



# Parent Resource Guide

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**La Verne Youth & Family Action Committee**  
**Parent Resource Guide**

This resources directory was organized by the La Verne Youth and Family Action Committee. The resources provided in this guide are grouped by age level, with the objective that parents will be able to quickly and easily find resources relevant to helping their children. The final section consists of family resources, which aren't age-specific but rather applicable to all families and age levels.

Remember, if you or a family member is experiencing an **emergency, please put this booklet down and call 9-1-1.**

**Resources for Parents of Young Children (ages 3-6)**

Early childhood is a time of discovery for children; discovering the world, discovering peers, discovering the great variety of new things that they can do on their own for the first time, such as dressing themselves and making choices. Parents can support their children's early childhood development by helping them discover the amazing world around them, enrolling them in preschool or arranging play-dates with peers that provide opportunities for children to learn about peer social relationships; taking children on adventures to community activities, such as library book readings, pumpkin patches at Halloween, and trips to the zoo and museums; introducing children to the amazing world that surrounds them, such as the world of looking at bugs through a magnifying glass, rolling down a hill, and playing with the water in the bathtub. All of these discovery experiences will enrich the child's development and will create a foundational parent-child relationship that supports later child development.

The 3-6 year old child also faces many challenges in learning to master these new discoveries. Early childhood can be a time of aggression and hitting, social shyness, and learning to "take-turns." Emotions, particularly frustration, can be difficult for young children to master and to express appropriately, and young children during this period may display tantrums when they can't have that coveted object-of-desire. Parents can help children master their difficult emotions and social relationships with peers and siblings by remaining calm-and-confident authorities, maintaining expectations for their children's appropriate behavior, but also recognizing that learning about emotions and being able to express these emotions appropriately is still a work-in-progress for these young learners.

Angry parenting is seldom as helpful as calm-and-confident assertive parenting. Imagine you were learning to play the piano for the first time. Would you want a stern and angry piano teacher, who yelled at you when you struggled with a challenge or made a mistake? Or would you want a kind and understanding piano teacher, who corrected your mistakes and expected you to do well, but who did so with a pleasant attitude of calm-and-confident authority and patience, and who made discovering music fun and interesting as well; a piano teacher who laughed with you as well teaching you, who showed an interest in you as a person, and who encouraged you to be your best (rather than simply punishing you for your failures).

Early childhood is a period of discovery for young children, and for parents who share in this time of wonder with their children it can be a time of re-discovery for them as well, for a amazing world filled with the simplicity of innocence, a joyful exuberance, and wonder.

## **Physical Resources**

### **Parenting Resources**

Pomona Parent's Place	(626) 919-1091
-For families raising a child w/ a disability	<a href="http://www.parentsplacefrc.com">www.parentsplacefrc.com</a>
Spirit Family Services (Glendora based)	(626) 335-8153
-Parenting for Dads Class	
-Child Abuse Prevention Class	
Parent Resource Helpline	(888) 347-7855
National Parent Helpline	1-(855) 4-A-PARENT
Tri City Wellness Center	(909) 242-7600
West End Educational Service Center	(909) 476-6188
-Clinical Parent Training (ADHD, Non-compliant children)	
-Parent Project Classes (Strong willed adolescents)	

### **Mental Health Counseling**

Parents of ADHD Support Group	<a href="http://www.chadd.net/357">www.chadd.net/357</a>
-meets at Grace Miller Elementary	
National Alliance on Mental Illness: Pomona Valley Office	(909) 399-0305
-offers local support groups and educational classes	
Tri City Mental Health Center	(909) 623-6131
-Crisis support available after hours & weekends	
Santa Anita Family Service	(626) 966-1755
-child, teen, and family counseling	
Family Service of Pomona Valley	(909) 620-1776

**See "Family Resources" section for complete list of therapy, family help, and mental health providers**

## **Online Resources for Parents of Young Children**

### **General Parenting Resources**

<http://www.usa.gov/Topics/Parents-Babies.shtml> (help for children ages 0-5)

<http://www2.ed.gov/parents/earlychild/ready/preschool/index.html>

-(helpful handbook for children ages 0-5)

<http://www2.ed.gov/parents/landing.jhtml?src=ln>

-(parenting resources)

<http://www.discoveryeducation.com/parents/>

-(parent resources for homework help, and tips for isolation issues)

