

Community Resource Guide

Help close to home in San Bernardino. Checked October 8, 2026. Please call ahead, because hours and programs change.



Photo by Leiada Krözjhen on Unsplash

Need help right now? Call or text **988** for a mental health crisis. Call **211** for food, shelter, rent or bills, any time. In an emergency, call **911**.

Food



Photo by Joel Muniz on Unsplash

Community Action Partnership of San Bernardino County (Food Bank) **909-723-1500 · 800-635-4618 (toll free)**

A countywide nonprofit that runs a food bank, along with help paying utility bills and home weatherization.

696 S. Tippecanoe Ave., San Bernardino, CA 92408 · capsbc.org

Feeding America Riverside | San Bernardino

951-359-4757

The regional food bank. Its online map finds a free food distribution site near you. It also helps with CalFresh applications and runs a Senior Mobile Pantry.

Use the pantry map to find a site near you · feedingamericaie.org/find-a-pantry

Mary's Mercy Center (Mary's Table)

909-889-2558

Hot lunches six days a week, weekly food bags, showers, emergency clothing, and items for infants and toddlers.

641 Roberds Ave. N, San Bernardino, CA 92411 · marysmercycenter.org

CalFresh food benefits (San Bernardino County Transitional Assistance Department)

877-410-8829

Monthly food benefits for income-eligible residents. Apply online at BenefitsCal.com, by phone, by calling 211, or at a county office. The same office handles Medi-Cal, CalWORKs and General Relief.

2740 Little Mountain Dr., 1895 Del Rosa Ave., and 265 E. 4th St., San Bernardino · benefitscal.com

WIC (Women, Infants and Children)

800-472-2321

Nutrition help and food benefits for pregnant people and for parents, grandparents, foster parents or caretakers of a child under five. You can also apply by texting ApplySBWIC (Spanish: SolicitarSBWIC) to the number below.

2035 N. D St., San Bernardino, CA 92405; 1535 E. Highland Ave., San Bernardino, CA 92404 · wic.sbcounty.gov

Senior lunches (City of San Bernardino Older Californians Nutrition Program)

Weekday lunches at two city senior centers, plus Tuesday through Thursday dinners at Fifth Street. Ages 60 and older: \$4 suggested donation. Ages 59 and younger: \$7.

Perris Hill Senior Center, 780 E. 21st St.; Fifth Street Senior Center, 600 W. Fifth St. · ci.san-bernardino.ca.us

Health care and mental health



Photo by National Cancer Institute on Unsplash

988 Suicide & Crisis Lifeline

988

Free, confidential help 24 hours a day for anyone in emotional distress. Call or text 988. Text and chat are available in Spanish. Veterans: dial 988, then press 1.

Phone, text and online · 988lifeline.org

Mobile Crisis Services (San Bernardino County Behavioral Health)

800-398-0018 (call) · 909-420-0560 (text)

A mental health crisis team you can call or text 24 hours a day.

Phone and text · wp.sbcounty.gov/dbh

Behavioral Health Helpline (San Bernardino County Behavioral Health)

888-743-1478

Mental health and substance use help, including outpatient clinics, urgent care without an appointment, and referrals. The county says no one is turned away for being unable to pay, and a sliding fee scale applies.

Phone · wp.sbcounty.gov/dbh

Substance Use Helpline (County Screening, Assessment and Referral Center)

800-968-2636

Referrals for drug and alcohol treatment. Also gives out free fentanyl test strips and naloxone, the medicine that reverses an overdose.

Phone · wp.sbcounty.gov/dbh

SAC Health

909-382-7100

Primary care, pediatrics, women's health, dental, behavioral health, HIV care, a mobile clinic, and a community resource center.

250 S. G St., San Bernardino, CA 92410; 1003 E. Brier Dr., San Bernardino, CA 92408 ·
sachealth.org

San Bernardino Health Center (County Public Health)

800-722-4777

A community health center offering primary care, pediatrics, reproductive health, immunizations, HIV services, TB testing and dental care.

