; call to find a local food bank</i>	760-775-3663
Valley Community Pantry, Hemet <i>Serving San Jacinto Valley and surrounding areas</i>	951-929-1101
St. Martha Community Food Pantry, Murrieta <i>Serving the surrounding cities</i>	951-677-6347
Tiffany's House of Hope, Moreno Valley <i>Food Pantry and other services</i>	951-777-4673

COMMUNITY SERVICES/PREVENTION SERVICES, *continued*

Domestic Violence Resources/Shelters and Hotline

Option House, San Bernardino.....	909-381-3471
San Bernardino County Child Abuse Hotline.....	800-827-8724
San Bernardino Sexual Assault Hotline.....	800-656-4673
House of Ruth, Pomona	Hotline 909-988-5559 Outreach 909-623-4367
Desert Sanctuary, Barstow-Outreach.....	760-256-3733
Haley House Outreach, Barstow-Hotline	760-256-3441
Desert Manna, Barstow.....	760-256-7797
Emergency Shelter for Desert Manna.....	760-255-9025
Doves Domestic Violence Outreach Shelter, Big Bear.....	909-866-1546 800-851-7601
Morongo Basin Unity House.....	760-366-9663
Victor Valley Domestic Violence-A Better Way Shelter.....	760-955-8723
A Better Way, Victorville Outreach.....	760-955-8010
Domestic Violence/Shelter and Services, Victorville.....	760-843-0701
High Desert Homeless Services, Victorville (Emergency Shelter).....	760-245-5991

Breast Cancer Organizations in Riverside and San Bernardino Counties

Susan G. Komen® Inland Empire 7177 Brockton Avenue, Suite 108 – Riverside, CA 92506 Visit website at www.komenie.org or call.....	951-676-PINK (7465)
Fighting 4 the Tatas (for women who want info on inflammatory breast cancer) <i>Visit website at www.fighting4thetatas.org</i>	909-874-4709
Michelle's Place (Breast cancer resource center) 27645 Jefferson Avenue, Suite 117, Temecula, CA 92590..... Visit website at www.michellesplace.org	951-699-5455
California Department of Health Care Services-Every Women Counts..... Provides free breast and cervical cancer screening and diagnostic services to California's underserved populations. Breast cancer screening for symptomatic women under age 40 or women 40 years old or older. Cervical cancer screening for women 21 years old or older.	Call 1-800-511-2300; available 24/7
California Department of Health Care Services-Breast and Cervical Cancer Treatment Program..... Provides needed cancer treatment to eligible individuals diagnosed with breast and/or cervical cancer and who are in need of treatment.	1-800-824-0088
American Cancer Society-provides research, help, and support for all types of cancers..... www.cancer.org	1-800-227-2345

FREE & LOW INCOME CLINIC-(Please call the clinic for the exact address & hours)

Al Shifa Free Clinic, San Bernardino-Primary, Specialty and Dental Services Tue. Through Sat.....	909-473-0600
Lestonnac Free Clinic, San Bernardino- Primary, Specialty and Dental Services Mon. & Thur., 12:00PM to 7:00PM, Sat. 9:00AM to 5:00PM.....	909-881-4800
New Hope Free Clinic, Redlands-Primary, Specialty, and Dental Services Tue. & Thur. 6:00AM to 9:00PM, Sat. 9:00AM to 12:00PM.....	909-748-5408
Well of Healing Mobile Free Medical Clinic Weekends only, 9:00AM to 1:00PM; call for mobile clinic locations.....	909-463-0103
High Desert Clinic- Free Pregnancy Testing and Ultrasound, Yucca Valley Mon. & Fri., 12:30PM to 5:00PM, Tue. through Thur. 10:30AM to 5:00PM.....	760-369-8512
ARMC BreathMobile Free Asthma/Allergy Mobile Clinic on Wheels For children 0-18 years only; call for an appointment Mon. through Thur. 8:30AM to 4:30PM.....	909-213-3341 909-498-6277
Arrowhead Regional Medical Center (ARMC) Free Mobile Clinic All ages, call Mon. through Thurs., 7:00AM to 3:00PM for appointment and locations.....	909-520-1207

The following is a list of Federally Qualified Health Centers (FQHCs). Patients are charged based on income, on a sliding scale and therefore may receive services without insurance.

Department of Public Health Clinics:

- Adelanto Community Health Center
 - Hesperia Community Health Center
 - San Bernardino Community Health Center
 - Ontario Community Health Center
- Mon. through Fri., 8:00AM to 5:00PM. Call for an appointment.....800-722-4777

Kids Come First Clinic and Pomona Community Health Center, Ontario
Mon. & Tue., 8:00AM to 5:00PM, Thur., 10:00AM to 7:00PM, Fri., 8:00AM to 3:00PM.....909-984-7384

Pomona Community Health Center with two locations in Pomona to serve clients; please call for the closest location.
Mon., Tue., Thur., 8:00AM through 7:30PM,
Wed. & Fri., 8:00AM to 5:00PM,
Sat. 9:00AM to 2:00PM PCHC Village location909-630-7927
PCHC-Park location.....909-622-6516

Borrego Health in San Bernardino.....909-453-6900
Mon.-Fri., 8:00AM-12:00PM, 1:00PM-5:00PM

Borrego Health in Barstow.....442-347-2800
Mon.-Fri., 9:00AM-12:00PM, 1:00PM-5:00PM

H Street Clinic in San Bernardino
Mon. through Fri., 8:00AM to 5:00PM.....909-381-0803

Inland Family Community Health Clinic, San Bernardino
Mon. through Fri., 8:00AM to 5:00PM, Urgent Care from 5:00AM to 9:00PM;
Sat. Urgent Care from 9:00AM to 6:00PM.....909-708-8158