### **Behavior and Mental Health Resources**

<http://www.zerotothree.org/child-development/>

-(resources for mental development of babies and toddlers, ages 0-3)

<http://www.zerotothree.org/child-development/challenging-behavior/tips-tools-challenging-behaviors.html>

-(list of tips and hints for dealing with toddler behavior)

<http://www.nimh.nih.gov/health/topics/child-and-adolescent-mental-health/index.shtml>

- (Resources for child and adolescent mental health issues)  
<http://www.nimh.nih.gov/health/publications/children-and-adolescents-listing.shtml>
- (booklets in English **y en Español** for understanding and dealing with issues like ADHD, bipolar disorder, and how to help children cope with violence)  
<http://www.kidsmentalhealth.org/>
- (Informational website describing different mental afflictions that children may face)  
<http://www.aboutourkids.org/families>
- (resources concerning how to talk with children about tough topics, an A-Z list of disorders, a mental health dictionary, and help for families seeking treatment or psychiatrists, **disponible en Español**)  
[http://www.focusonthefamily.com/parenting/effective\\_biblical\\_discipline/4\\_secrets\\_to\\_successfully\\_handling\\_behavior\\_problems.aspx](http://www.focusonthefamily.com/parenting/effective_biblical_discipline/4_secrets_to_successfully_handling_behavior_problems.aspx)
- (series of articles helping with behavioral issues, starting with infants and ending with teenagers)  
<http://kidshealth.org/parent/emotions/>
- (List of instructional and informational articles on child behaviors, emotions, and feelings)  
<http://www.parenting.org/guides>
- (website with an exhaustive supply of parenting guides on hugely varying topics, including managing behavior issues)

### **Resources for Parents of School Age Children (Ages 7-12)**

The school age years are a time of mastery; as children’s thinking and cognitive abilities mature, schoolwork presents them with increasing academic challenges; as their physical development becomes more coordinated, they discover individual and team sports; and as their social skills develop, their friendships with peers become more elaborate and important to them. The school-age years can also be a time of added stress for children, especially if they struggle in mastering these challenges of school, or sports, or friends. Family struggles, including marital discord or divorce, can add additional stresses to children during this period.

Ensuring a calm and stable home-life is important for children’s development during this period because it allows children to focus on the many external challenges they’re being asked to master rather than on additional emotional stresses at home. Marital or personal counseling for parents can be a valuable addition to family life during this period. Learning parenting skills that blend discipline with guidance strategies can help ease family tensions and enlist positive child cooperation rather than merely achieving child obedience through continual threats of punishment.

Taking advantage of the many community opportunities for learning during this period can provide children with wonderful opportunities for developing peer friendships and for learning about their particular talents, interests, and abilities. Some children will enjoy sports, others will enjoy music; some will enjoy art, some will enjoy cooking; some will enjoy academics, some will enjoy theater. Each child is unique, and each child has his or her own special blend of talents and challenges. Sports leagues, scouting programs, after-school classes and activities, all help children develop friendships and help them learn what is special and unique about them.

## Physical Resources

### **Abuse**

Child Abuse Reporting Hotline	(800) 540-4000
Parent's Anonymous-Prevention Support Groups & Classes	(909) 236-5757
House of Ruth (assistance for abused women and children)	(909)-623-4364

### **Anger Management**

Pomona Community Crisis Center	(909) 623-1588
Spirit Family Services (Glendora based)	(626) 335-8153
-Parenting for Dads Class	
-Child Abuse Prevention Class	
-Communication Skills Class-Parents and (9 yrs. old-teens)	
Tri-City Wellness Center	(909) 476-6158
-serves the cities of Claremont, Pomona, and La Verne	

### **Bonita Unified School District**

Bonita Unified School District Reporting Hotline	(909) 394-9393
Bonita Unified School District Office	(909) 971-8200

### **Crisis and Information Hotlines**

Los Angeles County Info Line	2-1-1
California Youth Crisis Hotline	(800) 843-5200
Community Help Info Line	(310) 793-1415
Community Help Line HOT Line	(877) 541-2525
Bonita Unified School District Hotline	(909) 394-9393
Tri-City MHC Crisis Line	(909) 623-9500

