

# COMMUNITY MENTAL HEALTH RESOURCES

Pomona, Ontario, Claremont/Upland



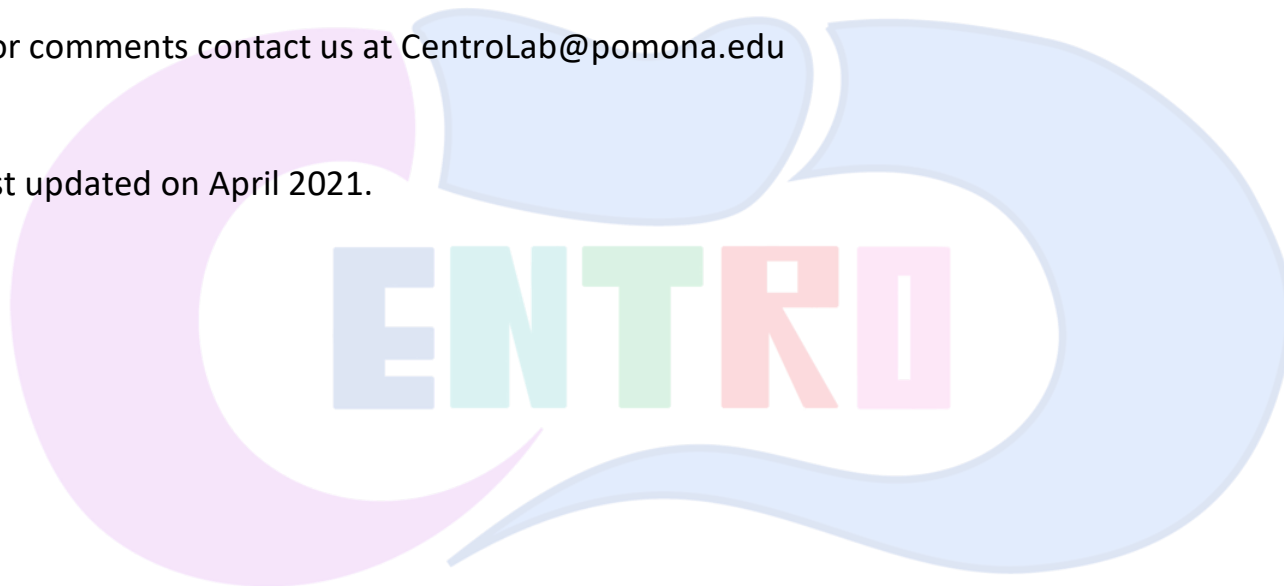
This list of resources was begun by students enrolled in PSYCH 180N Latinx Mental Health, Spring 2017 who were concerned with the lack of structural cultural competency in mental health services for Latinxs in the Inland Empire, specifically Pomona, Ontario, Claremont, and Upland. The list was then updated by members of Cultural contExts, adolesceNt healTh behavioRs, & develOpment (CENTRO) Lab at Pomona College directed by Professor Guadalupe A. Bacio.

The information collected represents some factors that were identified as critical to considering services to be culturally competent. Each of the sources listed below were researched online and contacted by students via phone. \* Some locations did not answer but were still included in the list as potential resources.

This list does not serve as an endorsement of any of these services but rather is meant to serve as a starting point for folks looking for mental health resources.

For questions or comments contact us at [CentroLab@pomona.edu](mailto:CentroLab@pomona.edu)

This list was last updated on April 2021.



\*Resources that did not answer the phone for further questioning regarding the services they provide are marked with an asterisk.

