

# TRANSITION PARTNERSHIP PROJECT STUDENT/PARENT RESOURCE GUIDE



EAST VALLEY  
**SELPA**

*Educating Together*

# Table of Contents

Transition Program Contact Information – Page 3

Department of Rehabilitation Contact Information – Page 4

Government Services - Pages 5 - 7

Government Funded Job Skill Training & Placement – Pages 8 - 14

Post Secondary Training/Employment Agencies - Pages 15 – 23

Community Resources – Page 24

Transportation - Pages 25 - 26

Housing, Utilities & Food Assistance - Pages 27 - 33

Supplemental Services for Independent Living - Pages 34 -37

Low Cost/ Free Medical, Dental & Vision Clinics - Pages 38 - 41

Behavioral & Mental Health Services - Pages 42 - 43

Community College Disability Services - Pages 44 - 45

Four Year Colleges with Programs for Special Needs Students - Pages 46 - 47

Autism Advocacy Agencies - Page 48

Legal Support & Advocacy Agencies - Pages 49 -51

Domestic Violence Hotlines and Support Services - Page 52

Social Leisure & Recreation - Pages 53 - 59

PossAbilities: Social, Leisure and Recreation - Pages 60 - 61

Post-Secondary Websites for Students with Disabilities - Pages 62 - 66

# TRANSITION PROGRAM CONTACT INFORMATION



## East Valley SELPA

670 E. Carnegie Drive  
San Bernardino, CA 92408

Patty Metheny, Ed.D., Chief Administrative Officer  
(909) 252-4507  
patty.metheny@sbcss.net

Helen Junker, Transition Project Assistant  
(909) 252-4514  
helen.junker@sbcss.net

Danette Villalobos, Transition Case Technician  
(909) 252-4515  
danette.villalobos@sbcss.net

April Neumann, Transition Case Technician  
(909) 252-4517  
april.neumann@sbcss.net

Sandra Gutierrez, Transition Case Technician  
(909) 252-4516  
sandie.gutierrez@sbcss.net

Vera Diaz, Work Incentive Technician  
(909) 252-4539  
vera.diaz@sbcss.net

# **DEPARTMENT OF REHABILITATION** **CONTACT INFORMATION**



**San Bernardino Office**  
**464 W. 4<sup>th</sup> Street**  
**San Bernardino, CA 92401**  
**(909) 383-4401**

**Riverside Office**  
**2010 Iowa Ave. Ste. 100**  
**Riverside, CA 92507**  
**(951) 782-6650**

## GOVERNMENT SERVICES

<p><b>Food Handlers License</b>  <a href="https://wp.sbcounty.gov/dph/programs/ehs/food-handlers-managers/">https://wp.sbcounty.gov/dph/programs/ehs/food-handlers-managers/</a>  <b>(800)442-2283</b></p>	<p>Type: “food worker” in search box          Available online, 24/7          Cost: \$22. No Cash (Credit Card/PayPal only)</p>
<p><b>Department of Motor Vehicles</b>  <a href="http://www.dmv.ca.gov">www.dmv.ca.gov</a>  <b>(800) 777-0133</b></p>	<ul style="list-style-type: none"> <li>• Information about obtaining a California Identification card, Driver’s License and Motor Vehicle Registration</li> <li>• Appointments for submitting applications and taking tests can be made on-line or by phone.</li> <li>• Requests and scheduling of oral test administration can be arranged by phone.</li> </ul>
<p><b>San Bernardino County Hall of Records</b>  <a href="http://www.sbcounty.gov/arc/">www.sbcounty.gov/arc/</a>  <b>(909) 387 – 8306</b>  <b>or toll free (822) 732-7275</b>          First Floor 222 W. Hospitality          San Bernardino, 92415</p>	<p>Birth, Death and Marriage Requests</p>
<p><b>Social Security Administration</b>  <a href="http://www.ssa.gov">www.ssa.gov</a>  <b>(800)772-1213</b>          605 N. Arrowhead Ave., Suite 101          San Bernardino, CA 92401</p>	<p>Apply for Social Security Benefits, Medicare, SSI Disability, Social Security Card, Name Change, Qualify for Social Security Benefits, Manage or Change Social Security Benefits, Social Security Forms</p>

## GOVERNMENT SERVICES

<p><b>California Department of Social Services Office</b> <a href="http://www.cdss.ca.gov">www.cdss.ca.gov</a> <b>(909) 388-0245</b> 150 S. Lena Rd. San Bernardino, CA 92415</p>	<ul style="list-style-type: none"><li>• To serve, aid and protect needy and vulnerable individuals in ways that strengthen and preserve families, encourage personal responsibility and foster independence.</li><li>• The <b>Adult Programs</b> provides oversight, policy and systems functions for programs providing services to the aged, blind and disabled.</li></ul>
<p><b>California State Council on Developmental Disabilities</b> <a href="http://www.scdd.ca.gov">www.scdd.ca.gov</a> <b>Area 12: (909) 890-1259</b> 650 E. Hospitality Lane, Suite 280 San Bernardino, CA 92408</p>	<p>An independent state agency to ensure that people with developmental disabilities and their families receive the services and supports they need.</p> <p>SCDD Activities include:</p> <ul style="list-style-type: none"><li>• Self-advocacy</li><li>• Community Support and Education</li><li>• Self –Determination</li><li>• Training</li><li>• Employment First</li><li>• Technical Assistance</li><li>• Community Outreach</li><li>• Eliminating Barriers to Services</li></ul>

## GOVERNMENT SERVICES

<p><b>County of San Bernardino Department of Public Health</b>  <a href="http://www.sbcounty.gov/dbh">www.sbcounty.gov/dbh</a>  <b>Mental Health: (909) 387-7053</b>  <b>Public Health: (909) 387-9146</b>  <b>Immunization Health: (909) 722-4794</b></p>	<ul style="list-style-type: none"> <li>• Information on health services available and Immunization Program</li> <li>• This agency prevents epidemics and the spread of disease, protecting against environmental hazards, preventing injuries, promoting and encouraging healthy behaviors, responding to disasters and assisting communities in recovery, and assuring the quality and accessibility of health services throughout the county</li> </ul>
<p><b>Housing Authority County of San Bernardino</b>  <a href="http://www.hacsb.com">www.hacsb.com</a>  <b>(909)386-4700</b>          715 East Brier Drive          San Bernardino, CA 92408-2841</p>	<ul style="list-style-type: none"> <li>• Providing affordable housing opportunities and resources throughout San Bernardino County</li> </ul>
<p><b>San Bernardino Health Center</b>  <a href="https://wp.sbcounty.gov/dph/programs/clinics/san-Bernardino/">https://wp.sbcounty.gov/dph/programs/clinics/san-Bernardino/</a>  <b>(909)722-4777</b>          606 East Mill Street          San Bernardino, CA 92415</p>	<p>Services Include:</p> <ul style="list-style-type: none"> <li>• Reproductive Health</li> <li>• Immunizations</li> <li>• Maternal Health – HIV Pediatric Service</li> <li>• Primary Care</li> <li>• TB Skin Test</li> <li>• HIV Specialty Clinic</li> </ul>

## GOVERNMENT FUNDED JOB SKILL TRAINING AND PLACEMENT

### America's Job Center of California East Valley (AJCC)

[https://edd.ca.gov/office\\_locator](https://edd.ca.gov/office_locator)

#### San Bernardino County Workforce Development

(WDD) <https://wp.sbcounty.gov/workforce/>

**1-800-451-JOBS**

658 Brier Drive #100

San Bernardino, CA 92408

**(909) 382-0440**

Free Services. Auxiliary aids and services are available upon request to individuals with disabilities.

- Personal Enrichment & Advancement
- Job Search & Career Exploration
- Resume & Interview Workshops
- Information on events, workshops, and partner services

### Workforce Development Services:

**Job Seekers:** Get help selecting a career, finding jobs, locating suitable training and job search assistance.

**Youth:** Job placement, vocational training, mentorship, career guidance, and assistance meeting educational goals:

- Find a Job
- Create a Resume
- Education and Training
- Labor Market Information
- EMSI Job Finder
- Medical Billing Schools

### California Department of Education

<http://www.cde.ca.gov/ds/si/rp/southernpoc.asp>

1430 N Street, Suite 4202

Sacramento, CA 95814

#### Regional Occupational Centers and Programs (ROCPs)

<https://www.cde.ca.gov/ds/si/rp/southernpoc.asp>

Career and College Transition Division

Career Technical Education (CTE) Leadership and Instructional Support Office SBCSS ROP

**ROP Programs:** Certified Nurses Assistant/Home Health Care Aide (CNA/HCA), Automotive Youth Education Systems Programs (AYES), ROCP California Work Opportunity and Responsibility to kids (CalWORKs) and SkillsUSA.



## GOVERNMENT FUNDED JOB SKILL TRAINING AND PLACEMENT

<p><b><u>Colton-Redlands-Yucaipa ROP – (CRY-ROP)</u></b>          1214 Indiana Court          Redlands, CA 92374 - 2896          Tracie Zerpoli, Superintendent  <a href="mailto:tracie_zerpoli@cryrop.org">tracie_zerpoli@cryrop.org</a>  <a href="https://cryrop.org/">https://cryrop.org/</a>  <b>(909) 793-3115, ext. 102</b></p>	<p>Career and technical education for ages 16+, preparation for advanced training, and the upgrading of existing skills  <b>ROP Programs:</b> Certified Nurse Assistant/Home Health Care Aide (CNA/HCA), Automotive Youth Education Systems Programs (AYES), California Work Opportunity and Responsibility to Kids (CalWORKs), and SkillsUSA.</p>
<p><b>County-Operated:</b>  <b><u>San Bernardino County ROP</u></b>  <b><u>SBCSS</u></b>          ROP, Career Technical Education          670 E. Carnegie Drive          San Bernardino, CA 92408          Cindy Prentice, ED.D.          Program Manager  <a href="mailto:cindy.prentice@sbcss.net">cindy.prentice@sbcss.net</a>  <a href="https://www.sbcrop.org/">https://www.sbcrop.org/</a>  <b>(909) 252-4559</b></p>	<p>Apple Valley USD, Baker Valley USD, Barstow USD, Bear Valley USD, Fontana USD, Hesperia USD, Lucerne Valley USD, Morongo USD, Needles USD, Rialto USD, Rim of the World USD, San Bernardino City USD, Silver Valley USD, Snowline Jt. USD, Trona Jt. USD, Victor Valley Union HSD, Barstow Community College, Chaffey Comm. College, Copper Mountain College, Crafton Hills College, San Bernardino Valley College, Victor Valley Community College</p>

# GOVERNMENT FUNDED JOB SKILL TRAINING AND PLACEMENT

## Job Corps

<http://inlandempire.jobcorps.gov>

**Tel: (909) 887-6305**

**FAX: (909) 473-1511**

3173 Kerry Street, PO Box 9550  
San Bernardino, CA 92407-9550

Job Corps is a United States Department of Labor voluntary, no cost career technical training and education for individuals 16 – 24 years of age. It is a voluntary program; students may choose to exit at any time. The maximum age limit may be waived if the applicant is a person with a documented disability.