### **People with Developmental Disabilities**

California Mentor Family Home Agency	(909) 483-2505
- Housing for People w/ Developmental Disabilities	
San Gabriel/Pomona Regional Center Intake	(909) 620-7722

### **LGBT Support**

Gay and Lesbian Youth Talk Line	(800) 246-7743
PFLAG-Support for Families of LGBT	<a href="http://www.pflag.org">www.pflag.org</a>
Trevor Project (suicide hotline for Gay and Lesbian youth)	(866) 488-7386

### **Medical Care-Low Cost**

Tzu Chi Clinic- S. El Monte & Alhambra	<a href="http://tzu-chimedicalfoundation.org/">http://tzu-chimedicalfoundation.org/</a>
Pomona Community Health Center	(909) 868-0235
Immunizations/TB testing/STD	
East Valley Health Center	(909) 620-8088

### **Runaway**

National Runaway Hotline	(800) 786-2929
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California Missing Children Hotline

(800) 222-3463

### **Self-Injury**

David & Margaret Home-Andrew Leandre

(909) 596-5921 Ext. 3191

**See “Family Resources” section for complete list of therapy, family help, and mental health providers**

### Online Resources for Parents of School-Age Children

#### **General Resources**

<http://www.parenting.org/> (database with parenting-help articles and guides)

<http://www.usa.gov/Topics/Parents-Young.shtml> (help for children ages 6-11)

<http://www.parenting.org/article/schools-out-but-summer-experiences-keep-kids-learning-0> (article highlighting the importance of keeping children active and engaged during the summer)

<http://www.ci.la-verne.ca.us/> (Navigate: Documents-Community Services. Find recreation guides and community activity opportunities from the City of La Verne)

#### **Gifted Students**

National Society for the Gifted and Talented  
Supporting the Emotional Needs of the Gifted

<http://www.nsgt.org/resources/index.asp>

<http://www.sengifted.org/>

#### **Homework Help Resources**

<http://free.ed.gov/#t28> (help resources)

<http://kidshealth.org/parent/positive/learning/homework.html#cat169> (article for how to help your child with their homework)

<http://www2.ed.gov/parents/academic/involve/homework/index.html> (government-produced handbook with homework tips for parents)

<http://www2.ed.gov/parents/academic/help/succeed/index.html> (handbook with tips on how to contribute to your child’s education, stimulating activities to be done at home, and tips on how to help your child with test-taking)

#### **Family Help Resources**

[http://www.therapistlocator.net/imis15/content/directories/Locator\\_Search\\_US.aspx](http://www.therapistlocator.net/imis15/content/directories/Locator_Search_US.aspx) (locates licensed therapists in your area)

<http://www.goodtherapy.org/> (provides information about therapy and has a search engine for finding practitioners in your area)

<http://www.tricitymhs.org/> (website for Tri-City Mental Health, a mental health services provider for La Verne, Claremont, and Pomona)

[http://www.helpguide.org/mental/children\\_divorce.htm](http://www.helpguide.org/mental/children_divorce.htm) (article for parents to help their child cope with divorce)

## **Resources for Parents of Middle-School Aged Children (Ages 12-14)**

This is a time of transition and change. The child is leaving behind the developmental challenges of childhood and is encountering a new set of developmental challenges of emerging pre-adulthood; no longer a child, but not yet an adult. Bodies change, insecurities develop, sexuality and new social pressures all present new challenges for the child. Peer social status can achieve new importance, and peer rejection and bullying become particularly devastating.

Schools change, from the known world of elementary school to the new world of middle school, with ever increasing academic challenges and the potential for school failure as the child tries to navigate increased developmental and academic stresses. Family relationships change. As the child seeks more personal self-expression, parent-child arguments and conflicts can increase. Parental discipline strategies that worked during the school-age years become less effective during the middle-school years, and parents may struggle with how to provide appropriate parental guidance while also respecting their children's increasing maturity and self-autonomy.

Learning the parenting skills of dialogue and negotiation can be helpful for effective parenting during this developmental period. Listening with an intent-to-understand the child's perspective from the child's point of view can help establish a positive parent-child relationship bond that is useful for guidance-based parenting. That doesn't mean the parent has to agree or accept the child's point of view, but an authentic intent-to-understand the child's point of view, before presenting the alternative view of the parent, can help children learn to discuss their experience with their parents and can validate the truth of the child's self-experience, even though it may differ from the parent's own judgment. Listening is a crucial and valuable parental skill during this developmental period. Children will not communicate if we don't listen.

