



Community Resource Guide

San Bernadino County v.0_2026

April Parker Foundation

 Headquarters: 245 E. 3rd Street, Long Beach, CA 90802

 Website: www.aprilparker.org

 Email: APHealth@aprilparker.org



Welcome

This Resource Guide is designed to help individuals, families, and community members access the support and services they need. Whether you are seeking assistance with housing, health care, education, employment, wellness, or basic needs, this guide brings trusted resources together in one place so you can navigate your next steps with confidence.

Across every program at the April Parker Foundation, our goal remains the same: **to strengthen communities by improving access to opportunities, reducing barriers, and supporting wellbeing.**

How to Use This Guide

Resources in this guide are organized by category and typically include:

- Organization or program name
- Description of services provided
- Contact information
- Eligibility notes, when available

You may use this guide independently or with the support of a **CARE Mentor, Case Manager, Navigator, or Program Staff**, who can assist you in connecting to the services that best meet your needs.

If You Need Immediate Help

If you are experiencing a crisis—emotional, medical, or safety-related—please contact the appropriate emergency support in your area, such as:

- Local Crisis Line or Access Line
- Domestic Violence Hotline
- Emergency Services (9-1-1)

These services can provide immediate assistance, safety planning, and connection to urgent resources.



Important Notes

- Information in this guide may change over time. Contact organizations directly for the most up-to-date details.
- Inclusion in this guide does not represent an endorsement; it is intended as a navigation tool for individuals seeking support.
- This guide may include services designed for specific populations (youth, adults, families, veterans, LGBTQIA2S+, individuals with disabilities, justice-involved individuals, etc.). Always ask about eligibility when reaching out.

About the April Parker Foundation

The April Parker Foundation is a community-based nonprofit organization committed to transforming communities by empowering sustainable futures. We work alongside individuals, families, and partners to expand access to resources, remove systemic barriers, and support long-term health, stability, and economic opportunity.

Through our programs and partnerships, APF provides navigation, case management, workforce development, housing support, youth development, and community-based services designed to meet people where they are and walk with them toward where they want to go.

Our work is grounded in equity, dignity, accountability, and compassion, and guided by the belief that everyone deserves access to the tools and support needed to thrive.

How We Can Support You

APF staff may be able to assist with:

- Resource navigation and referrals
- Care coordination and case management
- Program enrollment and eligibility guidance
- Follow-up support and service connections

If you are working with an APF CARE Mentor, Case Manager, or Program Staff, they can help you use this guide and connect to services.



San Bernadino – Adult Resources

Housing & Homeless Services

Organization	Services Provided	Phone	Website
San Bernardino County Homeless Partnership	Coordinated Entry, outreach, interim and permanent housing navigation	Access via 2-1-1	www.sbchp.org
San Bernardino County Department of Behavioral Health	Homeless outreach, housing support, care coordination	(909) 387-7200	wp.sbcounty.gov/dbh
Salvation Army San Bernardino	Emergency shelter, transitional housing, meals	(909) 888-1336	www.salvationarmy.org
Volunteers of America Southwest	Interim housing, permanent supportive housing	(909) 884-0147	www.voasw.org

Mental Health & Ongoing Behavioral Health Support (Non-emergency, ongoing care coordination)

Organization	Services Provided	Phone	Website
San Bernardino County Department of Behavioral Health	Exodus Recovery Inland Empire	(888) 743-1478	wp.sbcounty.gov/dbh
Exodus Recovery Inland Empire	Crisis stabilization, outpatient behavioral health	(909) 381-2420	www.exodusrecovery.com
Inland Behavioral and Health Services	Counseling, psychiatry, outpatient services	(909) 881-6146	www.ibhsinc.org

Substance Use Treatment

Organization	Services Provided	Phone	Website
San Bernardino County Substance Use Services	Outpatient and residential SUD treatment	Access via DBH	wp.sbcounty.gov/dbh
MFI Recovery Center	Residential and outpatient recovery programs	(909) 886-1131	www.mfirecovery.org
Inland Valley Recovery Services	SUD treatment and counseling	(909) 890-6333	www.ivrs.org

Medical & Primary Care

Organization	Services Provided	Phone	Website
Arrowhead Regional Medical Center	Hospital, specialty care, emergency services	(909) 580-1000	www.arrowheadregional.org
Borrego Health	Primary care, dental, behavioral health	(855) 826-4344	www.borregohealth.org
San Bernardino County Public Health Clinics	Preventive care and clinic services	(800) 722-4794	wp.sbcounty.gov/dph
Kaiser Permanente (Members Only)	Primary and specialty care for enrolled members	1-800-464-4000	www.kp.org

Food & Basic Needs

Organization	Services Provided	Phone	Website
Inland Empire Food Bank	Food distribution and pantry referrals	(909) 381-6921	www.feedingamericaie.org
Mary's Mercy Center	Meals, clothing, hygiene services	(909) 889-2558	www.marysmercycenter.org
211 San Bernardino County	Food, utility, and basic needs referrals	2-1-1	www.211sb.org

Legal, Domestic Violence & Advocacy

Organization	Services Provided	Phone	Website
Legal Aid Society of San Bernardino Option House	Free civil legal assistance	(888) 245-4257	www.lassb.org
Option House	DV shelter, advocacy, survivor support	(909) 381-3471	www.optionhouse.org
Family Justice Center San Bernardino	DV legal advocacy and support	(909) 387-7070	wp.sbcounty.gov/fjc

Employment & Workforce

Organization	Services Provided	Phone	Website
San Bernardino County Workforce Development	Job training, employment placement	(909) 382-0440	workforce.sbcounty.gov
Goodwill Southern California	Job readiness and employment services	(909) 885-1346	www.goodwillsocial.org

Veteran Services

Organization	Services Provided	Phone	Website
San Bernardino County Veterans Affairs	Benefits counseling and claims assistance	(909) 382-3290	wp.sbcounty.gov/veterans
VA Loma Linda Healthcare System	Medical and mental health services	(909) 825-7084	www.va.gov
Volunteers of America Southwest	Veteran housing and supportive services	(909) 884-0147	www.voasw.org

Disability & Adult Protective Services

Organization	Services Provided	Phone	Website
Adult Protective Services San Bernardino County	Abuse, neglect, exploitation reporting	1-877-565-2020	wp.sbcounty.gov/aging
Disability Rights California	Disability legal advocacy	(800) 776-5746	www.disabilityrightsca.org
IHSS San Bernardino County	In-home supportive services	(888) 960-4477	ihss.sbcounty.gov

Transportation Assistance

	Services Provided	Phone	Website
Omnitrans	Bus transportation services	(909) 884-8277	www.omnitrans.org
Medi-Cal Transportation	Non-emergency medical transportation	Contact health plan	www.dhcs.ca.gov
211 San Bernardino County	Transportation assistance referrals	2-1-1	www.211sb.org

You Are Not Alone

Accessing services can feel overwhelming, and it's okay to need support along the way. This Resource Guide is intended to help you take the next step at your own pace and connect with services that support your health, stability, and wellbeing.

If you encounter barriers, long waitlists, or are unsure where to start, help is available.

How We Can Help

We provide navigation, care coordination, and community-based support to help individuals and families move forward. Our CARE Mentors and Case Managers can assist with referrals, applications, follow-up, and problem-solving when systems feel difficult to navigate.