# Services near Pomona

Service	Bilingual Span/Eng	Phone Number	Hours of Operation	Types of Services	Modality	Insurance
<p><b>TRI-CITY MENTAL HEALTH</b></p> <p><b>Main Clinical Office</b> 2008 N Garey Ave Pomona, CA, 91767 (FSP Adult, Adult Outpatient, Older Adult)</p> <p>1900 Royalty Dr, Suite 180 Pomona, CA, 91767 (Child/Family Outpatient, FSP Child, TAY FSP)</p> <p><b>Wellness Center</b> 1403 N Garey Ave Pomona, CA, 91767</p>	<p>✓ (Therapy)</p>	<p>2008 N Garey: (909) 623-6131</p> <p>1900 Royalty Dr: (909) 766-7322 (to inquire about services) (909) 766-7340</p> <p>1403 N Garey: (909) 242-7600</p> <p>Crisis: (909) 623-6131</p>	<p>2008 N Garey: <b>M-Th:</b> 8:30am-5:30pm, <b>F:</b> 8am-5pm</p> <p>New client walk-in appointments: <b>T-Th:</b> 1-4pm</p> <p>Crisis hours: <b>M-Th:</b> 8pm-4am <b>F:</b> 8pm-Sun 4am</p>	<p>Adult Outpatient; Child/Family Outpatient; Field-capable Clinical Services (Older Adults); Full Service Partnership (FSP), Housing Services, Prevention &amp; Early Intervention; Community Well-being Program; Family Well-being Program; Supplemental Crisis Services; Therapeutic Community Gardening</p>	<p>Psychiatric Assessment &amp; Medication support;</p> <p>Psychoeducation Groups; Support Groups,</p> <p>Individual &amp; Family/Group Therapy;</p> <p>Specialized Services; Activities</p>	<p>Medi-Cal</p>
<p><b>PROJECT SISTER FAMILY SERVICES</b></p> <p><a href="http://projectsister.org/">http://projectsister.org/</a></p> <p>363 S Park Ave, Suite 303 Pomona, CA 91766 P.O. Box 1369 Pomona, CA 91769</p>	<p>✓ Available W &amp; R: 8am-4pm</p>	<p>(909) 623-1619 or (626) 915-2535</p> <p><b>24-hour hotlines:</b> Rape Crisis (909) 626-HELP (4357)</p> <p>Child Abuse (626) 966-4155</p>	<p><b>M-F:</b> 8am-5pm</p>	<p>Prevention Education Services; Sexual Assault; Child Abuse; Teen/Young Adult Education; Community Education; Parent Education; Senior Citizen Education; Self-defense &amp; Protection; Accompaniment Program; Counseling Services; Support Group Walk-in Clinic: Allow survivors to receive immediate support, information, and referrals Longer services may be referred to their counseling program</p>	<p>Cognitive Behavioral Therapy; Processing with client; Free Initial Screening; Referrals for Undocumented Individuals</p>	<p>Free for residents, regardless of documentation status, within service area (Los Angeles, San Bernardino, Claremont, &amp; Pomona). Priority to clients who don't have insurance</p>

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<b>CATHOLIC CHARITIES - CLÍNICA DE SALUD SAGRADA FAMILIA</b> <a href="https://catholiccharitiesla.org/san-gabriel-region/">https://catholiccharitiesla.org/san-gabriel-region/</a> 1460 E. Holt Avenue, Suite 98, Pomona, CA 91767	✓	(909) 629-1331	<b>M-F:</b> 8:30am-5pm Call for an appointment	Individual, adult, adolescent, child, couples, groups	Holistic: mind, body, and spirit; Christian counseling, CBT, family systems therapy	Sliding scale
<b>POMONA COMMUNITY CRISIS CENTER*</b> 221 N. Palomares St, Pomona, CA 91767	✓	(909) 623-1588 (909) 629-2470	<b>M-Th:</b> 9am-6pm <b>F:</b> 9am-1pm	Outpatient Counseling (including drug-free services). Domestic Violence Counseling; HIV Testing and Counseling; Referrals for Medical Detox		State Insurance (Other than Medicaid), Access to Recovery (ATR) Voucher, Sliding-scale
<b>FAMILY COUNSELING AND PARENTING CENTER</b> <i>Norma Bermudez, Marriage &amp; Family Therapist, MS, LMFT</i> 300 S Park Avenue Suite 802, Pomona, CA 91766	✓	(909) 726-7761 (909) 392-2051	Call for free phone consultation, and/or to schedule an appointment	Individuals, couples, family (specializations: depression, sexual abuse, domestic violence, parenting)	Coaching, CBT; Family/Marital; Family Systems; Humanistic; Play Therapy; Psychodynamic	IEHP, Victims of Crime Average cost per session: \$70 (for individuals), \$80 (for couples)
<b>OUR HOUSE SHELTER BY INLAND VALLEY HEALTH PARTNERS</b> 1753 N. Park Ave, Pomona, CA, 91768 (Administrative support) Beta Center (Food Center for Pomona): 209 W. Pearl St., Suite 103, Pomona, CA 91768	✓	(909) 622-3806	<b>M-F:</b> 8am-6pm	Provides emergency shelter for families; women & men with children. Clients must call for an appointment to apply for shelter. Services included but not limited to: First and last months rent, Turn on utilities or security deposits, case management, housing navigation, employment services, emergency food, mainstream benefits	Can provide referrals to mental health resources but does not provide any	All services free for those who reside in the shelter