## Eligibility Criteria:

- Authorized by the U.S. Attorney General to work in the U.S. or a U.S. territory
- Meet low-income criteria
- Face one or more barriers to employment
- School dropout, runaway, foster child, parent or homeless
- Have signed parental or guardian consent if a minor
- Have childcare plan if the parent of a dependent child
- Do not exhibit behavioral problems that would inhibit oneself or others from benefiting fully from the program
- Does not require any face-to-face court or institutional supervision or court-imposed fines while enrolled in Job Corps

## Program features:

- Hands-on training and experience to begin a career, or advance higher education
- More than 100 areas of occupational training
- 125 Centers nationwide
- Aligned with industry certifications, intending to prepare for long term, high paying jobs
- Supports achievement of high school diploma or GED
- Prepares students for partnerships with local colleges
- Resource for English Language Learners
- Integrates teaching of academic, vocational, employment and social competencies through classroom and practical experiences
- Course in independent living, employability skills and social skills for transition into the workplace

## GOVERNMENT FUNDED JOB SKILL TRAINING AND PLACEMENT

### San Bernardino County Economic Development Agency

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

**(909)-387-4700**

385 North Arrowhead Ave, 3rd floor

San Bernardino, CA 92415-0043

County of San Bernardino Department of Workforce Development program is an equal opportunity employer. Auxiliary aids and services are available upon request to individuals with disabilities. The Department of Workforce Development provides a variety of options to help people with disabilities to effectively utilize the services, resources and information that are offered at each of its Employment Resource Centers.

### Services, resources and information:

- Sign language interpreters\*
- Tape recording
- Extensions on computer time limits
- Assistance with forms and office equipment
- Alternative format materials (large print, computer disk, audio cassette tape, Braille)\*

*\*Certain accommodations must be arranged in advance*

### Resource Libraries

- Captioned videos
- Job search handbook
- Directory of social service agencies

### Information about:

- Ticket to Work (service providers and access to more employment options for people with disabilities)
- Benefits planners
- Job accommodations
- Public transportation options
- Department of Rehabilitation
- Social Security work incentive programs
- California Telephone Access Program
- Medi-Cal Working Disabled Program

## GOVERNMENT FUNDED JOB SKILL TRAINING AND PLACEMENT

### San Bernardino County Economic Development Agency (continued)

- **Assistive Technology**
- Large screen computer monitor, large trackball, computer keyboard with oversized keys, computer keyboard with large imprint, Braille keyboard labels and magnified antiglare screen
- Adjustable height computer desk
- JAWS, ZoomText, OpenBook, WYNN and Talking Type software
- Microsoft Narrator, On-Screen Keyboard and Magnifier
- Closed Circuit Television to magnify printed materials
- Quick Look portable video magnifier
- TTY/TDD equipment
- Pocket Talker assistive listening device
- Scanning and reading appliance
- Tape recorder
- Braille labeler
- Phones with Braille characters, large buttons and volume amplification

# GOVERNMENT FUNDED JOB SKILL TRAINING AND PLACEMENT

## TRANSITION PARTNERSHIP PROGRAM (TPP)

<https://eastvalleyselpa.org/info/transition-partnership-program--tpp->

### East Valley SELPA TPP

670 E. Carnegie Drive  
San Bernardino, CA 92408  
(909) 252-4500

- A statewide vocational education and work placement program that provides secondary and post-secondary students, with disabilities, the tools and support necessary to effectively transition from school to competitive employment
- TPP services include training and school classes or programs to enable students to obtain employment. This may include community-based instruction, vocational and work-site training, job placement, work incentive wages, and follow-up services.

**Required TPP paperwork:**  Application  Social Security Card  CA ID, Dr.'s License, or Birth Certif.  Psycho-Ed. Assessments and IEP

## USA.Gov

[www.USA.Gov](http://www.USA.Gov)

Online information about Government job openings, education and training, workplace issues, and public service and volunteerism

### Education and Training

Primary, secondary, and higher education; adult, vocational, and special education; financial aid, job training, and literacy resources

### Finding a Job

Choosing a career, building a resume, applying for jobs, becoming self-employed, government jobs

### Government Jobs

Federal, state, local, military, and volunteer opportunities available from the U.S. government

### Public Service and Volunteer Opportunities

Learn more about government and public service; donate goods and money; give blood; volunteer your time...

### Workplace Issues

Family and medical leave, labor relations, the minimum wage, workers' compensation, workplace safety

## GOVERNMENT FUNDED JOB SKILL TRAINING AND PLACEMENT

### WORKABILITY

<http://www.cde.ca.gov/sp/se/sr/wrkabltiyi.asp>

*California Department of Education, Special Education Division*

A state-funded program that provides worksite training and follow-up for students with special needs who are making the transition from school to work

**WorkAbility I** provide career and/or vocational education training and education work experiences of high school special education students. Students have a chance to relate schoolwork to their experiences in the workplace while developing self-esteem, independence, employability and communication skills. WorkAbility job placement specialists assist in placement, training and monitoring student progress.

**WorkAbility II** provides specialized vocational assistance to out-of-school youth and adults with disabilities.

**WorkAbility III** serves people with disabilities who are both community college students and Department of Rehabilitation clients who want and need employment, offering direct job placement, transition assistance into jobs and supportive services.

**WorkAbility IV** assists persons with disabilities who are both university students and DR clients in transition from school to work.

## POST SECONDARY TRAINING/EMPLOYMENT AGENCIES

<p><b>Ability Counts, Inc.</b> <a href="http://www.abilitycounts.org">www.abilitycounts.org</a> <b>(909) 793-1035</b> 1967 Essex Court Redlands, CA 92374</p>	<ul style="list-style-type: none"><li>• A nonprofit agency providing vocational training and employment for adults with developmental disabilities</li><li>• Partnering with companies all over the Inland Empire to bring together labor needs with quality workers.</li></ul> <p><b>Program Services:</b> Work Program (WAP) , Supported Employment Program (SE) , External Situational Assessment Job Exploration (JE)</p> <p><b>Job Types:</b> Assembly , Food Service, Janitorial Landscaping, Packaging, Warehouse</p>
<p><b>The ARC of Riverside County</b> <a href="https://arc-riverside.org">https://arc-riverside.org</a> <b>(951) 275-5344</b> 2190 Market Street Ste. A Riverside, CA 92501</p>	<ul style="list-style-type: none"><li>• A work activity program providing vocational training in a factory setting for adults with mild to moderate intellectual disabilities</li><li>• Program provides training opportunities in interpersonal relations, communication, and work-related skills to enhance employability in the current labor market</li></ul>

## POST SECONDARY TRAINING/EMPLOYMENT AGENCIES

### California Conservation Corp (CCC)

<https://ccc.ca.gov/>

(909) 708-8470

1824 Commerce Circle

San Bernardino, CA 92408

Paid training, work, room & board for **young adults ages 16 – 24**. The program operates centers throughout California, providing on-the-job training and skills for protecting and restoring California's environment, and responding to disasters.

**Education and Training:** Corps members advance their education as they work in the CCC, completing the requirements for a GED or high school diploma, or earning scholarships for additional technical training and college.

**Training:** The CCC experience begins with a Basic Orientation and Training. Once complete, members are assigned to project crews and begin the CCC's Core Training Program. The CCC offers Specialized Training in job-specific areas that enhance a Corps member's learning opportunity and skill level.

**Education:** Corps members are expected to advance their education in the CCC's education program. Corps members are required to complete a standard academic assessment, work towards a high school diploma and to attend other advanced courses after the workday.

**Career Pathways:** The CCC Career Pathways consists of project work, education and training in specific career paths leading to related occupational options.

**Scholarships:** Corps members can simultaneously earn two types of scholarships – the CCC Scholarship and the Corps Network's AmeriCorps Education Award. Both help get the training and education needed for a job, career, or other endeavor of choice.



## POST SECONDARY TRAINING/EMPLOYMENT AGENCIES

<p><b>California Mentor</b>  <a href="http://www.ca-mentor.com">www.ca-mentor.com</a>  <b>(909)483-2505</b>          Assists individuals with intellectual and developmental disabilities to develop quality independent living. Provides a variety of residential and community-based programs. Individualized Service Planning. A partner of the national network of human service providers-MENTOR Network.</p>	<p>Adult Services:</p> <ul style="list-style-type: none"> <li>• Family Home Agency</li> <li>• Specialized Residential Homes</li> <li>• Independent Living Services</li> <li>• Supported Living</li> <li>• Day Programs</li> <li>• College Programs</li> <li>• Employment Services</li> </ul>
<p><b>Career Institute</b>  <a href="http://www.cinow.org">www.cinow.org</a>          10722 Arrow Route, Suite #808 &amp; 516          Rancho Cucamonga, CA 91730  <b>(900) 481-0270</b> or          Saddleback Center          310 S. State Hwy. 173          Lake Arrowhead, CA 92321  <b>(909)744-8083</b></p>	<p>A Federally funded, free to all who qualify,  <b>Workforce Improvement Act Youth Program</b>          specializing in:</p> <ul style="list-style-type: none"> <li>• Career Training</li> <li>• Education</li> <li>• Job Placement</li> <li>• Life Planning and Mentorship with a one-year follow-up</li> </ul>
<p><b>CET Center for Employment Training</b>  <a href="http://www.cetweb.org">www.cetweb.org</a>  <b>(909)478-3818</b>          1099 N. Pepper Ave.,          Colton, CA 92324</p>	<p>Colton Programs:</p> <ul style="list-style-type: none"> <li>• Automotive Specialist</li> <li>• Green Building Construction Skills</li> <li>• HVAC Technician &amp; Green Technology</li> <li>• Machinist Technology</li> <li>• Truck Driver</li> <li>• Welder Fabrication</li> </ul>

## POST SECONDARY TRAINING/EMPLOYMENT AGENCIES

<p><b>Cole Vocational Services</b>  <a href="http://www.ca-mentor.com">www.ca-mentor.com</a>  <b>(855)636-8672</b>            9166 Anaheim Place, Ste. 200            Rancho Cucamonga, CA 91730</p>	<p><b>Services Offered-</b>  <b>Family Home Agency:</b> opportunities to live in private family homes with nurturing “Mentors”            Specialized Residential Homes: personalized services and opportunities for individuals with intensive needs to be active members of the community  <b>Independent Living Services:</b> Offers support with everyday needs for adults who have made the transition into independent living  <b>Day Programs:</b> Helps individuals develop skills through structured activities  <b>College Programs:</b> Provides support services for individuals with intellectual and developmental disabilities taking college courses  <b>Employment Services:</b> personalized vocational training and job-placement service</p>
<p><b>EXCEED</b>  <a href="http://www.weexceed.org">www.weexceed.org</a>  <b>(800) 647-3451</b>            1285 N. Santa Fe            Hemet, CA 92543</p> <p>Life Skills Training -  <b>Independent Living Services:</b> Prepares adults with the skills and confidence necessary to live independently  <b>Supported Living:</b> Offers support with everyday needs for adults who have made the transition into independent living</p>	<p>Adult Developmental Center (ADC) –  <b>Day Programs:</b> Helps individuals develop skills through structured activities  <b>College Programs:</b> Provides support services for individuals with intellectual and developmental disabilities looking to take college courses and pursue other interests  <b>Employment Services:</b> Offers personalized vocational training and job-placement service</p>

## POST SECONDARY TRAINING/EMPLOYMENT AGENCIES

<p><b>Fontana Resources at Work (FRW)</b> <b>Industrial Support Systems</b> <a href="http://www.industrial-support.org">http://www.industrial-support.org</a> <b>(909) 428-3833</b> 8608 Live Oak Avenue Fontana, CA 92335</p>	<p>Member of California Disability Services Association, provides employment through local, national, federal (NISH) and state (CARI) contracts (State of California Department of Rehabilitation, Habilitation Services, Inland Regional Center, contracted work, and private donations). *Job Training Partnership Act (JTPA), San Bernardino County “One-Stop” Training Centers: <a href="http://www.careeronestop.org/EducationTraining/EduTraining">www.careeronestop.org/EducationTraining/EduTraining</a> Sponsored by the U. S. Department of Labor, Employment and Training Administration</p>
<p><b>Goodwill Industries International Inc.</b> <a href="http://www.goodwillsocal.org">www.goodwillsocal.org</a></p>	<p>An American nonprofit 501c organization that provides job training, employment placement services, and other community-based programs for people who have disabilities. Goodwill may hire individuals who lack education or job experience, or face employment challenges.</p>

## POST SECONDARY TRAINING/EMPLOYMENT AGENCIES

### OPARC

[www.oparc.org](http://www.oparc.org)

**(909)890-5919**

732 Carnegie Drive, #150

San Bernardino, CA 92408

Serving adults with intellectual and developmental disabilities, OPARC partners with businesses to provide jobs for participants paired with on-going training and support.