Community mentors can be also be particularly valuable during this developmental period. Coaches, teachers, tutors, extended family members, can all provide these middle-school children with valuable role-models for entering into the role relationships of young adulthood. Having a focal area of interest for the child, such as music, sports, scouting, dance, academics, etc. that was discovered during the school-age years, can also be exceptionally valuable for helping children navigate the transitions of the middle-school years.

### **Physical Resources**

#### **Alcohol/Substance Abuse**

Alcoholic's Anonymous	(909) 624-2712
Al-Anon/Alateen	(909) 824-1516
-Includes a Preteen Alateen (4-11 yrs., 11-18 yrs.) in W. Covina	
Nar-Anon	(800) 477-6291
Narcotics Anonymous	(626) 359-0084
National Council on Alcohol and Drug Dependence	-Covina (626) 331-5316
	-Pomona (909) 629-4084
Santa Anita Family Service	(626) 966-1755
-counseling offered for mental health disorders, families, child abuse, addiction, anxiety disorders	

Substance Abuse Hotline	(800) 662-4357
Spirit Family Services	(626) 335-8153
Pomona Community Crisis Center	(909) 623-1588
Prototypes	(909) 624-1233
-Rehab for women w/ children	
SAMSA– Treatment Referrals	(800) 788-2800

### **Eating Disorders**

Anorexia Nervosa/Related Eating Disorders	(800) 931-2237
Overeater’s Anonymous	(626) 335-3355

### **Runaway**

National Runaway Hotline	(800) 786-2929
California Missing Children Hotline	(800) 222-3463

### **Self-Injury**

David & Margaret Home	(909) 596-5921 Ext. 3191
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### **Suicide**

Suicide Prevention Center-Crisis Hotline	(877) 727-4747
Suicide Prevention Line	(310) 391-1253
Tri-City Mental Health Center Crisis Line	(909) 623-9500
National Suicide Prevention Lifeline	(800) 273-8255
Trevor Project (suicide hotline for Gay and Lesbian youth)	(866) 488-7386

**See “Family Resources” section for complete list of therapy, family help, and mental health providers**

### Online Resources

#### **General Resources**

<http://www.tweenparent.com/> (resource website for parents of preteens)  
<http://family.go.com/parenting/pkg-tween/> (advice for parenting your 9-12 year olds)  
<http://www.usa.gov/Topics/Parents-Teens.shtml> (compilation of teen-related resources for parents)  
<http://www.pamf.org/parenting-teens/> (articles on teen parenting)

#### **Substance-Abuse Resources**

<http://www.fbi.gov/scams-safety/clubdrugs/clubdrugs> (information on club drugs and resources)  
<http://teens.drugabuse.gov/> (government site dedicated to teens and drug abuse)  
<http://findtreatment.samhsa.gov/> (substance abuse treatment facility locator)  
<http://www.mayoclinic.com/health/teens-and-sex/MY01100> (information on how to talk to your teen about responsible sexual behaviors and choices)

#### **Mental Health Resources**

[http://www.helpguide.org/mental/depression\\_teen.htm](http://www.helpguide.org/mental/depression_teen.htm) (A guide for helping parents cope with and help depressed/suicidal teens)

## Resources for Parents of Adolescents (ages 13-18)

This is a time for discovering personal identity; who am I? Peer relationships achieve particular importance and the role of parents and family begins to recede into the background. Don't worry, family becomes more important once again during young adulthood, around the ages of 25-32, when your children become parents of their own. But the adolescent period is a time of breaking free of the family to extend their development into the broader world of adult freedom, and adult responsibilities.

Adolescence can present new adult-level challenges, including negative peer influences, sexuality and teenage pregnancy, drug and alcohol use, gang involvement and academic failure, while parental influence becomes correspondingly less impactful. Successfully navigating the earlier developmental challenges of the school-age and middle-school years becomes important for setting the stage to successfully navigate the challenges of adolescence. Family counseling and the positive mentoring support of extended family can be particularly helpful if the adolescent shows signs of getting off track, particularly since the role of parental influence diminishes during adolescence.

