

- First Presbyterian Church of San Bernardino**, 1900 North D St, SB, 92405; (909) 882-3308; fpcsb.net/resources
Groceries: each Tues or Thurs & 3rd Saturday of each month from 9 – 11 am. Or until food runs out.
Comestibles: Cada martes o jueves y el tercer sábado de cada mes de 9 a 11 a. m. O hasta que se acabe la comida.
- St John's Episcopal Church**, 1407 N Arrowhead Ave, SB, 92405. Groceries: Wed 9 -11 am, *Comestibles, Miércoles 9 a 11 am.*
- San Bernardino Community Wellness Campus (formerly CCLM)**, 1354 N. G St. SB, 92405; (909) 381-6921; www.lsssc.org. Men's shelter. *Refugio de hombres.*
- Home of Neighborly Service**, 839 N. Mt. Vernon Ave., SB, 92411; (909) 885-3491. Groceries: Fridays, 10 – noon.
Compras: viernes, de 10 a 12 horas.
- Salvation Army**, 838 Alta Street, Redlands, CA 92374; (909) 792-6868; <http://sanbernardino.salvationarmy.org/>
Community meal Sunday – Friday, 4:30 p.m. at Family Shelter, 925 W 10th St, SB. (909) 888-4880. Call for info on shelter, recovery & food services in San Bernardino.
Comida comunitaria domingo – viernes, 4:30 p.m. en el Refugio Familiar, 925 W 10th St, SB. Llame para obtener información sobre servicios de refugio, recuperación y alimentos en San Bernardino.
- Mary's Mercy Center**, 641 Roberds Ave., SB, 92411; (909) 889-2558; www.marysmc.org
Emergency Food Bags every Wed (except 1st Wed of the month which is for clothes and household items). Line up 11:30 a.m. or later for 1:30 pm distribution. Showers for women only: Mon & Wed 8-10 a.m. Showers for men only: Tues & Thurs 7am-9am. Lunch in cafeteria all days except Fri, 11:30 am -1:30 pm.
Bolsas de alimentos de emergencia todos los miércoles (excepto el primer miércoles del mes, que es para ropa y artículos para el hogar). Haga fila a las 11:30 a. m. o más tarde para la distribución a la 1:30 p. m. Duchas solo para mujeres: lunes y miércoles de 8 a. m. a 10 a. m. Duchas solo para hombres: martes y jueves de 7 a. m. a 9 a. m. Almuerzo en cafetería todos los días excepto viernes, 11:30 am -1:30 pm.
- The Rock Church**, 2345 S Waterman Ave, SB, (909) 825-8887, <https://www.rockchurch.com/ministries/food-distribution>. Groceries, Saturdays 7-8:30 a.m. Bring photo ID & proof of address. Supermercados, sábados de 7 a 8:30 a. m. Traiga una identificación con fotografía y un comprobante de domicilio.
- Vida Life Ministries**, 11608 Cedar Ave, Bloomington. (323) 823-4762. Drive-thru only food distribution Tues-Fri 10 am – 4pm. 3rd Sat: USDA food distribution 8-11a.m. Pre-register at <https://www.vidalifeministries.org/register>. Distribución de alimentos únicamente mediante autoservicio de martes a viernes, de 10 a. m. a 4 p. m. 3.er sábado: Distribución de alimentos del USDA de 8 a 11 a. m. Preinscríbete en <https://www.vidalifeministries.org/register>.
- San Bernardino City Mission**, 26200 Date St E, Highland, CA 92346, <https://sanbernardinocitymission.org/>. (909) 649-0011. Food boxes, thrift store, clothing, household, and hygiene items. *Cajas de alimentos, tiendas de segunda mano, ropa, artículos para el hogar y artículos de higiene.*
- The Way World Outreach**, 1001 N Arrowhead Ave, (909) 884-1385, 4680 Hallmark Pkwy, (909) 884-7117.
- Option House**, 813 North D St, Suite A, PO Box 970, SB, 92401; (909) 383-1602; info@optionhouseinc.com. Services to prevent domestic violence - legal services, classes, shelter, 24-hour crisis hotline (909) 381-3471. *Servicios para prevenir la violencia doméstica: servicios legales, clases, refugio; línea directa de crisis las 24 horas*
- San Bernardino Co Aging & Adult Svcs**, 784 E. Hospitality Lane, SB, CA 92415, 909-891-3900, <http://hss.sbcounty.gov/daas/>. Resources for seniors. *Recursos para personas mayores.*
- Inland Valley Recovery Services**, San Bernardino Recovery Center, 939 N. D Street, SB, CA 92401, (909) 889-6519, <https://www.inlandvalleyrecovery.org/> Substance abuse recovery & counseling services. *Servicios de consejería y recuperación de abuso de sustancias.*
- Time for Change Foundation**, 2164 N. Mountain View Ave, SB, CA 92405; 909-886-2994, <https://www.timeforchangefoundation.org>. Housing & supportive services. *Vivienda y servicios de apoyo.*
- Housing Authority of the County of SB**, 672 S Waterman Ave, SB, CA 92408, (909) 890-9533. <https://hacsb.com/> Affordable housing programs. *Programas de vivienda asequible.*

Web links:

- County: <http://sbccovid19.com/food-assistance> or <https://wp.sbcounty.gov/tad/> or (909) 252-4858
- CAP: <https://www.capsbc.org/food-pantries> or (909) 723-1500
- Feeding America Riverside | San Bernardino: <https://www.feedingamericaie.org/get-help> or (951) 359-4757
- Legal Aid: <https://www.inlandlegal.org/>; <http://www.sbcbca.org/legal-aid>; or (800) 977-4257
- Call 2-1-1 or go to: www.211sb.org, or: <https://connectie.org/>

Hotlines:

- 24/7 Behavioral Health Helpline: 1 (888) 743-1478
- 24 hr Domestic Violence: 1 (760) 949-4357
- 24 hr Homeless/Runaway Youth: 1 (909) 335-2676
- 24 hr Anti-Human Trafficking: 1 (909) 333-7476 or Toll Free: 1 (866) 770-7867
- 24 hr Sexual Assault Crisis: 1 (909) 885-8884 or Toll Free: 1 (800) 656-4673
- 24 hr Veterans Crisis: 1(800) 273-8255. Press 1.