- Work Activity Program (WAP) - Assembly, packaging, collating, and inspecting items for contracted businesses
- Supported Employment Program (SE)
- Individual and enclave employment in integrated community environments with accompanying job coaching support to fulfill work in landscape maintenance, cleaning services, housekeeping, dishwashing, and cafeteria duties

## POST SECONDARY TRAINING/EMPLOYMENT AGENCIES

### Options for All

[www.optionsforall.org](http://www.optionsforall.org)

(909) 475-9503

Fax: (909) 475-9912

202 E. Airport Drive, Suite 130

San Bernardino, CA 92408

A non-profit organization that educates and empowers **low-income adults with intellectual disabilities** with the skills and knowledge to achieve personal goals and optimum potential in life, connecting businesses that need reliable workers with low-income adults looking to secure meaningful work

***A 100% community-based work model.***

### Programs and Services Teach Life and Job Skills:

- Banking, Budgeting and Money Management
- Computer and Writing Skills
- Resumes and Job Interviews
- Nutrition, Cooking, Meal Planning and Exercise
- Personal Responsibility, Punctuality, Taking Directions
- Social Skills

### Programs Offered:

**Supported Employment:** Job development, training and placement for individuals as well as group placements; full-time and part-time employment

**Integrated Employment:** Supervised Day Services with three individuals with a trainer; six-hours per day

**Independent Living Services:** Life skills training to enable self-sufficiency with support for living independently in the community

**Microenterprise:** Self-employment through small business ownership, operated by program participants within the community

**Autism:** Proactive, Specialized Training, Support and Learning for individuals with autism

**Supporting People with Aging Needs:** Provides individuals with aging needs site and community-based activities designed to address physical limitations related to aging

## POST SECONDARY TRAINING/EMPLOYMENT AGENCIES

### **Social Vocational Services (SVS)**

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

**(909) 255-8161**

350 Commercial Road, Unit 114

San Bernardino, CA 92408

Provision of training and support for clients to achieve their social, recreational, vocational and residential goals

- Community Inclusion Services
- Supported Employment, group & individual

## POST SECONDARY TRAINING/EMPLOYMENT AGENCIES

### Vocational Improvement Programs (V.I.P.)

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

(909) 478-7537

1310 Riverview Drive  
San Bernardino, CA 92408

**V.I.P.** is a private, nonprofit organization dedicated to serving people with disabilities by providing them opportunities for meaningful work to achieve personal growth and independence. **V.I.P.** is located in Hesperia, Rancho Cucamonga, and San Bernardino. VIP brings people and business together to create "[Partners for Progress](#)". The employer acquires a dependable worker, the worker receives the dignity and personal worth with the knowledge of being employed, and society gains one more productive, tax-paying member.

### Program Benefits:

- Informed choice of Employment
- Individualized Job Placement Services
- Professional Support Services; Assistance with Application and Interview Process
- Mobility and Safety Skills Training
- On-the-Job- Training
- Training in Appropriate Communication, behaviors, and
- Personal Vocational Goal Setting
- Choice-Making and Advocacy Support
- Improved Quality of Life through Vocational Activities
- Increased Opportunities for Socialization and Friendships

### Eligibility Requirements:

- 16 years or older with working papers
- Must be eligible for Regional Center and Department of Rehabilitation
- Must demonstrate a desire to work
- Must have the potential to follow directions, work independently, and work cooperatively
- Must maintain satisfactory attendance based on individual needs and behavioral characteristics. Attendance under 80% will result in an objective regarding improving attendance being added to the students ITP.
- Must be able to independently toilet, or provide own attendant
- Must be able to administer own medication, or provide attendant if needed during working hours
- Must not need an inordinate amount of supervision

## COMMUNITY RESOURCES

### **Inland Regional Center**

[www.INLANDRC.org](http://www.INLANDRC.org)

**(909) 890-3000**

1365 S Waterman Avenue  
San Bernardino, CA 92408

**Serving Developmental Disabilities:** ● Intellectual Disability ● Cerebral Palsy ● Autism ● Epilepsy  
**Intake Ages 3 and Older**, or Early Start/Prevention  
Intake Process Ages 3 and Younger.

### **Adolescent to Adult Services:**

**Transition** - (Ages 16-22): Friendships, Socialization, Relationships, Preparation for Adulthood, Career information, Job Search, Advanced Learning

**Planning Residential Options:** Foster Family Agency, Supported Living, Adult Family Care Agency, Board and Care, Living With Your Family

**Adult** - (Ages 23-59 Years): Community Inclusion, Work, Choices, Intimacy, Different Living Options, Relationships, Health and Safety

**Specialized Support:** Clinical Support Team (Medical, Psychiatric and Forensic Review) Housing Assistance, Master Trust, Quality Assurance, Resource Development and Transportation, Community Information & Training Unit

**Intermediate Care:** Medi-Cal Funded Facilities



## TRANSPORTATION

<p><b>Access ADA Service</b> <b>East Valley Reservations</b> <a href="https://omnitrans.org/services/access-ada/">https://omnitrans.org/services/access-ada/</a> <b>(909) 383-1680</b></p>	<p>Omni trans <b>Access Service</b> is an Americans with Disabilities Act (ADA) mandated public transportation service for people unable to independently use the fixed route bus service in South Western San Bernardino County for all or some of their trips. <b>Access</b> provides curb-to-curb service to complement the Omni trans fixed-route bus system, and is available during the same periods that fixed-route service operates. The Access service area is up to 3/4 mile on either side of an existing bus route. Access riders make reservations for their trips, or arrange a subscription service. To ride Access you need an Access Rider ID Card, which can be obtained for free by applying to Omni trans for ADA Certification.</p>
<p><b>Commute Smart.Info</b> <a href="http://www.commutesmart.info">www.commutesmart.info</a></p>	<p>Information on carpool, vanpool and rideshare</p>
<p><b>LACMTA (Los Angeles County)</b> <a href="http://www.mta.net">www.mta.net</a></p>	<p>The Los Angeles County Metropolitan Transportation Authority is the public transportation agency operating 86 bus and rail stations for the County of Los Angeles.</p>

## TRANSPORTATION

<p><b>Metrolink</b>  <a href="http://www.metrolinktrains.com">www.metrolinktrains.com</a>          (800) 371-5465</p>	<p>Metrolink is a commuter rail system serving Southern California; it consists of seven lines and 55 stations operating on 388.2 miles of rail network. It travels up to 79 miles per hour and up to 90 mph on sections of the Orange County line.</p>
<p><b>Mountain Area Transit (MARTA)</b>  <a href="https://mountaintransit.org/">https://mountaintransit.org/</a>          Info: 909-878-5200</p> <ul style="list-style-type: none"> <li>• Lake Arrowhead</li> <li>• Crestline</li> <li>• San Bernardino</li> </ul>	<p>Provides Dial-a-Ride and Fixed Route service throughout the rural San Bernardino Mountain communities-Lake Arrowhead, Crestline, San Bernardino and also provides Off-the-Mountain commuter service between these communities and the city of San Bernardino; making connections with Omnitrans, Metrolink, Greyhound, and other stops. Mountain Transit operates Weekend Trolley service between tourist venues throughout the City of Big Bear Lake.</p>
<p><b>Trip Planner</b>  <a href="http://www.socaltransport.org">www.socaltransport.org</a></p>	<p>An automated trip planner to help find the correct bus or train to get to intended destination</p>
<p><b>Victor Valley Transit Authority</b>  <a href="http://www.vvta.org">www.vvta.org</a>  <b>Phone:</b>(760) 948-3030  <b>Address:</b> 17150 Smoke Tree St.          Hesperia, CA 92345</p>	<p>Provides public transit for Victorville, Apple Valley, and surrounding communities</p>

## HOUSING, UTILITES AND FOOD ASSISTANCE

<p><b>Another Way</b> <a href="https://anotherway.org">https://anotherway.org</a> <b>(909) 890-3045</b> 1365 S. Waterman Ave San Bernardino, CA 92408</p>	<p>Helping IRC clients with Disabilities in the areas of:</p> <ul style="list-style-type: none"><li>● Utilities, Gas and Electric</li><li>● Rental Assistance</li><li>● Mortgage Assistance</li><li>● Food: Food Banks/Food Distribution Sites</li></ul>
<p><b>The ARC California</b> <b>(909) 884-6484</b> <a href="https://thearc.org/chapter/arc-san-bernardino-area/">https://thearc.org/chapter/arc-san-bernardino-area/</a> The Arc of San Bernardino: 796 E Sixth Street, San Bernardino, CA 92410</p>	<p>The ARC is an advocacy association of people with I/DD, their families, their providers, and volunteers of all experiences. The Arc California is involved with every public policy issue that impacts our constituency of people with intellectual and developmental disabilities (I/DD) throughout the life span. Focus is on the following topic areas:</p> <ul style="list-style-type: none"><li>●Children &amp; Families</li><li>●Criminal Justice</li><li>●Health &amp; Medical, Housing</li><li>●In Home Support Services</li><li>●Mental Health</li><li>●Olmstead Related</li><li>●Special Education</li><li>●Work</li><li>●Prevention</li><li>●Fetal Alcohol Spectrum Disorders</li></ul>

## HOUSING, UTILITES AND FOOD ASSISTANCE

<p><b>California Foundation for Independent Living Centers</b> <b>(866) 296-9753</b> <b>(800) 900-0706 TDD</b> <a href="https://cfilc.org/">https://cfilc.org/</a></p>	<p>A peer support mechanism for executive directors of the fledgling Independent Living Centers in California. A Non-profit Corporation, CFILC has a number of Programs and Campaigns to focus different areas of advocacy, and provide avenues for success for our members at the independent living center level.</p>
<p><b>Catholic Charities</b> <a href="http://www.ccsbriv.org">www.ccsbriv.org</a> <b>(909) 388-1239 or (909) 880-3625</b> 1800 N. Western Avenue Ste. 107 San Bernardino, CA 92411</p>	<p>Offers food baskets, assist with rental and mortgage payment, utility payments, transportation, info and referral, medical referrals, clothing, and furniture assistance.</p>
<p><b>Community Access Center</b> <a href="http://www.ilcac.org/">http://www.ilcac.org/</a> <b>(951) 274-0358</b></p>	<p>The primary purpose of Community Access Center is to empower consumers with disabilities by providing services and information to support them in making choices that will positively affect their independence.</p>