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<p><b>PROJECT INDEPENDENCE: A COMMUNITY MENTAL HEALTH CENTER*</b></p> <p>11927 Elliott Ave. El Monte, CA 91732</p>	✓	(626) 350-5304	<b>M-F:</b> 8am-4:30pm	<p>Mostly for Young Adults: Mental Health Care, One-on-one Support Skills and Training Advocacy, &amp; Legal Aid. Other areas include: Psychiatry/Medication Health Education and Advocacy Recreational Activity Mental Health Services Housing Assistance/Case Management Substance Abuse Support Community Linkage Family Support</p>		When you call, a brief financial screening is done to determine eligibility for free services. If you have Medi-Cal or are Medi-Cal eligible, have no income or low income, you should not incur any fees for our services.
<p><b>ALLIANCE FOR THE MENTALLY ILL POMONA VALLEY CLAREMONT PRESBYTERIAN CHURCH*</b></p> <p>1111 N. Mountain Ave. Claremont, CA 91711</p>	✓	(909) 399-0305 (Referral helpline)	Meets at 6:15pm (until 7:30pm) every first <b>Tuesday</b> of the month	Support for Mental Health Consumers and their Family and Friends	Facilitator is an LCSW who has experience working with children, adults, and families; Trained in CBT, Trauma-focused CBT, & Treatment of depression and anxiety	Free
<p><b>PROTOYPES OUTPATIENT BEHAVIORAL HEALTH TREATMENT CENTER AND COMMUNITY SERVICES CENTER</b></p> <p>831 E Arrow Hwy, Pomona, CA 91767</p>	✓	(909) 398-4383 (Number to make appointments)	<b>M-F:</b> 8am-5pm  Residential is open 24/7, always one staff member there.	<p>Outpatient and intensive outpatient services for substance use and mental health disorders for children, transitional age youth and adults. Assessment and referrals to treatment. Prevention programs for youth and families</p>	<p>Substance use outpatient (men and women) and residential services (just women, women with children, pregnant women)</p> <p>Mental health services</p>	Only Medi-Cal

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<p><b>PACIFIC CLINICS</b></p> <p>790 E Bonita Ave, Pomona, CA 91767</p>	✓	(909) 625-7207	M-F: 9am-5pm	<p>Services are for children (3-20.5 years old), not adults</p> <p>Prevention and early intervention services, mental health and behavioral health treatment, and wellness services to children, youth, transitional age youth</p>	<p><i>ART</i>: Aggression Replacement Training;</p> <p><i>CORS</i>: Crisis Oriented Recovery Services;</p> <p><i>CPP</i>: Child-Parent Psychotherapy;</p> <p><i>FFT</i>: Functional Family Therapy;</p> <p><i>IPT</i>: Individual Psychotherapy;</p> <p><i>IY</i>: Incredible Years;</p> <p><i>MAP</i>: Managing Adapting Practices;</p> <p><i>PATHS</i>: Promoting Alternative Thinking Strategies;</p> <p><i>PCIT</i>: Parent Child Interactive Therapy;</p> <p><i>PPP</i>: Positive Parenting Program;</p> <p><i>SS</i>: Seeking Safety;</p> <p><i>TF-CBT</i>: Trauma Focused Cognitive Behavioral Therapy</p>	Medi-Cal
<p><b>INWARD JOURNEYS COUNSELING*</b></p> <p>2435 Pine St, Pomona, CA 91767</p> <p><b>Contact person:</b> Office Administrator - Ashlee Price</p>		(323) 688-6865	24/7	<p>Individuals, couples, groups.</p> <p>Specialization: Post Traumatic Stress Disorder, Trauma, Anxiety, Depression</p>	<p>Cognitive Behavioral Therapy, Experiential, Psychodynamic, Systems, EMDR, Equine, Music Therapy, Art Therapy, Mind/Body Therapy, Spirituality, Meditation</p>	<p>BlueCross, Blue Shield, Cigna, Aetna, ValueOptions, WellPoint, United Health Group, Humana, Health Net, Coventry, Assurant</p>