Goals become particularly important for providing direction to the adolescent's entry into the wider world. While parents may have their own goals for the adolescent, more importantly is that these goals are accepted by the adolescent as being personally meaningful goals. Dialogue and discussion, in which the parent adopts an intent-to-understand the adolescent's self-experience from the adolescent's point of view, become particularly important for supporting the adolescent in developing self-accepted goals that will guide the adolescent's entry into adulthood. While sage advice born of parental experience is wonderful, parental advice is seldom readily accepted by the adolescent (parental advice to an adolescent must be delivered with both skill and tact for it to be accepted). Parents must instead help guide the adolescent, through an authentic parental interest in the adolescent's inner experience, into the development of self-accepted and personally meaningful goals.

For many adolescents, these goals include college. A college education not only provides the child with important career-focused development, it also allows the adolescent to achieve the greater maturity of young adulthood before launching into career and family decisions. College can provide the last nurture of a supportive environment, surrounded by same-age peers, focused on the known challenges of a school-based experience, that will allow the adolescent to gradually emerge into full adulthood. Tours of college campuses, having lunch at a local campus eatery while college students come and go, and supportive parent-child dialogues about how to accomplish entry into college, can all be valuable experiences for the 15 and 16 year old adolescent in preparing to become the 17 and 18 year old adolescent who is transitioning into the college experience.

### Physical Resources

#### **Alcohol/Substance Abuse/Gang Prevention**

Alcoholics Anonymous (SGV+Pomona office)	(909)-624-2712
Alanon-Alateen (Al-anon for teens)	(8180)-760-7122
Narcotics Anonymous (Los Angeles county)	(800)-863-2962
- Find local support meetings for recovering addicts	
Inland Valley Recovery Center (Youth Services)	(909)-932-1069
- 916 N. Mountain Avenue, Suite A, Upland CA 91786	
- After-hours Crisis Line:	(909) 608-2002

American Recovery Program (substance abuse center) - 2180 Valley Blvd, Pomona	(909)-865-2336
National Council on Alcohol and Drug Dependency - Phone number for Pomona center	(909)-629-4084
Prototypes (substance abuse/mental health center) - Drug and alcohol treatment - Parenting classes	(909)-624-1233
Pomona Alcohol and Drug Recovery Center	(909)-622-2273

**Counseling**

Gang Alternative Program (Lynwood, Los Angeles)	(310)-519-7233
Tri-City Mental Health	(909) 623-6131
David and Margaret Home	(909) 596-5921
Pacific Clinics (Referral Line) - services for persons with serious and persistent mental illness or re-occurring substance abuse	(877) 722-2737
McKinley Children’s Center	(909) 599-1227
Aurora Behavioral Health Care - 1161 E. Covina Blvd. Covina, CA 91724	(800) 654-2673
Spirit Family Services - 1505 South Sunflower Avenue, Glendora CA 91740 - Counseling, substance-free living, parent education, mental health, support groups	(626) 335-8153
Santa Anita Family Service - 716 N. Citrus Ave, Covina, CA 91702 -Family counseling, substance abuse counseling, child abuse prevention	(626) 966-1755

**Crisis and Information Hotlines**

Los Angeles County Info Line	2-1-1
California Youth Crisis Hotline	(800) 843-5200
Community Help Info Line	(310) 793-1415
Community Help Line HOT Line	(877) 541-2525
Bonita Unified School District Infoline	(909) 394-9393
Tri-City MHC Crisis Line	(909)-623-9500

**Domestic/Dating Violence**

House of Ruth Hotline-Domestic Violence	(909) 988-5559
Wings Domestic Violence Helpline	(626) 967-0658
La Verne Police Department	(909) 596-1913
San Dimas Sheriff	(909) 599-1261

**Eating Disorders**

Anorexia Nervosa/Related Eating Disorders	(800) 931-2237
Overeater’s Anonymous	(626) 335-3355

**LGBT Support**

Gay and Lesbian Youth Talk Line	(800) 246-7743
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PFLAG-Support for Families of LGBT [www.pflag.org](http://www.pflag.org)  
Trevor Project (suicide hotline for Gay and Lesbian youth) (866) 488-7386

### **Rape/Sexual Assault Resources**

Rape Crisis Hotline-Project Sister Family Services (909) 626-4357  
Project Sister Family Services Office (909) 623-1619  
House of Ruth Hotline-Domestic Violence (909) 988-5559  
La Verne Police Department (909) 596-1913  
San Dimas Sheriff (909) 599-1261