## HOUSING, UTILITES AND FOOD ASSISTANCE

<p><b>Community Action Partnership</b>  <a href="http://www.sbcounty.gov/capsbc/">www.sbcounty.gov/capsbc/</a>  <b>(909) 723-1580</b>          696 S Tippecanoe Avenue          San Bernardino, CA 92415</p>	<p>A Private, non profit organization that has a list of USDA food bank locations throughout San Bernardino County</p>
<p><b>Family Service Association</b>  <a href="http://www.fsaca.org/">http://www.fsaca.org/</a>  <b>(951) 686-1096</b>          21250 Box Springs Road          Moreno Valley, CA 92557</p>	<p>We serve anyone and everyone who knocks on our doors and needs help.          ASPIRE Community Housing Development for families, seniors and individuals with special needs who lack the economic resources to obtain quality affordable housing on their own; integrating FSA services (i.e., Senior Nutrition, Child Development, Mental Health and Community/Senior Centers)</p>
<p><b>Fraze Community Center –</b>  <a href="http://www.homelessshelterdirectory.org">http://www.homelessshelterdirectory.org</a>  <b>(909) 889-4424</b>          1140 West Mill Street          San Bernardino, CA 92410</p>	<p>Short term help for people, crisis counseling, support groups, speaker’s bureau, emergency food and shelter, utility assistance, relapse prevention counseling, education outreach, advocacy and medical referrals.</p>

## HOUSING, UTILITES AND FOOD ASSISTANCE

<p><b>Home Again Project – Redlands</b>  <b>(909) 792-9626</b></p>	<p>Utility Assistance</p>
<p><b>Hotline for Food</b>  <b>San Bernardino Department of Public Health</b>  <b>(909) 387-6861 or (800) 643-6630</b></p>	<p>Information about food distribution programs</p>
<p><b>Housing Authority County of San Bernardino</b>  <a href="http://www.hacsb.com">http://www.hacsb.com</a>  <b>(909)890-0644</b>          715 E. Brier Drive          San Bernardino, CA 92408</p>	<p>Working in conjunction with the county’s Housing Authority, DBH’s Housing program provides mental health services and long term permanent housing for homeless mentally ill or mentally ill/substance abuse clients. The goal of the program is to assist clients in their mental health recovery process and to become self-sufficient in the community.</p>
<p><b>Inland Fair Housing and Mediation Board</b>  <a href="http://www.ifhmb.com">www.ifhmb.com</a>  <b>(800) 321-0911</b></p>	<p>Assistance with unfair lending and renting practices:          * Support for needed disability accommodations and modifications regarding contractual issues and property access.          * Support getting approval of steady income sources for eligibility and payment of rent</p>
<p><b>Jubilee Pantry</b>  <a href="http://lovelandchurch.org/jubilee-pantry/">http://lovelandchurch.org/jubilee-pantry/</a>  <b>(909) 873-2710</b></p>	<p>Food, Utility, and Rental Assistance</p>

## HOUSING, UTILITES AND FOOD ASSISTANCE

<p><b>One Stop TAY Center (Transition Age Youth)</b>  <a href="http://www.sbcounty.gov/">www.sbcounty.gov/</a>  <b>(909)387-7194</b>                  700 East Gilbert, Bldg. #4                  San Bernardino, CA 92415</p>	<ul style="list-style-type: none"> <li>• Serving youth, ages 16-25</li> <li>• A drop-in center providing assistance on becoming independent and improving one’s quality of life</li> <li>• Particular concern for youth emancipating from foster care, group homes, and the juvenile justice system</li> </ul>
<p><b>Peppermint Ridge Group Homes</b>  <a href="http://www.peppermintridge.org">www.peppermintridge.org</a>  <b>(951) 273-7320</b>                  825 Magnolia Avenue                  Corona, CA 92879</p>	<p>Peppermint Ridge is a non-profit organization with the mission of providing loving homes and empowering support services for individuals with developmental disabilities, gently guiding these special people toward greater independence and fuller community participation.</p>
<p><b>Redlands Family Services Association</b>  <a href="http://redlandsfamilyservice.org/">http://redlandsfamilyservice.org/</a>  <b>(909)793-2673</b>                  612 Lawton Street                  Redlands, CA 92374</p>	<p>Provide emergency support, case management, education and referrals that focus on helping families become more self-sufficient and prevent homelessness:</p> <ul style="list-style-type: none"> <li>• Family Support</li> <li>• Housing Advocacy Program</li> <li>• Emergency and Surplus Food Distribution</li> <li>• Clothing and Warm Coats</li> <li>• Rental and Utility Assistance</li> <li>• Budgeting</li> <li>• Basic Life Skills Training</li> <li>• Information and Referral</li> <li>• Christmas shop</li> <li>• Adopt-A-Shop</li> <li>• Holiday Food Baskets</li> <li>• Teens Helping Teens</li> <li>• Parenting Classes</li> </ul>

## HOUSING, UTILITES AND FOOD ASSISTANCE

<p><b>Salvation Army, Redlands Corps Community Center</b>  <a href="http://www.salvationarmyusa.org/">http://www.salvationarmyusa.org/</a>  <b>(909)792-8818</b>              838 Alta Street              Redlands, CA 92374</p>	<p>Food, Utility and Rental Assistance              Cold Weather Shelter</p>
<p><b>Salvation Army, San Bernardino Corps Community Center</b>  <a href="http://www.salvationarmyusa.org/">http://www.salvationarmyusa.org/</a>  <b>(909)888-1336 or (909)888-1337</b>              746 W. 5<sup>th</sup> Street              San Bernardino, CA 92410</p>	<ul style="list-style-type: none"> <li>• Provides emergency food, shelter, clothing, transportation, bus tokens, new school clothes, and limited health services to families and individuals in need</li> <li>• Rental assistance and rehab programs for those who qualify</li> <li>• Assistance for anyone in need</li> </ul>
<p><b>2-1-1 Service</b>  <b>United Way of America (UWA) and Alliance for Information and Referral Systems (AIRS)</b></p>	<p>Phone number <b>211</b> connect people with important community services: training, employment, food pantries, teenage addiction, prevention, affordable housing and support groups</p>
<p><b>Arrowhead United Way</b>  <a href="http://arrowheadunitedway.org">http://arrowheadunitedway.org</a>  <b>(909) 884-9441</b>              646 North D Street              San Bernardino, CA 92402-0796</p>	<p>Supports health and human services by focusing on education, income, and health - See more at:  <a href="http://arrowheadunitedway.org/#sthash.QsSF2LIR.dpuf">http://arrowheadunitedway.org/#sthash.QsSF2LIR.dpuf</a></p>



## HOUSING, UTILITES AND FOOD ASSISTANCE

### Youth Hope Foundation

[www.youthhope.org/contact-us](http://www.youthhope.org/contact-us)

**(909) 663-4543**

30 Cajon St.  
Redlands, CA

A warm and caring environment where homeless, runaway, and underserved youth can congregate and receive much needed love, hugs, and essential services.

Youth Hope provides hot, nutritious meals and access to a food pantry and clothing closet. Case management services are available as well as access to Youth Hope programs and services.

Youth Hope provides services through four main programs:

- Continued Education and Job Training
- Medical, Dental, and Optometry Care
- Food & Clothing Closet
- Housing

## SUPPLEMENTAL SERVICES FOR INDEPENDENT LIVING

<p><b>NATADS</b> <a href="https://testing.myatprogram.org/home/6">https://testing.myatprogram.org/home/6</a> Project of the CA DOR and the CA Foundation for Independent Living Centers Connects Californians with disabilities to assistive technology devices, tools, and services to make life easier</p>	<p>Services: Self-Advocacy, Individual Advocacy, Peer Support, Information &amp; Referral, Personal Care Assistance, Assistive Technology, Independent Living Skills, &amp; Housing Referrals</p>
<p><b>The Braille Institute</b> <a href="http://www.brailleinstitute.org/">www.brailleinstitute.org/</a> (951)787-8800 6974 Brockton Ave, Suite #100 Riverside, CA 92506 (714) 821-5000 527 N Dale Ave Anaheim, CA</p>	<p>Braille Institute of America provides free services to blind and visually impaired people.</p> <ul style="list-style-type: none"><li>- A wide array of programs and services designed to help people with vision loss lead enriched and fulfilling lives.</li><li>- All services funded entirely by private donations.</li></ul>

## SUPPLEMENTAL SERVICES FOR INDEPENDENT LIVING

<p><b>CATE - California Assistive Technology Exchange</b>  <a href="http://www.csun.edu/cod/cate">www.csun.edu/cod/cate</a>  <b>(818) 677-2510</b></p>	<p>California's state wide assistive technology access program. Connecting individuals with community based organizations, locations and contact information regarding AT Device loan, reutilization, and loan guarantee programs</p>
<p><b>Community Access Center (CAC) of Riverside</b>  <a href="http://www.ilcac.org">www.ilcac.org</a>          An Independent Living Center providing services to people with disabilities, to empower them to control their lives, access the community and achieve social, economic, and political integration.</p>	<p>Services:          Self-Advocacy, Individual Advocacy, Peer Support, Information &amp; Referral, Personal Care Assistance, Assistive Technology, Independent Living Skills, &amp; Housing Referrals</p>
<p><b>The Epilepsy Center</b>  <a href="http://www.TheEpilepsyCenter.org">www.TheEpilepsyCenter.org</a>  <b>(951) 818-4248</b>          6185 Magnolia Avenue, Suite 63          Riverside, CA 92506</p>	<p>Community-Based, person-centered support services for individuals with epilepsy. To raise awareness and educate the community about epilepsy and to empower those who are affected by it.          Services: Resources, conferences, advocacy, annual events (Disability Fair, Epilepsy Unity Walk, Candlelight Jazz Celebration, Christopher's Day Camp)</p>

## SUPPLEMENTAL SERVICES FOR INDEPENDENT LIVING

### Rolling Start Resource Center for Independent Living

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

(909) 890-9516

1955 Hunts Lane #101

San Bernardino, CA 92408

### Services and advocacy for persons with disabilities

#### Core Services:

- **Information and Referral**  
About support agencies
- **Independent Living Skills :**  
Travel Training  
Money Management  
Self-Empowerment Workshops  
Health and Fitness; Home and Community Safety
- **Systems Change Advocacy**  
Learn how to advocate for self and your rights
- **Peer Advising**
- **Housing**  
Listings of accessible affordable housing  
Referrals  
Assistance in completing HUD forms
- **Personal Assistants:**  
Listings of Qualified Personal Care Providers
- **Assistive Technology:**  
Device Lending Library
- **Consumer Equipment Reuse Program**
- **Youth Transition Services:**  
Job Seeking Skills Training  
Computer Skills Education  
Social Skills

## SUPPLEMENTAL SERVICES FOR INDEPENDENT LIVING

### **Y.O. Disabled and Proud**

[www.YODisabledProud.org](http://www.YODisabledProud.org)

**(866) 296-9753; (800) 900-0706 TDD**

- Education and training of youth and disabilities
- Disabilities history
- Community organizing
- Assistive Technology
- Community resources
- Independent Living skills
- Self advocacy
- Public policy advocacy