590 N. D St., San Bernardino, CA 92401 · dph.sbcounty.gov

Legal help



Photo by Vitaly Gariev on Unsplash

Legal Aid Society of San Bernardino

909-889-7328

Free legal help, self-help resources and clinics, including eviction defense, probate, domestic and family violence, and veterans support. Appointments are required.

588 W. Sixth St., San Bernardino, CA 92410 · legalaidofsb.org

Superior Court Self-Help Resource Center

909-269-8826 (automated help line)

Free help for people without a lawyer. At the San Bernardino courthouse the center helps with family law and child support. For landlord and tenant, guardianship or small claims help, the court's website lists which location handles each. First come, first served.

Historic Courthouse, ground floor, 351 N. Arrowhead Ave., San Bernardino, CA 92415 ·
sanbernardino.courts.ca.gov

Housing, utilities and emergency help



Photo by Jelly Marketing on Unsplash

211 San Bernardino County

211

A free, confidential line, open 24 hours, that connects you to food, rent and utility help, health care, crisis counseling, jobs and child care. If you are homeless or about to be, call 211 first: a bilingual specialist will connect you to housing help.

Phone · inlandsocaluw.org/211

Home Energy Assistance Program (HEAP)

909-723-1500, option 2

A one-time credit on gas, electric or propane bills for qualifying households, through Community Action Partnership. Appointments open in periods and fill fast; the next period opens Friday, October 16, 2026.

696 S. Tippecanoe Ave., San Bernardino, CA 92408 · capsbc.org

SCE CARE and FERA bill discounts

800-798-5723

Southern California Edison customers who qualify by income can get 32.5% off their electric bill (CARE) or 18% off (FERA). Households receiving CalFresh, Medi-Cal, SSI, WIC or LIHEAP can also qualify. Apply online at sce.com.

Phone and online · sce.com

Housing Authority of the County of San Bernardino

909-890-0644

Housing vouchers, affordable housing, family self-sufficiency, homeownership help, and a scholarship program for residents. Ask which waiting lists are open.

715 E. Brier Dr., San Bernardino, CA 92408; housing office, 672 S. Waterman Ave., San Bernardino, CA 92408 · hacsb.com

Mary's Haven and Mary's Village (Mary's Mercy Center)

909-889-2558

Transitional living programs of 12 to 24 months: Mary's Haven for women and their young children, Mary's Village for men experiencing homelessness.

641 Roberds Ave. N, San Bernardino, CA 92411 · marysmercycenter.org

Time For Change Foundation

909-886-2994

Housing, case management, recovery counseling, re-entry support, family reunification, and money and job programs for women, children and families affected by homelessness, substance use or incarceration. Its Brighter Futures program serves men.

San Bernardino (mailing address PO Box 25040, San Bernardino, CA 92406) · timeforchangefoundation.org

Jobs and job training



Photo by Cytonn Photography on Unsplash

East Valley America's Job Center of California

909-382-0440

Career counseling, job search help, résumé and interview help, skills assessments, job leads, and referrals to on-the-job and vocational training. The resource room with computers and phones is open to everyone. Veterans and their eligible spouses get priority.

Inland Center Mall, 500 Inland Center Dr., Space 508 (Parking Lot 16), San Bernardino, CA 92408 · workforce.sbcounty.gov/job-seekers

Youth Forward (County Workforce Development)

909-387-9859

Training and job opportunities for young people ages 16 to 24. Call the county Workforce Development office to get started.

290 N. D St., Suite 600, San Bernardino, CA 92415 · workforce.sbcounty.gov

Inland Career Education Center (San Bernardino City Unified adult education)

909-388-6000

English as a Second Language classes and career training in barbering, computers and medical fields.