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<p><b>PROTOTYPES WOMEN'S CENTER</b></p> <p>845 E Arrow Hwy, Pomona, CA, 91767</p>	✓	<p>(213) 542-3838 (General info)</p> <p>(909) 624-1233</p>	<p><b>M-F:</b> 8am-5pm</p>	<p>Comprehensive residential treatment for women and women with children Children have access to Head Start education services Specialized programs for pregnant and postpartum women and women involved in the criminal justice program</p>	<p>Individual, group and family counseling, medication management and medication-assisted therapies</p>	<p>Work closely with each client to make treatment affordable and accessible whether through insurance, private pay, government funding or other resources We accept most PPO/HMO insurance plans</p>
<p><b>FAMILY SERVICE OF POMONA VALLEY*</b></p> <p>436 W Fourth St, Suite #215, Pomona CA</p>	✓	<p>(909) 620-1776</p>	<p><b>M-Th:</b> Until 9pm by appointment only Closed for lunch from 12-1:30pm</p>	<p>Marriage, family, child, individual counseling; parent education and support groups, substance abuse groups, school outreach</p>	<p>Brief &amp; ongoing psychotherapy; therapy: group, art, play, hypnotherapy, behavior relaxation; psychological testing</p>	<p>Sliding-scale fee based on income; Most insurance is accepted; Some services are provided at a very low fixed fee or at no cost</p>

# Services near Ontario

Service	Bilingual Span/Eng	Phone Number	Hours of Operation	Types of Services	Modality	Insurance
<p><b>PACIFIC CLINICS</b></p> <p>2990 E Inland Empire Boulevard, Suite 101 Ontario, CA 91764</p>	✓	(909) 980-3427	M-F: 9am-5pm	<p><b>Mental Health Treatment</b> (including evidence-based practices and therapies, counseling, medication support, case management, support groups, peer support, and more)</p> <p><b>Substance Use Disorder Treatment</b> (Dual Diagnosis Services to treat co-occurring mental illness and substance use addiction)</p> <p><b>Housing and Homeless Support Services</b></p> <p><b>Employment Services</b> (for current clients who qualify)</p> <p><b>Head Start/Early Head Start</b> (early childhood education)</p> <p><b>Wellness Centers</b></p> <p><b>Integrated Care</b> (whole-person care that treats physical, mental, and substance use holistically)</p>	Prevention and Early Intervention, Children, School-Based Children Services, Contract Provider, Outpatient, Mental Health Services	LA County Medi-Cal
<p><b>MARIPOSA COMMUNITY COUNSELING</b></p> <p>2940 Inland Empire Blvd Ontario, CA, 91764</p>	✓	(909) 458-1350	M-F: 8am-5pm	Prevention and Early Intervention, Outpatient, Adult Care, Alcohol/Drug Services, Mental Health Services, Contract Provider	Cognitive Behavioral Therapy, Individual, Trauma, Eating Disorder Therapy, Group therapy	Medi-Cal San Bernardino, no HMO, and based on income. (history working with DACA/undocumented individuals)



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<p><b>WEST END FAMILY COUNSELING</b></p> <p><b>Headquarters:</b> 855 N Euclid St, Ontario, CA 91762</p> <p><b>West Valley SART:</b> 1420 S Milliken Ave, Ontario, CA, 91761</p> <p><b>Norton-Fischer Clinic:</b> 7165 Etiwanda Ave, Rancho Cucamonga, CA, 91739</p> <p><b>Person to contact:</b> Joanne Boyajian</p>	✓	(909) 983-2020	<p><b>M:</b> 9am-8pm  <b>T:</b> 9am-7pm  <b>W:</b> 9am-6pm  <b>Th:</b> 9am-5pm</p>	<p><b>Kids Ages 0-8:</b> Group and individual therapy, some eligible for Occupational and Speech therapy, parenting and caregiver programs</p> <p><b>Youth Ages 4-21:</b> Mental health programs</p> <p><b>Adults:</b> Individual and group treatment</p> <p><b>Older Adults:</b> Counseling in clinic and at home, offer psychoeducation classes and support groups at senior centers</p>	<p>Clinic-based, outpatient counseling services;  Home, School, and Clinic-based Services for children under the age of 7;  Behavioral Intervention and Enrichment Activities;  Community Support Services;  No-cost Prescription Medication Dispensary;  Children's Intensive Services</p> <p>Only video and phone sessions</p>	Medi-Cal San Bernardino
<p><b>BILINGUAL FAMILY COUNSELING SERVICES*</b></p> <p>317 W F Street, Ontario, CA 91762</p>	✓		<p><b>M-F:</b> 9am-8pm</p>	Prevention and Early Intervention	Outpatient Drug and Alcohol Treatment and Prevention Services	Self-payment, Medicaid, Private health insurance
<p><b>AEGIS – ONTARIO CLINIC</b></p> <p>125 W F St, Ontario, CA 91762</p> <p>Contact person: John Hayne &amp; Matthey Russel</p>	✓	(909) 986-4550	<p><b>M-F:</b> 5am-6:30pm</p> <p><b>Dispensary:</b> 5am-5:30pm</p>	Opioid Treatment Individual Therapy	Individual therapy before COVID-19 group therapy	Blue Cross, Blue Shield, Kaiser (with referral), Medi-Cal San Bernardino If you don't have insurance, there are cash options
<p><b>SOUTH COAST CHILDREN'S SOCIETY</b></p> <p>9500 Haven Ave, Rancho Cucamonga, CA 91730</p>	✓	(909) 980-6700	<p>Receptionist:  <b>M-F:</b> 7am-7pm</p> <p>Clinic: 8:30am-5pm</p>	Prevention and Early Intervention, Children/Youth Services	Community-based Programs: Schools, Homes, Community-based locations; Mental Health Counseling; Psychiatric Services; Therapy	Medi-Cal San Bernardino, Self-Payment