## LOW COST/FREE MEDICAL, DENTAL & VISION CLINICS

<p><b>Arrowhead Regional Medical Center</b>  <a href="http://www.arrowheadmedcenter.org">www.arrowheadmedcenter.org</a>  <b>(909) 580-1000</b>          400 N. Pepper Avenue          Colton, CA 92324</p>	<p>Level II Trauma Center, certified stroke center and the only burn center for San Bernardino, Riverside, Inyo and Mono Counties</p>
<p><b>Arrowhead SACHS (Social Action Community Health System)</b> <a href="http://www.sachealthsystem.org">www.sachealthsystem.org</a>  <b>(909) 381-1663</b>          1293 N. 'D' Street          San Bernardino, CA 92405</p>	<p>Three (3) clinics: 1.) SACHS – Norton, 2.) SACHS – Arrowhead, and 3.) SACHS Frazee dedicated to providing affordable, high quality medical care</p>
<p><b>DIGNITY HEALTH LOCATIONS:</b>  <a href="http://www.dignityhealth.org">www.dignityhealth.org</a>  <b>*Community Hospital of San Bernardino</b>  <b>(909) 887-6333</b>          1805 Medical Center Drive          San Bernardino, CA 92411  <b>*St. Bernardine Medical Center</b>          2101 N. Waterman Avenue          San Bernardino, CA 92404</p>	<p>Full Range of Services: Baby &amp; Family, Ear, Nose and Throat, and Behavioral Health for Adults and Adolescents.</p>
<p><b>Inland Empire Community Health Center</b>  <a href="http://www.chsica.org">www.chsica.org</a>  <b>(909)-546-7520</b>          18601 Valley Blvd.          Bloomington, CA 92316-1831</p>	<p>Low Cost Clinic Services: Family Practice, Internal Medicine, Optometry, Dentistry, Pediatric Healthcare, Women's Health Services (OB/GYN, Family Planning), Immunizations (Children and Adult), Physicals (CHDP, Immigration, Well Baby, DMV, General Health, Sport)</p>

## LOW COST/FREE MEDICAL, DENTAL & VISION CLINICS

<p><b>Inland Empire Health Plan (IEHP)</b>  <a href="http://www.iehp.org">http://www.iehp.org</a>  <b>(909) 890-2000; (909) 890-0731</b> TTY          10801 Sixth Street, Suite #120          Rancho Cucamonga, CA 91730</p>	<p>IEHP's Health Coverage Programs-  <u>IEHP DualChoice Cal MediConnect Plan (Medicare –          Medic-aid Plan)</u>: No-cost healthcare coverage for          people with both Medi-Cal and Medicare.  <u>Medi-Cal</u>: No-cost healthcare coverage for low-income          adults, families with children, seniors, and people with          disabilities  <u>IEHP Medicare DualChoice (HMO SNP)</u>: Healthcare          coverage designed for people with full-scope Medi-Cal          and Medicare Part A and B. This program connects          Medi-Cal, Medicare, and pharmacy benefits into one          coordinated plan  <u>Healthy Kids</u>: Low-cost health, dental, and vision          coverage for low-income, uninsured children who do          not qualify for Medi-Cal</p>
<p><b>Inland Family Community Health Center</b>  <a href="http://www.ibhealth.org">www.ibhealth.org</a>  <b>(909)-881-6146</b>          665 N. D St.          San Bernardino, CA 92401</p>	<p><b>Low Cost Clinic</b> providing excellent service in the areas          of physical health care, substance abuse treatment,          mental health improvement, homeless services and          prevention education  <b>Services</b>: Pre-Employment &amp; Sport Physical Exams, T.B.          Screening, Pregnancy Testing, Family Planning, STD          Testing/Treatment, Immunizations/Newborn Exam,          CHDP (Well Child Care), Full Pediatric Care, WIC          Referrals (Women, Infants &amp; Child), Lead Testing, Blood          Pressure Testing</p>

## LOW COST/FREE MEDICAL, DENTAL & VISION CLINICS

<p><b>Inland Empire Dental Clinic</b>  <a href="http://www.chsica.org">www.chsica.org</a>  <b>(909)-746-0840</b>          18601 Valley Blvd.          Bloomington CA, 92316-1831</p>	<p>Low-Cost Clinic</p>
<p><b>Loma Linda University School of Dentistry</b>  <a href="http://dentalclinics.llu.edu/student-clinics/">http://dentalclinics.llu.edu/student-clinics/</a>  <b>(909) 558-4666</b> (emergency)  <b>(909) 558-4675</b> (15 and Older)          11092 Anderson          Loma Linda, CA 92350</p>	<p>Dental care ranging from:</p> <ul style="list-style-type: none"> <li>• simple cleaning and fillings to</li> <li>• root canals</li> <li>• braces</li> <li>• dental implants</li> </ul> <p>Lower than average fees for most services</p> <p>Special clinic for disabled adults and children</p> <p>Limited evening appointments available</p>
<p><b>Molina Health Care</b>  <a href="https://www.molinahealthcare.com/">https://www.molinahealthcare.com/</a>  <b>(877) 665-4623</b>          170 E. Highland Ave.          San Bernardino, CA 92404-3658</p>	<p>Molina Healthcare's mission provides health services to financially vulnerable families and individuals covered by government programs. Molina Healthcare has health plans, medical clinics and a health information management solution.</p>



## LOW COST/FREE MEDICAL, DENTAL & VISION CLINICS

<p><b>New Hope Free Clinic</b> <b>(909) 748-5408</b> 760 E. Stuart Avenue Redlands, CA 92374</p>	<p>Volunteer organization that serves low income or no income families without health insurance and provides medical and dental services free of charge to poor and needy families living in the Inland Valley. All Services provided are free of charge regardless of your ability to pay. \$10 Donation is greatly appreciated.</p> <p>Services by appointment only -</p> <p>Medical services: Primary Care - health screenings, internal medicine, minor surgeries, Chiropractor, Health and Wellness Nutrition Program (1st and 3rd Wednesday)</p> <p>Dental Services: General Dentistry, evaluation, cleaning, extractions and fillings.</p>
<p><b>Zenn Optical</b> <a href="http://www.Zennioptical.com">www.Zennioptical.com</a></p>	<p>Prescription glasses as low as \$6.96 with prescription to order online</p>

## BEHAVIORAL AND MENTAL HEALTH SERVICES

<p><b>Adult Residential Services Clinic (ARS)</b>  <a href="https://wp.sbcounty.gov/dbh/mental-health-services/">https://wp.sbcounty.gov/dbh/mental-health-services/</a>  <b>(909) 421-9425</b>              850 E. Foothill Blvd              Rialto, CA 92376</p>	<p>Adult Residential Services arranges placement and provides case management services for mentally ill consumers who require higher and more structured levels of care following hospitalization. Services are designed to move consumers to the least restrictive levels of care as quickly as possible. Case management services are provided at state hospitals, IMDs, and Augmented Board and Care facilities.</p>
<p><b>Department of Behavioral Health Walk-In Clinic (ARC)</b>  <a href="https://wp.sbcounty.gov/dbh/mental-health-services/general/outpatient-clinics/">https://wp.sbcounty.gov/dbh/mental-health-services/general/outpatient-clinics/</a></p> <ul style="list-style-type: none"> <li>• <b>Phoenix Community Counseling</b>  <b>(909) 387-7200</b>              820 East Gilbert Street              San Bernardino, CA 92415</li> <li>• <b>Mesa Triage Services</b>  <b>(909) 421-9201</b>              850 E. Foothill Boulevard              Rialto, CA 92376</li> <li>• <b>Vista Counseling</b>  <b>(909) 854-3420</b>              17216 Slover Avenue, Bldg. L              Fontana, CA 92337</li> </ul>	<p>Cities Served: San Bernardino, Loma Linda, Highland, Grand Terrace, Redlands, Yucaipa, and all Mountain Communities except Big Bear</p> <p>Cities Served: Grand Terrace, Colton, West San Bernardino and Rialto              Cities Served: Grand Terrace, Colton, West San Bernardino and Rialto</p> <p>Cities Served: Fontana and Bloomington</p>
<p><b>Rim Family Services</b>  <a href="http://www.rimfamilyservices.org/">www.rimfamilyservices.org/</a>  <b>(909)336-1800</b>              28545 State Highway 18              Sky Forest, CA 92385</p>	<p>Services: Substance Abuse, Anger Management, Alcohol and Drug, Court ordered Programs, Individual and Family Counseling</p>

## BEHAVIORAL AND MENTAL HEALTH SERVICES

<p><b>Salvation Army San Bernardino, CA:</b>  <b>Adult Rehabilitation Center</b>  <a href="mailto:Victor.Verdugo@usw.salvationarmy.org">Victor.Verdugo@usw.salvationarmy.org</a>  <b>(909) 889-9605</b>          363 S. Doolittle Road          San Bernardino, CA 92408-1623</p>	<p>Adult drug &amp; alcohol rehabilitation</p>
<p><b>One Stop TAY (Transition Age Youth) Center</b>  <a href="https://wp.sbcounty.gov/dbh/mental-health-services/children-youth/tay/one-stop-tay/">https://wp.sbcounty.gov/dbh/mental-health-services/children-youth/tay/one-stop-tay/</a>  <b>(909) 387-7194</b>          780 E. Gilbert Street          San Bernardino, CA</p>	<p>Provides residents ages 16-26 with outpatient mental health, case-management and placement services. TAY Centers coordinate the transition of youth from child to adult services and assist youth in adjusting to the new, adult environment.</p>
<p><b>San Bernardino County Department of Behavioral Health</b>  <a href="https://wp.sbcounty.gov/dbh/mental-health-services/">https://wp.sbcounty.gov/dbh/mental-health-services/</a>  <b>(909) 387-7053</b>          700 East Gilbert, Bldg. 6          San Bernardino, CA</p>	<p>This agency provides individuals with issues of mental health and substance abuse to find solutions to challenges they face so that they may function within their families and community by providing effective, efficient, and culturally-based services.</p>

## COMMUNITY COLLEGE DISABILITY SERVICES

<p><b>Chaffey College, Alta Loma</b> <a href="https://www.chaffey.edu/studentsupport/dps/index.php">https://www.chaffey.edu/studentsupport/dps/index.php</a> <b>(909) 652-6379</b> Campus Center East, Room 100 5885 Haven Ave. Rancho Cucamonga, CA 91737</p> <p>The DPS aims to provide educational access to instruction by bringing awareness of student needs to instructors to insure students receive the needed instruction and services to achieve success.</p>	<p><b>Crafton Hills College, Yucaipa</b> <a href="https://www.craftonhills.edu/current-students/disabled-student-services/index.php">https://www.craftonhills.edu/current-students/disabled-student-services/index.php</a> <b>(909) 389-3325</b> Student Services Building (SSB) 118 11711 San Canyon Road Yucaipa, CA 92399</p> <p>The Disabled Student Programs and Services (DSPS) office provides support services, specialized equipment and educational accommodation for full participation and equitable benefit of the college experience</p>
<p><b>Riverside Community College, Riverside</b> <a href="https://www.rcc.edu/student-support/disability-resources.html">https://www.rcc.edu/student-support/disability-resources.html</a> <b>(951) 222-8060</b> Administration, Room 121 4800 Magnolia Ave. Riverside, CA 92506</p> <p>The DSPS office provides support for students with psychological, medical, mobility, deaf/hard of hearing, learning disabilities, and ADHD. Access is provided to the latest in adaptive computer technology.</p>	<p><b>San Bernardino Valley College, San Bernardino</b> <a href="https://www.valleycollege.edu/student-services/specialized-counseling-services/disability-services/">https://www.valleycollege.edu/student-services/specialized-counseling-services/disability-services/</a> <b>(909) 384-4443</b> Administration/Student Services Building, Room 105 - 701 South Mount Vernon Ave.</p> <p>The DSPS office provides support services, specialized equipment and educational accommodation for full participation and equitable benefit of the college experience.</p>