### **Runaway**

National Runaway Hotline (800) 786-2929  
California Missing Children Hotline (800) 222-3463

### **Self-Injury**

David & Margaret Home (909) 596-5921

### **Sexually Transmitted Diseases**

California Dept. Public Health HIV/AIDS - Service Referral Hotline (800) 367-2437  
Los Angeles County STD Hotline (800) 758-0880

### **Women's (Birth Control and Options) Resources**

Choices Women's Resource Center (909) 258-9272  
East Valley Community Health Center (909) 620-8088  
Family Planning Associates Medical Group (909) 626-2463  
Generation Her (626) 825-7874  
Planned Parenthood (800) 576-5544

### Online Resources

#### **General Resources**

<http://www.hhs.gov/ash/oah/resources-and-publications/info/parents/conversation-tools/>

-(talking with your teen)

<http://www.nimh.nih.gov/health/publications/children-and-adolescents-listing.shtml>

-(collection of informational booklets covering mental health issues and strategies for parents of children/teens)

<http://teens.drugabuse.gov/>

-(dedicated to teens and drug abuse)

<http://www.usa.gov/Topics/Parents-Teens.shtml>

-(teen-related resources for parents)

[http://www.helpguide.org/mental/depression\\_teen.htm](http://www.helpguide.org/mental/depression_teen.htm)

-(A guide for helping parents cope with and help depressed/suicidal teens)

<http://www.cdc.gov/teenpregnancy/parents.htm>

-(teen pregnancy/sexual health resources for parents)

<http://www.hhs.gov/ash/oah/adolescent-health-topics/reproductive-health/teen-pregnancy/tips-for-parents.html>

-(Tips for talking to your teen about sex and teen pregnancy)

## College Resources

<https://bigfuture.collegeboard.org/get-started/for-parents> (college-prep website with info for parents)

<http://studentaid.ed.gov/home> (webpage for government college loans)

## Family Outing Resources

<http://www.ci.la-verne.ca.us/>

- (Browse the La Verne website to find local opportunities)

<http://www.discoversgv.com/>

-(guide to the exciting opportunities in the San Gabriel Valley)

<http://events.sgvtribune.com/>

-(local newspaper's events webpage)

## Family Resources

Family outings express a desire to be with the other person that is powerfully bonding and growth promoting. The developmental periods in which family outings are most fully nested is during the school-age and middle-school periods; after early childhood so that the child relates to more complex theatrical, sporting, and experiential events, but prior to adolescence when the child's focus turns away from family toward peer relationships, although family outings during any developmental period are extremely valuable.

In the Southern California region there are many opportunities for extravagant outings, such as to Disneyland or Universal Studios, but those types of family outings can be expensive, and family outings don't need to big events to be immensely valuable. Relatively frequent small outings to local events and activities can be much more productive of family relationships and healthy child development than only occasional outings to large-scale events.

For example, a family outing to a City of La Verne special event, or attending a production at Bonita High School or the University of La Verne and then strolling over to Old Town La Verne for a pizza or bite to eat can create a wonderful family event. These types of activity can be a way of creating both family bonding time as well as helping an 11 or 12 year old child begin to think about what it would mean to be an active citizen or upper level student. More information on activities through the Community Services Department can be found at [www.ci.la-verne.ca.us](http://www.ci.la-verne.ca.us).

## Physical Resources

### **Abuse**

Child Abuse Reporting Hotline	(800) 540-4000
Parent's Anonymous-Prevention Support Groups & Classes	(909) 236-5757
House of Ruth (assistance for abused women and children)	(909)-623-4364
Elder Abuse Hotline	(877) 477-3646
Animal Abuse-Humane Society	(909) 623-9777

### **Alcohol/Substance Abuse/Gang Prevention**

Alcoholics Anonymous (SGV+Pomona office)	(909)-624-2712
Alanon-Alateen (Al-anon for teens)	(8180-760-7122
Narcotics Anonymous (Los Angeles county)	(800)-863-2962