Whitney Young Family Health Clinic -San Bernardino
Mon. Through Fri., 8:00AM to 5:00PM.....909-386-7600

FREE & LOW INCOME CLINICS, *continued*

SACH San Bernardino Campus Mon. through Fri., 8:00AM to 5:00PM.....	909-382-7100
SACHS- Norton Clinic, San Bernardino Mon. through Fri., 8:00AM to 5:00PM,	909-382-7100
SACHS- Frazee Clinic -San Bernardino Mon. & Thurs., 8:00AM to 5:00PM.....	909-383-8092
Bloomington Community Health Center Mon. through Fri., 8:00AM to 5:00PM. Dental Services Mon. through Sat. 8:00AM to 5:00PM.....	909-546-7520
Hi-Desert Family Health Clinics, Twentynine Palms Mon. through Fri., 8:00AM to 5:00PM.....	760-367-5906
Hi-Desert Family Health Clinics Yucca Valley Mon. through Fri., 8:00AM to 5:00PM.....	760-365-9305
Tri-State Community Health Care Center, Needles Mon. through Fri. 8:00AM to 5:00PM.....	760-326-0222
Unicare Community Health Center, Inc. Five clinic locations in San Bernardino County to serve clients (call for the closest location).....	909-884-6700

Family Health Centers

Arrowhead Regional Medical Center (ARMC) Family Health Centers Fontana, Rialto, San Bernardino Mon. through Fri., 8:00AM to 5:00PM.....	855-422-8029
Redlands Family Health Clinic Mon through Fri., 8:00AM to 4:30PM.....	909-335-5799
Yucaipa Family Health Clinic Mon through Fri., 8:00AM to 4:30PM.....	909-478-7951

Rural Health Clinics

Rural Health Clinic (RHC)-Care for underserved populations. All RHCs, by definition, serve low income patients in areas that have a shortage of medical services.

Ridgecrest Rural Health Clinic Mon. through Fri., 8:00AM to 5:00PM.....	760-499-3855
Yucca Valley Medical Care, Inc. Mon. through Fri., Walk-in 8:00AM to 10:00AM, 1:00-3:00 PM; closed 12:00AM to 1:00PM for lunch, Sat.,8:00AM to 12:00PM.....	760-365-8500
MCH Rural Health Clinic, Lake Arrowhead Mon. through Fri., 8:00AM to 4:30PM, closed 12:00AM to 1:00PM for lunch.....	909-336-9715
Santa Rose Del Valle, Coachella Mon. through Fri., 7:30AM to 5:30PM.....	760-391-5151



BREASTFEEDING WEBSITES

Breastfeeding Websites

<http://www.llli.org/nb.html> La Leche League International

<http://www.llusa.org/> La Leche League USA

<http://www.cdph.ca.gov/HealthInfo/healthyliving/childfamily/Pages/>

[CaliforniaLawsRelatedtoBreastfeeding.aspx](#) California Department of Public Health-California

Breastfeeding Laws

<http://californiabreastfeeding.org/> California Breastfeeding Coalition

<https://www.womenshealth.gov/breastfeeding/index.html> Womenshealth.gov (in English)

<https://www.womenshealth.gov/espanol/la-lactancia/index.html> Womenshealth.gov (in Spanish)

<https://www.womenshealth.gov/breastfeeding/breastfeeding-and-special-situations.html> Women-
shealth.gov Breastfeeding and Special Situations

[https://www.womenshealth.gov/publications/our-publications/breastfeeding-guide/?
from=breastfeeding](https://www.womenshealth.gov/publications/our-publications/breastfeeding-guide/?from=breastfeeding) Womenhealth.gov Materials in English, Spanish, and Chinese

<http://www.usbreastfeeding.org/> United States Breastfeeding Committee

<http://www2.aap.org/breastfeeding/faqsbreastfeeding.html> American Academy of Pediatrics posi-
tion on breastfeeding

<http://med.stanford.edu/newborns/professional-education/breastfeeding.html> Newborn Nursey
Stanford Medicine

<http://breastmilkcounts.com/> Breastfeeding Resource

<http://www.breastfeedingrose.org/> Breastfeeding Resources for African-American Women

<http://kellymom.com/> Parenting and Breastfeeding Resources

<http://mommymeds.com/> Information about taking medications while breastfeeding

<http://www.bestforbabes.org/> Helping moms reach their breastfeeding goals

Local Resources

<http://cms.sbcounty.gov/wic/Breastfeeding.aspx> San Bernardino County Department of Public
Health WIC

<https://first5sanbernardino.wordpress.com/2016/04/01/free-24-hours-breastfeeding-helpline/> San
Bernardino County Breastfeeding Support Line

<http://www.iebreastfeeding.org/> Inland Empire Breastfeeding Coalition

<http://www.llli.org/web/california.html> La Leche League of California

<http://www.mothersmilk.org/> Donor Milk Bank



BREASTFEEDING WEBSITES, *continued*

Videos

https://www.youtube.com/playlist?list=PL9-MtG_B0MzIMxEP9mvSWvgvHUD5cH4pY

Breastfeeding Tips and Information on YouTube

<https://www.youtube.com/watch?v=eX2ijdLnIJU> Baby Behavior Campaign-Baby Cues of sleep, hunger and crying

211 RESOURCE NUMBER

211 is a free and confidential service that helps people throughout San Bernardino County to access specialists that that can help with breastfeeding and postpartum depression. If you live in San Bernardino County, you can dial 2-1-1 to receive referrals and phone numbers to community resources.