## COMMUNITY COLLEGE DISABILITY SERVICES

<p><b>Taft College, Center for Independent Living</b> <a href="http://www.taftcollege.edu/disabled-student-program-services/">http://www.taftcollege.edu/disabled-student-program-services/</a> <b>(661) 763-7748</b> 20 cougar Court Taft, CA 93268</p> <p>Transition to Independent Living Program provides adults with developmental/intellectual disabilities instruction, training, and support on a community college campus that promotes acquisition of the functional, social, and career skills necessary for students to live a productive and normalized lifestyle.</p>	<p><b>California Mentor</b> <a href="https://www.ca-mentor.com/adult-services/college-programs/">https://www.ca-mentor.com/adult-services/college-programs/</a> The College Support program offers individuals the chance to take community-college classes, offering assistance with everything from enrollment to tutoring and transportation, college support is an option for adults able to attend class independently, as well as those who need assistance with getting around campus.</p>
<p><b>College Living Experience</b> <a href="https://experiencecle.com/">https://experiencecle.com/</a> <b>(800) 486-5058</b> 2188 Fairview Road, Suite 101 Costa Mesa, CA 92627 Orange County Support Services for Independent Living, social skills, academics, self-advocacy and career development</p>	<p><b>Howard J. Chudler &amp; Associates, Inc (HCA)</b> <a href="http://www.chudler.net">www.chudler.net</a> <b>(626) 339-4999</b> 1274 Center Court Dr., Suite 211 Covina, CA 91724</p> <p>ABA Focused behavioral and educational services for individuals with developmental disabilities</p>

## FOUR YEAR COLLEGES WITH PROGRAMS FOR SPECIAL NEEDS STUDENTS

<p><b>California State University San Bernardino</b> <a href="http://www.csusb.edu/">www.csusb.edu/</a> <b>(909) 537-5238; TTY (909) 537-7230</b> 5500 University Parkway San Bernardino, CA 92407</p>	<p><b>College Internship Program (CIP)</b> <a href="http://www.collegeinternshipprogram.com">www.collegeinternshipprogram.com</a> <b>CSU Long Beach &amp; CSU Berkeley</b> <b>(310) 569-9308 or 1-877-KNOW-CIP</b> Post-secondary support program for students 1-26 with Asperger's, HFA, and LD differences. Provides individualized social, academic, career and life skills instruction to develop social thinking, executive functioning, sensory integration, money management, recreation, health and wellness.</p>
<p><b>Life College TILE Program</b> <b>(Transition to Independent Living &amp; Employment)</b> <b>Greg Brashears</b> Executive Director <a href="mailto:gbrashears@lifecollegeoc.org">gbrashears@lifecollegeoc.org</a> <b>(877)524-8776</b></p>	<p><b>Pathway at UCLA Extension</b> <a href="https://www.uclaextension.edu/pathway">https://www.uclaextension.edu/pathway</a> <b>(800) 825-9971</b> Please include specific department or individual UCLA Extension 1145 Gayley Ave Los Angeles, CA 90024-3439 Educational, social, and vocational experiences taught and supervised by experience instructors sensitive to the individual needs of students with intellectual and other developmental disabilities. Pathway students attend classes on campus and participate with UCLA students in the many social, recreational, and cultural activities of a major university.</p>

## FOUR YEAR COLLEGES WITH PROGRAMS FOR SPECIAL NEEDS STUDENTS

<p><b>Project College – University of San Diego</b> contact David Drazenovich at <b>(858) 278-5420 ext. 131</b>, or <a href="mailto:emaildrazenovich@ucpsd.org">emaildrazenovich@ucpsd.org</a> sponsored by <i>The Foundation for Developmental Disabilities &amp; The McBeth Foundation</i></p>	<p><b>UCLA Extension Services for Students with Disabilities</b> <a href="mailto:access@uclaextension.edu">access@uclaextension.edu</a> <b>(310) 825-7851(Voice/TTY)</b> 10995 Le Conte Avenue, Room 114 Los Angeles, CA 90024 -1333</p>
<p><b>University of California, Riverside</b> <b>Student Special Services</b> <a href="http://www.specialservices.ucr.edu/disabilities">www.specialservices.ucr.edu/disabilities</a> <b>(951) 827-3861</b> 125 Costo Hall 900 University Ave. Riverside, CA 92521</p>	<p><b>Website for All Colleges and Universities:</b> <a href="http://www.4icu.org/us/California.htm">http://www.4icu.org/us/California.htm</a>  <a href="http://www.bestcollegesonline.com/blog/2011/09/21/20-incredible-collegesforstudentswithspecialneeds">http://www.bestcollegesonline.com/blog/2011/09/21/20-incredible-collegesforstudentswithspecialneeds</a></p>

## AUTISM ADVOCACY AGENCIES

<p><b>Autism Society- Inland Empire</b> <a href="http://ieautism.org">http://ieautism.org</a> <b>(951) 220-6922; (951) 888-6669</b> – Spanish 2284 Griffin Way, Suite 102-194 Corona, CA 92879</p>	<p>The mission is to improve the lives of all affected by an autism spectrum disorder. The Autism Society of the Inland Empire works to increase public awareness about day-to-day issues faced by people on the spectrum, advocate for appropriate services for individuals across the lifespan, and provide the latest information regarding treatment, education, research, support and advocacy. Many autism specific resources available via website.</p>
<p><b>SEARCH</b> <b>University of California, Riverside</b> <a href="http://searchcenter.ucr.edu">http://searchcenter.ucr.edu</a> <b>(951) 827-3849</b> 900 University Ave. Sproul Hall, Room 136 Riverside, CA 92521</p>	<p>A family autism resource center located in the UCR Graduate School of Education, the mission of SEARCH is to provide support, education, advocacy, resources, community, and hope to families who have loved ones on the autism spectrum. Family needs are the exclusive focus, such as educational access. Autism specific resources are available via the website.</p>



## LEGAL SUPPORT & ADVOCACY ORGANIZATIONS

<p><b>American Advocacy Group (AAG)</b>  <a href="http://www.AmericanAdvocacyGroup.com">www.AmericanAdvocacyGroup.com</a>  <b>(844) 235-4477</b></p>	<p>Provides fair hearing representation and links individuals with disabilities to SSI, SSD, SSI and Disabled Children</p>
<p><b>Client Assistance Program (CAP) for DOR Services – Disability Rights California</b>  <a href="http://www.disabilityrightsca.org/about/cap.html">http://www.disabilityrightsca.org/about/cap.html</a>  <b>(800) 776-5746; TTY 1-800-719-56798</b>          350 South Bixel Street, Suite 290          Los Angeles, CA 90017</p>	<p>CAP provides information, advice and advocacy to assist individuals with disabilities to get rehabilitation services from the California Department of Rehabilitation (DOR), such as training, education, and a job. CAP advocates help protect the rights of people who receive or needs services from DOR, Independent Living Centers, or other Rehabilitation Act Funded partners.</p>
<p><b>Conservatorship Investigation Program</b>  <a href="http://www.sbcounty.gov/adults/conservatorship">http://www.sbcounty.gov/adults/conservatorship</a>  <b>(909) 421-9380</b>          850 E. Foothill Blvd          Rialto, CA 92376</p>	<p>Evaluates individuals referred for a Lanterman-Petris-Short (LPS) conservatorship and prepares all legal documents for court proceedings; also provides case management and placement services for misdemeanants who are found incompetent to stand trial (SB-485 Program).</p>
<p><b>Equal Access Fund</b>          CA Common Access to Justice: <b>(415) 865-7380</b>          Legal Service Trust Fund Program <b>(415) 538-2249</b>  <a href="http://www.calbar.ca.gov/access-to-justice/">www.calbar.ca.gov/access-to-justice/</a></p>	<p>Provides non-profit legal aid to the civil legal needs of low-income, elderly, and people with disabilities.</p>

## LEGAL SUPPORT & ADVOCACY ORGANIZATIONS

<p><b>Inland County Legal Services</b>  <a href="http://www.inlandlegal.org/">www.inlandlegal.org/</a>  <b>(909) 884-8615</b>  <b>(800) 677-4257, Toll Free</b>                  715 N. Arrowhead Ave., San Bernardino, CA</p>	<p>Low-income free legal service                  Law practice areas: landlord-tenant, family law, public benefits consumer, elder law, education, health</p>
<p><b>Inland Empire Latin Lawyers Association</b>  <a href="http://www.iella.org/">www.iella.org/</a>  <b>(951) 369-3009</b>                  2060 University Avenue, Suite 113                  Riverside, CA 92507</p>	<p>Provides free legal services for the poor and underprivileged residents of the Inland Empire</p>
<p><b>Legal Aid of San Bernardino</b>  <a href="http://legallaidofsb.org/">http://legallaidofsb.org/</a>  <b>(909) 889-7328</b></p>	<p>Provides counseling, education, and legal services, regardless of ability to pay</p>
<p><b>OCRA</b>  <b>The Office of Client’s Rights and Advocacy</b>  <a href="http://www.disabilityrightsca.org/what-we-do/programs/office-of-clients-rights-advocacy-ocra">http://www.disabilityrightsca.org/what-we-do/programs/office-of-clients-rights-advocacy-ocra</a>  <b>(800) 390-7032</b></p>	<p>Assists Regional Center clients with developmental disabilities:</p> <ul style="list-style-type: none"> <li>• Information about rights and services</li> <li>• Training</li> <li>• Representation at hearings</li> <li>• Investigations of denial of services</li> </ul>

## LEGAL SUPPORT & ADVOCACY ORGANIZATIONS

<p><b>PACER Center – Parent Advocacy Coalition for Educational Rights</b>  <a href="http://www.pacer.org/index.asp">http://www.pacer.org/index.asp</a>  <b>(952) 838-9000; Toll-free: (800) 537-2237</b>              8161 Normandale Blvd.              Bloomington, MN 55437</p>	<ul style="list-style-type: none"> <li>• Seeks to expand the quality of life for children and young adults with disabilities and their families</li> <li>• Transition materials printed in English and Spanish</li> <li>• Archived webinars</li> </ul>
<p><b>Special Needs Trusts –</b>              The Elder and disability Law Firm, APC  <a href="http://www.california-elder-law.com/">http://www.california-elder-law.com/</a>  <b>(800) 409-6271</b></p>	<p>Services offered in assisting with a special needs trust. Assets held in the special needs trust are used to supplement public benefits and pay for items and services that the public benefits system is unable to provide. Provides free legal services for the poor and underprivileged residents of the Inland Empire.</p>
<p><b>TASK – Team of Advocates for Special Kids</b>  <a href="http://www.taskca.org">http://www.taskca.org</a>  <b>(909) 890-9560</b>              1425 S. Waterman Ave.              San Bernardino, CA 92412</p>	<p>Serving families of children birth to 26 years of age, TASK provides training, support, information, resources, referrals, and hosts community awareness programs. Information is available in both English and Spanish.</p>