- Find local support meetings for recovering drug users
- Inland Valley Recovery Center (Youth Services) (909)-932-1069
  - 916 N. Mountain Avenue, Suite A, Upland CA 91786
  - After-hours Crisis Line: (909) 608-2002
- American Recovery Program (substance abuse center) (909)-865-2336
  - 2180 Valley Blvd, Pomona
- National Council on Alcohol and Drug Dependency (909)-629-4084
  - Phone number for Pomona center
- Prototypes (substance abuse/mental health center) (909)-624-1233
  - Drug and alcohol treatment
  - Parenting classes
- Pomona Alcohol and Drug Recovery Center (909)-622-2273

**Anger Management**

- Gang Alternative Program (Lynwood, Los Angeles) (310)-519-7233
- Pomona Community Crisis Center (909) 623-1588
- Spirit Family Services (626) 335-8153
- Tri City Wellness Center through Pomona USD (909) 476-6158

**Bonita Unified School District**

- Bonita Unified School District Reporting Infoline (909) 394-9393

**Counseling**

- Tri-City Mental Health (909) 623-6131
- David and Margaret Home (909) 596-5921
- Pacific Clinics (Referral Line) (877) 722-2737
  - services for persons with serious and persistent mental illness or re-occurring substance abuse
- McKinley Children’s Center (909) 599-1227
- Aurora Behavioral Health Care (800) 654-2673
  - 1161 E. Covina Blvd.Covina, CA 91724
- Spirit Family Services (626) 335-8153
  - 1505 South Sunflower Avenue, Glendora CA 91740
  - Counseling, substance-free living, parent education, mental health, support groups
- Santa Anita Family Service (626) 966-1755
  - 716 N. Citrus Ave, Covina, CA 91702
  - Family counseling, substance abuse counseling, child abuse prevention

**Community Navigator (Resource Finder)**

- Tri-City Mental Health (888) 436-3246

**Dental Care Low Cost**

- Tzi Chi Clinic- S. El Monte & Alhambra <http://tzuchimedicalfoundation.org/>
- Western University (somewhat low cost) (909) 906-3910
- East Valley Community Health Center (909) 620-8088

**Domestic/Dating Violence**

House of Ruth Hotline-Domestic Violence (909) 988-5559  
Wings Domestic Violence Helpline (626) 967-0658  
La Verne Police Department (909) 596-1913  
San Dimas Sheriff (909) 599-1261

**Drug and Alcohol Abuse**

Alcoholic's Anonymous (909) 624-2712  
Al-Anon/Alateen (909) 824-1516  
Includes a Preteen Alateen (4-11 yrs., 11-18 yrs.) in W. Covina  
Nar-Anon (800) 477-6291  
Narcotics Anonymous (626) 359-0084  
National Council on Alcohol and Drug Dependence-Covina (626) 331-5316  
Pomona (909) 629-4084  
Santa Anita Family Service (626) 966-1755  
Substance Abuse Hotline (800) 662-4357  
Spirit Family Services (626) 335-8153  
Pomona Community Crisis Center (909) 623-1588  
Prototypes-Rehab for women w/ children (909) 624-1233  
SAMSA– Treatment Referrals (800) 788-2800

**Eating Disorders**

Anorexia Nervosa/Related Eating Disorders (800) 931-2237  
Overeater's Anonymous (626) 335-3355

**Eldercare**

Community Senior Services 909-625-4600  
[www.communityseniorservices.com](http://www.communityseniorservices.com)  
Elder Abuse Hotline (877) 477-3646

**Food Resources and Shelter**

Public Resource Hotline- LA County 2-1-1  
Inland Valley Hope Partners (909) 629-3743  
East San Gabriel Valley Coalition for the Homeless (626) 333-7204  
New Life Community Church (909) 593-7070  
-distributes food Fridays at 4pm, 5:30pm  
The Salvation Army (909) 623-1579  
Sowing Seeds for Life (909) 392-5777 Ext. 271  
- distributes food 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays  
Shepherd's Pantry (626) 852-7630

**Foster Youth Agencies**

Alpha Treatment Center (626) 939-9100  
David and Margaret Home (909) 593-0089  
Leroy-Haynes Center (909) 593-2581  
Masada Homes Foster Services (909) 305-1948

**Interpreter**

Interpreters Service (800) 523-1786

**Legal Resources**

Legal Aid Foundation of Los Angeles (800) 399-4529

**LGBT Support**

Gay and Lesbian Youth Talk Line (800) 246-7743

PFLAG-Support for Families of LGBT [www.pflag.org](http://www.pflag.org)

