

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.

Sahaba Food & Wellness Center, 1694 N D St, SB, 92405. Groceries: Sat, 11am-1 pm. *Comestibles: Sábados de 11 a 13 h.*

St John's Episcopal Church, 1407 N Arrowhead Ave, SB, 92405. Groceries: Wed 9 -11 am, *Comestibles, Miercoles 9 a 11 am.*

San Bernardino Community Wellness Campus (formerly CCLM), 1354 N. G St. SB, 92405; (909) 381-6921.

Men's shelter. Call 2-1-1 & say you are homeless. *Refugio de hombres. Llama al 2-1-1 y di que no tienes hogar.*

The Way World Outreach, 1001 N Arrowhead Ave, (909) 884-1385. Grab & Go lunches, clothing, bus passes, ID vouchers: Mon & Tues 9:30 am – 1:30 pm. (except 11:30am-12pm). Groceries: Wed & Fri 11:30 am – 12:30 am. *Almuerzos para llevar, ropa, pases de autobús y cupones de identificación: lunes y martes de 9:30 a 13:30 (excepto de 11:30 a 00:00). Comida gratis los miércoles y viernes de 11:30 a 00:30.*

Home of Neighborly Service, 839 N. Mt. Vernon Ave., SB, 92411; (909) 885-3491. Groceries: Fridays, 10 – noon. *Comestibles: 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 shelter, recovery & food services in San Bernardino. *Comida comunitaria domingo – viernes, 4:30 p.m. en el Refugio Familiar, 925 W 10th St, SB. Llamada de servicios de refugio, recuperación y alimentos en San Bernardino.*

Mary's Mercy Center, 641 Roberds Ave., SB, 92411; (909) 889-2558; www.marysmc-mercy-center.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: Mon & Wed 7-9 a.m. Showers for men: Tues & Thurs 7am-9am. Lunch in cafetería 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 para mujeres: lunes y miércoles de 7 a. m. a 9 a. m. Duchas para hombres: martes y jueves de 7 a. m. a 9 a. m. Almuerzo en cafetería todos los días excepto viernes, 11:30 am a 1:30 pm.

The Rock Church, 2345 S Waterman Ave, SB, (909) 825-8887, <https://www.rockchurch.com/ministries/food-distribution>. Groceries, Sat 7-8:30 a.m. Bring photo ID & proof of address. Clothing: Tues & Wed, 9am-11am. *Comestibles, sábados de 7 a.m. a 8:30 a.m. Traiga una identificación con foto y un comprobante de domicilio. Ropa: martes y miércoles de 9 a.m. a 11:00 a.m.*

Vida Life Ministries, 11608 Cedar Ave, Bloomington. (323) 823-4762. Drive-thru only food distribution every Sat 8 am – 10 am. Must pre-register at <https://www.vidalifeministries.org>. *Distribución de alimentos solo desde el auto, todos los sábados de 8 am a 10 am. Es necesario registrarse previamente en https://www.vidalifeministries.org.*

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.*

Option House, 813 North D St, Suite A, PO Box 970, SB, 92401; (909) 383-1602; info@optionhouseinc.com. Domestic violence services - legal services, classes, shelter, 24-hour crisis hotline (909) 381-3471. *Servicios para 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; <https://www.timeforchangefoundation.org>. 909-886-2994, Housing & supportive services for women. *Vivienda y servicios de apoyo para mujeres.*

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: <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.sbcba.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.