## DOMESTIC VIOLENCE HOTLINES AND SUPPORT SERVICES

<p><b>Adult Protective Services</b> <b>(877) 565-2020</b></p>	<p><b>San Bernardino Sexual Assault</b> <b>(909) 885-8884</b></p>
<p><b>Domestic Violence 24-hour Hotline</b> <b>(909) 866-5723</b></p>	<p><b>Support Networks:</b> Mom’s Supporting Mom’s (IRC) <b>(909) 890-4781</b> <a href="mailto:AChu@InlandRC.org">AChu@InlandRC.org</a> Mothers Network support group for mothers of Inland Regional Center consumers</p>
<p><b>National Rape Crisis Hotline</b> <b>(800) 656-4673</b></p>	<p><b>Support Networks:</b> Father’s Network, San Bernardino (IRC) <b>(909) 890-4782</b> <a href="mailto:ircfathersnetwk@yahoo.com">ircfathersnetwk@yahoo.com</a> Fathers Network support group for fathers of Inland Regional Center consumers</p>
<p><b>Option House Domestic Violence Shelter</b> <b>(909) 381-3471</b></p>	

## SOCIAL, LEISURE AND RECREATION

<p><b>AbilityFirst, Claremont Center</b> <a href="http://www.abilityfirst.org">www.abilityfirst.org</a> <b>(909) 621-4727</b> After school program Mon-Fri for ages 5-22. The Recreation and Leisure Program is for ages 18 and up.</p>	<p>Recreation and Leisure Program for children and adults with physical disabilities and developmental disabilities, such as autism, cerebral palsy, Down syndrome, and epilepsy. The center features an activity room, computer lab, an indoor heated swimming pool, an outdoor play area and a specialized learning lab that is ideal for students with autism and other communicative disorders.</p>
<p><b>Adaptive Sports USA</b> <a href="http://adaptivesportsusa.org">http://adaptivesportsusa.org</a> <b>(720) 412-7979</b> Monday &amp; Wednesday: 10am–4pm MT Tuesday &amp; Thursday: 12pm–5pm MT</p> <p>Local Chapter: <b>Angel City Sports</b> <a href="http://angelcitysports.org/">http://angelcitysports.org/</a> <b>(310) 505-5073</b> 269 S. Beverly Drive, Suite 338 Beverly Hills, CA 90212</p>	<ul style="list-style-type: none"><li>• To engage, evolve, and empower individuals with a disability to be involved in adaptive sport through education, coaching and advocacy for archery, athletics (track &amp; field), powerlifting, shooting, swimming and table tennis.</li><li>• Training opportunities for all stages of sport development -grassroots, recreational athlete to a competitive athlete with a goal of international competition.</li></ul> <p>Our goal is to create sports opportunities for adults, children, and veterans with physical differences and impairments</p>

## SOCIAL, LEISURE AND RECREATION

<p><b>Adult &amp; Teen Group – Autism Society Inland Empire</b>  <a href="http://www.ieautism.org">www.ieautism.org</a>  <a href="mailto:murrieta@ieautism.org">murrieta@ieautism.org</a>            (951) 678- 8666</p>	<p>Murrieta Area Meets twice a month for fun events, once at the Community Center, once out in the community. Occasionally have lectures on topics that pertain to adults and adolescents on the spectrum.</p>
<p><b>Awesome Adults - Autism Society Inland Empire</b>  <a href="http://www.ieautism.org">www.ieautism.org</a>            (951)220-6922</p>	<ul style="list-style-type: none"> <li>• Social group for independent young adults in Riverside area Occasional outings throughout Southern California.</li> <li>• Special events throughout the year: Holiday Parties, Camping, Autism Day at the Cove Waterpark</li> <li>• Autism Walk: Largest community fundraising and awareness event</li> </ul>
<p><b>Camp Pavaika</b> (pi vee ka)  <a href="http://www.camppaivika.org">www.camppaivika.org</a>  <b>909-338-1102 ext. 5003</b>            Jessica Morrison, Camp Services Coordinator  <a href="mailto:jmorriosn@abiityfirst.org">jmorriosn@abiityfirst.org</a>            600 Playground Drive            Crestline, CA 92325</p>	<p>A fully accessible camp providing summer overnight programs for individuals (ages 115-adult) with mild to severe developmental and physical disabilities (autism, ADHD, cerebral palsy, cognitive disabilities, Deaf and Hard of Hearing, Down Syndrome, epilepsy, social skills deficits, speech impairments). Activities include: swimming, horseback riding, adaptive sports and recreation, creative arts &amp; crafts, nature students, performing arts, and evening program.</p>

## SOCIAL, LEISURE AND RECREATION

### **Center for Individual Development**

[http://www.sbcity.org/cityhall/parks/centers/center\\_for\\_individual\\_development\\_cid.asp](http://www.sbcity.org/cityhall/parks/centers/center_for_individual_development_cid.asp)

**(909) 384-5426**

8088 Palm Lane

San Bernardino, CA 92410

A regional recreation center that focuses on providing recreation programs for people with disabilities: physical, developmental, and mental illness.

**“Merry Mixers,”** a program for adults 25 years and older with developmental disabilities, T-Th 9:30 am–12:30pm.

**Aerobics** - Exercise to music. Instructions are in Spanish. Mon. & Wed., 10:30 - 11:30 am, Friday, 9:15 - 10:15 am.

**Twinges in the Hinges** - For adults with physical disabilities and their friends. Aquatic exercise, open swim, and socialization. Monday, Tuesday, Wednesday and Friday, 2:45 - 5:00 p.m.

**Adult Swim** - Wednesday & Friday, 12:00 - 2:00 p.m.

**Family Swim** - Thursday, 6:00 - 8:00 p.m.

#### ***CID Special Events:***

***Night at 66er's Baseball***

***CID Family Day***

### **Ability Sports and Education Festival**

<https://www.csusb.edu/ability-sports>

**(909) 537-5352**

**E-mail: [sportfes@csusb.edu](mailto:sportfes@csusb.edu).**

The Disability Sports Festival at CSUSB is held annually in October, to promote physical activity and sports for people with any disability, injury, or illness and to raise awareness of disability sports and physical activity in the Inland Empire, and provide service-learning opportunities to students to learn how to create and adapt programs for people with disabilities.

## SOCIAL, LEISURE AND RECREATION

<p><b>Handicapped Scuba Association</b>  <a href="http://www.hsascuba.com/">http://www.hsascuba.com/</a>  <b>(949) 498-4540; (949) 498-6128</b>          1104 El Prado          San Clemente, CA</p> <p>Made up of over 4000 underwater educators, scuba divers with disabilities and supporting members, located in over 45 countries, the Handicapped Scuba Association is dedicated to assuring that people with disabilities are given the same opportunity to receive quality training, certification and dive adventures as the able-bodied population.</p>	<p>Dedicated itself to improving the physical and social well-being of people with disabilities through the sport of scuba diving.</p> <ul style="list-style-type: none"> <li>• To improve the health and fitness of people with disabilities by challenging their physical abilities and endurance;</li> <li>• To improve the quality of life of people with disabilities by providing opportunities to actively participate in a mainstream sport;</li> <li>• To "level the playing field" between people with disabilities and their able-bodied peers by facilitating access to a sport that they, and others, thought was not possible; To motivate people with disabilities into pursuing other life challenges (education, employment, travel, sports) by allowing them to achieve at a sport that many people cannot;</li> <li>• To profile the abilities and potential of people with disabilities to mainstream society.</li> </ul>
<p><b>IncredAbles – Rancho Cucamonga Parks &amp; Rec</b>  <b>(909) 477-2782 ext. 8053</b>          Goldy S. Lewis Community Center in Rancho Cucamonga, 11200 Base Line Road          Recreational and social opportunities for those residents in our community with developmental and physical disabilities</p>	<p><b>Friday Night Fun Club</b>          Ages 13 &amp; up. Every month they host a fun themed night that includes Karaoke, Dances, Ice cream Social, Quakes Baseball Game Night, crafts, games, food and more.  <b>Classes Offered:</b> Dance, Gymnastics, Martial Arts, Self-Defense, Star Performers (song &amp; dance skills for special event performance)  <b>Rising Stars</b> Therapeutic &amp; Recreational Horse Back Riding Lessons – Pat Morris (909) 987-9403  <b>Special Needs Support Group:</b> 3<sup>rd</sup> Thursdays, 6:30 – 8:30 p.m.</p>



## SOCIAL, LEISURE AND RECREATION

<p><b>National Center on Health, Physical Activity and Disability (NCHPAD)</b>  <a href="http://www.nchpad.org/">http://www.nchpad.org/</a>  <b>(800) 900-8086</b>          4000 Ridgeway Drive          Birmingham, Alabama 35209</p> <p>Resource for information on physical activity, health promotion, and disability, serving persons with physical, sensory and cognitive disability across the lifespan</p>	<ul style="list-style-type: none"> <li>• A public health practice and resource center on health promotion for people with disability.</li> <li>• Provides information through an expansive array of web-based materials and health communication endeavors.</li> <li>• Seeks to help people with disability and other chronic health conditions achieve health benefits through increased participation in all types of physical and social activities, including fitness and aquatic activities, recreational and sports programs, adaptive equipment usage, and more.</li> </ul>
<p><b>The National Sports Center for the Disabled (NSCD)</b>  <a href="http://www.nscd.org">http://www.nscd.org</a>  <b>(303) 316-1518 or (970) 726-1518</b>          Sports Authority Field at Mile High          1801 Mile High Stadium Circle, #1500          Denver, CO 80204</p>	<p>Programs are designed for individuals, families and groups and are available for all levels of ability, from beginner to advanced. Year-round sports and recreational adventures:</p> <ul style="list-style-type: none"> <li>• Winter alpine skiing, snowboarding, cross-country skiing, Nordic hut trips, snowshoeing and ski racing.</li> <li>• Year-round rock climbing and kayak lessons.</li> <li>• Spring, summer and fall sport ability clinics, rafting, canoeing, special camps, therapeutic horseback riding, mountain biking and camping.</li> </ul>
<p><b>Party Parners Program – City of Norco Parks and Recreation</b>  <a href="http://www.norco.ca.us/depts/parks/specialneeds/default.asp">http://www.norco.ca.us/depts/parks/specialneeds/default.asp</a> ;  <a href="mailto:partypardners@ci.norco.ca.us">partypardners@ci.norco.ca.us</a>  <b>(951) 270-5647</b>          Rose M. Eldridge Senior Center,          2690 Clark Avenue Norco, CA 92860</p>	<p>Program for developmentally disabled adults that provides activities - watch a movie, play a game, and dancing. Caregivers can stay to assist with behaviors if necessary.          Meets the 2<sup>nd</sup> and 4<sup>th</sup> Friday of the month, 6:00 – 8:30 p.m.</p>

## SOCIAL, LEISURE AND RECREATION

<p><b><u>Purple Turtles Bowling League Club</u></b>          Call Empire Bowling Alley – Redlands  <b>(909) 792-3233</b>          940 W. Colton Ave          Redlands, CA 92374</p>	<p>Tuesday afternoons: 3-5pm          \$4 inclusive fee (shoes &amp; games) to bowl 2 games within one of the two hours of designated bowl.</p>
<p><b>The R.A.D.D Club (Recreational Activities for the Developmentally Disabled)</b>  <a href="http://www.radd-cpa.org">www.radd-cpa.org</a>  <b>(909) 370-5568 – Kelly Phelps</b></p>	<p>Designed for people age 18 and older with developmental disabilities to promote self-respect, self-expression, independence, fun, friends and great events.</p>
<p><b>SPECIAL OLYMPICS:</b>  <b>Inland Empire Special Olympics Southern California (SOSC)</b>  <a href="https://www.sosc.org/inlandempire">https://www.sosc.org/inlandempire</a>  <b>(562) 502-1100</b>          Special Olympics Inland Empire provides year-round sports training and competition in a variety of Olympic-type sports for people with intellectual disabilities.</p>	<p>To be eligible to participate in a traditional program, an athlete must be at least 8 years old.  <b>Fall sports:</b>          Bowling, Floor Hockey, Soccer, Softball, tennis, Volleyball  <b>Spring sports:</b>          Aquatics, Track &amp; Field, Basketball, Bocce Ball, Golf, Gymnastics</p>

## SOCIAL, LEISURE AND RECREATION

**USA Track & Field Southern California**

[www.scausatf.org](http://www.scausatf.org)

**USTAF Southern California**

[info@scausatf.org](mailto:info@scausatf.org)

**(562) 941-2621**

A service organization in creating, conducting and overseeing programs to provide opportunities for athletes of all ages and abilities to participate in the disciplines of track, field, running and race walk.