Trevor Project (suicide hotline for Gay and Lesbian youth) (866) 488-7386

**Medical Care-Low Cost**

Tzu Chi Clinic- S. El Monte & Alhambra <http://tzuchimedicalfoundation.org/>

Pomona Community Health Center (909) 868-0235

Immunizations/TB testing/STD

East Valley Health Center (909) 620-8088

**Mental Health Counseling**

National Alliance on Mental Illness Helpline (909) 399-0305

Pomona Valley Office (909) 625-2383

Tri City Mental Health Center (909) 623-6131

Crisis support available after hours & weekends

Los Angeles County Access Line-24/7 helpline (800) 854-7771

Santa Anita Family Service (626) 966-1755

Family Service of Pomona Valley (909) 620-1776

Long Beach Mental Health Clinic (562) 595-1159

**Parenting Support**

Tri City Wellness Center (909) 242-7600

NAMI (ADHD, Depression, OCD, Bipolar) (909) 861-1903

West End Educational Service Center-Anna Hernandez (909) 476-6188

-Clinical Parent Training (ADHD, Non-compliant children)

-Parent Project Classes (Strong willed adolescents)

Pomona Parent's Place (626) 919-1091

For families raising a child w/ a disability

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

Spirit Family Services-Parenting for Dads Class (626) 335-8153

Child Abuse Prevention Class

Communication Skills Class-Parents and (9 yrs. old-teens)

Parent Resource Helpline (888) 347-7855

National Parent Helpline 1-(855) 4-A-PARENT

Parent Anonymous (909) 621-6184

**Rape/Sexual Assault Resources**

Rape Crisis Hotline-Project Sister Family Services (909) 626-4357

Project Sister Family Services Office (909) 623-1619

House of Ruth Hotline-Domestic Violence (909) 988-5559

La Verne Police Department (909) 596-1913

San Dimas Sheriff (909) 599-1261

**Runaway**

National Runaway Hotline (800) 786-2929  
California Missing Children Hotline (800) 222-3463

**Self-Injury**

David & Margaret Home-Andrew Leandre (909) 596-5921 Ext. 3191

**Sexually Transmitted Diseases**

California Dept. Public Health HIV/AIDS - Service Referral Hotline (800) 367-2437  
Los Angeles County STD Hotline (800) 758-0880

**Shoplifting Counseling**

Nancy Clark & Associates <http://nancyclark.net/>

**Suicide**

Suicide Prevention Center-Crisis Hotline (877) 727-4747  
Suicide Prevention Line (310) 391-1253  
Tri-City MHC Crisis Line (909) 623-9500  
National Suicide Prevention Lifeline (800) 273-8255  
Trevor Project (suicide hotline for Gay and Lesbian youth) (866) 488-7386

**Transportation**

Volunteers of America-Homeless Outreach (909) 593-4796  
Bus passes for the homeless/some low SES

**Tutoring Resources**

ULV Literacy Center (909) 593-3511 Ext 4660

**Victim-Witness of Crime Assistance Services**

Maria Foster-Pomona Branch (909) 620-3381

**Vision Care-Low Cost**

Western University-Pomona (909) 706-3899

**Women's (Birth Control and Options) Resources**

Choices Women's Resource Center (909) 258-9272  
East Valley Community Health Center (909) 620-8088  
Family Planning Associates Medical Group (909) 626-2463  
Generation Her (626) 825-7874  
Planned Parenthood (800) 576-5544

**Enrichment Organizations for Young People**

**Boy Scouts of America** - [www.sgvcbasa.org](http://www.sgvcbasa.org)  
San Gabriel Valley Council (626) 351-8815

**Girl Scouts of America** - [www.girlscoutsla.org](http://www.girlscoutsla.org)  
Montclair Service Center-Bonita Area (909) 399-0808 ext.2344

**4-H Youth Development Program** - [http://celosangeles.ucanr.edu/4H\\_Youth\\_Development\\_Programs/](http://celosangeles.ucanr.edu/4H_Youth_Development_Programs/)  
Dawn Fuller L.A. County 4-H Coordinator 909-964-9497

**YMCA** - <http://ymca.net/find-your-y/?address=91750&x=12&y=15#>