1200 N. E St., San Bernardino, CA 92405 · icec.sbcusd.com

Scholarships and education



Photo by Nqobile Vundla on Unsplash

Inland Empire Community Foundation scholarships

909-453-2400

One application covers more than 30 scholarships worth \$1,000 to over \$10,000, for students who have lived in San Bernardino or Riverside County at least a year. The 2026 round has closed; watch for the next one.

320 N. E St., Suite 203, San Bernardino, CA 92401 · iegives.org/scholarships

Hispanic Scholarship Fund

Need-based awards of \$500 to \$5,000 for students of Hispanic heritage headed to a four-year university or graduate school. The 2026 round has closed; watch for the next one.

Online · hsf.net/scholarship

Cal Grant

State money for college for students who meet income and other standards. Apply by completing the FAFSA or the California Dream Act Application. Cal Grant C, for job and technical training, has no GPA requirement.

Online · csac.ca.gov/cal-grants

Umoja-Tumaini Academy, San Bernardino Valley College

A program centered on African American culture and experience, with cohort classes, dedicated counselors, tutoring, workshops, a study space and an annual HBCU college tour.

The Village, Building 4, San Bernardino Valley College, 701 S. Mount Vernon Ave., San Bernardino, CA 92410 · valleycollege.edu/tumaini

Norman F. Feldheym Central Library

909-381-8201

Library cards, computers and Wi-Fi, e-books, adult literacy services, local history and meeting rooms.

555 W. Sixth St., San Bernardino, CA 92410 · library-sanbernardino.hosted.civiclive.com

San Bernardino County Library: online tutoring and adult literacy

909-387-2220

Free online homework help and tutoring with a County Library card, and free one-on-one reading and writing tutoring for adults 17 and older.

Online and at county branches · library.sbcounty.gov

Seniors, veterans and families



Photo by Ekaterina Shakharova on Unsplash

Senior Information and Assistance (County Aging and Adult Services)

800-510-2020

Information and referrals for older adults, including senior meal sites and the long-term care ombudsman, an advocate for people in nursing and care homes.

Phone · daas.sbcounty.gov

Adult Protective Services

877-565-2020

A 24-hour line to report abuse or neglect of an older or dependent adult.

Phone · daas.sbcounty.gov

San Bernardino County Department of Veterans Affairs

909-382-3290

Help with veterans benefits (disability, pension, health care), college fee waivers, military records and veteran ID cards.

222 W. Hospitality Ln., 3rd Floor, San Bernardino, CA 92415 · va.sbcounty.gov

Black Infant Health (County Public Health)

844-352-3985

Weekly group sessions and one-on-one support for a healthy pregnancy and baby, for Black women 16 and older who are pregnant or within six months of giving birth and live in the county. No income limits.

658 E. Brier Dr., Suite 110, San Bernardino · dph.sbcounty.gov/bih

Head Start and Early Head Start (County Preschool Services)

888-543-7025

No-cost preschool for children 3 to 5, Early Head Start for infants, toddlers and pregnant women, and home-based programs. Applications are taken year-round.

Centers throughout the county · psd.sbcounty.gov

Child Care Resource Center

909-384-8000

Help finding child care, and information on programs that help pay for it.

1111 E. Mill St., Suite 100, San Bernardino, CA 92408 · ccrcca.org

Community organizations



Photo by Samantha Gades on Unsplash

El Sol Neighborhood Educational Center

909-884-3735, ext. 1001

Community health workers and promotores who make home visits, coach parents and help families find resources.

1535 S. D St., San Bernardino, CA 92408 · elsolnec.org

Time For Change Foundation: Black and Brown Opportunities for Profit Center

909-886-2994

Support for local entrepreneurs, from the San Bernardino nonprofit listed above under housing.
San Bernardino · timeforchangefoundation.org

The newest version is always at sb-american.com/community-resource-guide. Get the paper free every week: sb-american.com/newsletter. Know a program we should add? Call 909-889-7677. Being listed is not an endorsement; no organization paid to be included. Photos are from Unsplash and used under the Unsplash License; they show models, not the programs listed.