## PossAbilities: SOCIAL, LEISURE AND RECREATION

<p><b>PossAbilities at Loma Linda University</b> <a href="http://www.teampossabilities.org/">http://www.teampossabilities.org/</a> A FREE community outreach program to provide new direction and hope for people with diverse disabilities. Possibilities strives to create a sense of community and provide activities and practical help. <b>Access PossAbilities Calendar of Events, online, for dates and times of the Recreational and Support Group Meetings and Events</b></p>	<p>Community events are offered throughout the year to provide a sense of community for our members. Membership connects you to services and benefits including: Adaptive Sports, competitions (Triathlon), Social Activities, Arts &amp; Crafts, Celebrations, Support Groups, Peer Visits, and Grants. Possibilities is a recognized Paralympic Sport Club and a proud partner of the US Olympic Committee.</p>
<p><b><u>Accessible Yoga</u></b> <b>When:</b> 2<sup>nd</sup> Wednesday of every month <b>Where:</b> PossAbilities Office, Professional Plaza, 25455 Barton Road, Suite 109-A, Loma Linda, CA 92354</p>	<p><b><u>Amputees Can Too (ACT) Support Group</u></b> <b>When:</b> 2<sup>nd</sup> Wednesday of every month <b>Where:</b> PossAbilities Office, Professional Plaza, 25455 Barton Road, Suite 109-A, Loma Linda, CA 92354 An <b><i>adult and pediatric amputee support group</i></b> to find new direction and hope with the mentoring and encouragement from others.</p>

## PossAbilities: SOCIAL, LEISURE AND RECREATION

<p><b><u>Autism Parents Support Group</u></b>  <a href="mailto:redlandsautismparents@gmail.com">redlandsautismparents@gmail.com</a>  <b>When:</b> 3<sup>rd</sup> Thursday of every month, 6:00pm – 7:30pm  <b>Where:</b> LLUMC East Campus, Zapara Rehabilitation Pavilion - 25333 Barton Rd. Loma Linda, CA 92354</p>	<p><b><u>Group Bike Ride</u></b>  <b>When:</b> See PossAbilities Calendar for designated Sundays, usually twice monthly, 8am – 11am  <b>Where:</b> County of San Bernardino Hall of Records, 222 W. Hospitality Lane, San Bernardino, CA 92408  A recreational ride, NOT competitive!</p>
<p><b><u>Loma Linda Youth Baseball &amp; Softball (LLYBS) - Spring Activity</u></b>  <a href="http://lomalindaybs.leagueapps.com/">http://lomalindaybs.leagueapps.com/</a></p>	<p><b><u>PONY Champions Division</u></b>  <a href="http://www.pony.org">www.pony.org</a>  Anyone between the ages of 4 and 23 years old, or who remain in a school setting, with special needs, that would prevent them from playing in a traditional baseball or softball program, can participate. The emphasis will be placed on participation and fun. There will be no outs, and everyone will bat in every inning.</p>
<p><b><u>Monthly Mixer</u></b>  <b>When:</b> 3<sup>rd</sup> Wednesday of every month from 5:30pm – 6:30pm  <b>Where:</b> PossAbilities Office  25455 Barton Road, Suite 109-A  Loma Linda, CA 92354</p> <p>Meet other members, staff and learn about what PossAbilities has to offer. Do not need to be a member to attend.</p>	<p><b><u>Rolling Bears Wheelchair Basketball Practice</u></b>  Contact: David Cazares at (909) 200-6913, or e-mail: <a href="mailto:rollingbears51@yahoo.com">rollingbears51@yahoo.com</a>  <b>Practices:</b> Thursday evenings, 6:30pm – 8:00pm  <b>Where:</b> Drayson Center Gym, 25040 Stewart Street, Loma Linda, CA 92354</p>

## POST SECONDARY WEBSITES FOR STUDENTS WITH DISABILITIES

<p><a href="http://abilitytools.org">HTTP://ABILITYTOOLS.ORG</a>  <b>Ability Tools</b>          Formerly <i>the AT Network</i>, Ability Tools connects Californians with disabilities to assistive technology devices, tools and services to make life easier.</p>	<p><a href="http://www.add.org">WWW.ADD.ORG</a>  <b>National Attention Deficit Disorder Association</b>          Provides information, resources and networking opportunities to help adults with Attention Deficit Hyperactivity Disorder lead better lives</p>
<p><a href="http://www.allenshea.com">HTTP://WWW.ALLENSHEA.COM</a>  <b>Allen &amp; Shea and Associates</b>          Services in the area of person centered practices for individuals with disabilities</p>	<p><a href="http://askjan.org">HTTP://ASKJAN.ORG</a>  <b>Job Accommodations Network</b>          Information about work place accommodations and the Americans with Disabilities Act  <a href="http://askjan.org/espanol/index.htm">http://askjan.org/espanol/index.htm</a>          Spanish</p>
<p><a href="http://www.bls.gov/ooah/">WWW.BLS.GOV/OOH/</a>  <b>Bureau of Labor and Statistics</b>          Occupational Outlook Handbook and Career Info</p>	<p><a href="http://www.cacareerzone.org">WWW.CACAREERZONE.ORG</a>  <b>Career Zone</b>          An Interactive website:          Self Assessment, Explore Job Families, and Make Money Choices</p>
<p><a href="http://www.calbar.ca.gov/public/pamphlets/whenyouturn18.aspx">HTTP://WWW.CALBAR.CA.GOV/PUBLIC/PAMPHLETS/ WHENYOUTURN18.ASPX</a>  <b>State Bar of California</b>  <i>When You Turn 18-A Survival Guide for Teenagers</i></p>	<p><a href="http://www.californiacareers.info">HTTP://WWW.CALIFORNIACAREERS.INFO</a>  <b>California Career Resource Network</b>          Provides career development resources for California to help one identify and reach one's career goals</p>

## POST SECONDARY WEBSITES FOR STUDENTS WITH DISABILITIES

<p><a href="http://www.chadd.org">WWW.CHADD.ORG</a> Children and Adults with Attention-Deficit/Hyperactivity Disorder - <b>National resource website on ADHD</b></p>	<p><a href="http://www.cipworldwide.org">HTTP://WWW.CIPWORLDWIDE.ORG</a> <b>College Internship Program</b> a comprehensive transition program for young adults on the Autism Spectrum and with Learning Differences</p>
<p><a href="http://www.disabilityrightscanet.org">HTTP://WWW.DISABILITYRIGHTSCA.ORG</a> <b>The Council for Disability Rights</b> This website provides information to advance the rights and enhance the lives of people with disabilities through resources and agency links.</p>	<p><a href="http://www.education.uiowa.edu/reach">WWW.EDUCATION.UIOWA.EDU/REACH</a> <b>University of Iowa REACH Program</b> A two-year, transition certificate program for students with multiple intellectual, cognitive, and learning disabilities teaching independent living and career-development skills.</p>
<p><a href="http://www.landmark.edu">WWW.LANDMARK.EDU</a> <b>Landmark College</b> in Vermont focuses on students with A.D.H.D. and learning disabilities. Strategies are developed to deal with attention and productivity issues.</p>	<p><a href="http://www.ldonline.org">WWW.LDONLINE.ORG</a> <b>Learning Disability Online</b> The educator's guide to learning disabilities and ADHD information resources, instructional strategies, and multimedia presentations.</p>

## POST SECONDARY WEBSITES FOR STUDENTS WITH DISABILITIES

[HTTP://WWW.NATIONALDEAFCENTER.ORG](http://www.nationaldeafcenter.org)

To improve post-secondary outcomes for individuals who are **deaf or hard of hearing**

A variety resources: quick classes, training modules, webinars, fast facts and research briefs

[HTTP://WWW.NCSET.ORG/DEFAULT.ASP](http://www.ncset.org/default.asp)

**National Center on Secondary Education and Transition (NCSET)**

Coordinates national resources, offers technical assistance, and disseminates information related to secondary education and transition for youth with disabilities in order to create opportunities for youth to achieve successful futures

[HTTP://WWW.NCLD.ORG](http://www.nclld.org)

**National Center for Learning Disabilities**

- Providing leadership, public awareness and grants to support research and innovative practices in learning disabilities
- Current information about, and support for learning disabilities



## POST SECONDARY WEBSITES FOR STUDENTS WITH DISABILITIES

### [WWW.NL.EDU/PACE](http://www.nl.edu/pace)

**P.A.C.E.** at National Louis University, Chicago, (**Path to Academics, Community and Employment**) is a three-year, post-secondary certificate program designed to meet the transitional needs for young adults with multiple intellectual, learning and developmental disabilities.

Learn, work, and play:

- Integrated student housing
- Community based internships
- Community Service learning projects

### [HTTPS://WWW.OU.EDU/EDUCATION/CENTERS-AND-PARTNERSHIPS/ZARROW/TRANSITION-EDUCATION-MATERIALS](https://www.ou.edu/education/centers-and-partnerships/zarrow/transition-education-materials)

**Zarrow Center, University of Oklahoma**

- Secondary and postsecondary **transition education best practices** and support for teachers and students with disabilities
- Access to personal self-determination evaluation for transition plan development

### [HTTP://WWW.ONETONLINE.ORG](http://www.onetonline.org)

#### [www.mynextmove.org](http://www.mynextmove.org)

**Online tool for career exploration and job analysis**

- Detailed descriptions of the world of work
- Search Occupations, search occupations that are skill specific, and search related occupations
- What skills and experience are needed for your dream job

### [HTTP://WWW.PARENTCENTERHUB.ORG](http://www.parentcenterhub.org)

- **Parent Training and Information Center (PTI)**
- **Community Parent Resource Center (CPRC)**

Support and training resources to parents of children with disabilities

English and Spanish translations

## POST SECONDARY WEBSITES FOR STUDENTS WITH DISABILITIES

[HTTP://PUBLIC.ELMHURST.EDU/ELSA](http://public.elmhurst.edu/elsa)

### **The Elmhurst Learning and Success Academy (ELSA)**

A four-year program that offers a full-time, post-secondary educational experience to young adults with developmental disabilities. The program emphasizes three key areas:

- Academics and Career Exploration
- Independent Living Skills
- Social and Recreational Skills

Program strives to enable students to work productively and live as independently as possible.

[HTTP://WWW.WRIGHTSLAW.COM](http://www.wrightslaw.com)

### **Wright's Law**

- Resource for accurate, reliable information about special education law, education law, and advocacy for children with disabilities
- Disability Rights in Education

[HTTP://WWW.YOUTHHOOD.ORG](http://www.youthhood.org)

**Youthhood** – where childhood meets adulthood  
An interactive website for Personal Goal Planning