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<p><b>GUNN PSYCHOLOGICAL SERVICES, INC.</b></p> <p>8300 Utica Ave #245, Rancho Cucamonga, CA 91730</p> <p>Contact person: Sandra Ascensio (<a href="mailto:sandra@gunnpsych.com">sandra@gunnpsych.com</a>)</p>	✓	(909) 989-4055	<b>M-F:</b> 9am-5pm	Individual, Family, Couples and Group Therapy; Counseling; Personal Growth/Life Coaching; Social Skills Group	Psychotherapy; Cognitive Behavioral Therapy; Psychodynamic; Solution-focused, Brief or Long-term Models; Independent Educational Evaluations Assessments; Developmental; Psychoeducational; Psychodiagnostic; Intellectual Giftedness; Autism; ADHD; Assessment; Learning Disorder; College and Career	<p>As of January, 2020, we are in-network providers with: IEHP through both their behavioral health and autism programs (although we do not provide ABA therapy); Medi-Cal; Medicare; Molina Healthcare; Anthem Blue Cross Medi-Cal</p> <p>We are not providers for Beacon/CHIPA or LA Care</p>
<p><b>CALWORKS PROGRAM*</b></p> <p>1647 E Holt Boulevard Ontario, CA 91761</p>	✓		<b>M-F:</b> 8:30am-4:30pm	Alcohol/Drug Services, Food & Nutrition, Child Therapy, Adoption Services, Assistance with Hearings and Appeals, Programs for Refugees, Immigrants, Disaster Survivors, and Human Trafficking Victims, Disability Therapy, Intimate Partner Violence counseling	Referral Services; SHIELDS Program for Families (Group and Family Therapy)	Varies by referral, Medi-Cal

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<b>WELLPSYCHE MEDICAL GROUP</b>  9431 Haven Ave, Suite 100, Rancho Cucamonga, CA, 91730  3400 Inland Empire Blvd, Suite 101, Ontario, CA 91764	✓	(424) 349-5370	<b>Hours vary:</b> 7am-7pm  <b>Call Center:</b> 8am-6pm	Individual, Couples, Medication Management and Talk Therapy  Due to COVID-19, all visits are currently conducted via Zoom meetings	Art Therapy; Attachment- based; Cognitive Behavioral Therapy (CBT); Emotionally Focused; Interpersonal; Mindfulness-based (MBCT); Motivational Interviewing; Narrative; Play Therapy; Psychoanalytic; Psychodynamic; Psychological Testing and Evaluation; Solution-Focused Brief (SFBT), TelePsyche Transpersonal, Trauma Focused	Insurance varies (not Medi-Cal or Medicare)  Fixed price for every patient



# Services near Claremont/Upland

Service	Bilingual Span/Eng	Phone Number	Hours of Operation	Types of Services	Modality	Insurance
<p><b>CLAREMONT COUNSELING AND SUPPORT CENTER</b></p> <p><i>Lorena Arguello Marriage &amp; Family Therapist, LMFT</i></p> <p>250 W First St, Suite 230, Claremont, CA 91711</p>	<p>✓ (Administrative Staff cannot)</p> <p>Work with undocumented individuals</p>	(909) 624-1997	<p><b>M-Th:</b> 8am-9pm <b>F:</b> 8am-4pm <b>Sat:</b> 8am-2pm</p>	<p>Individuals, couples, and family; treating children, adolescents and college students that have experienced traumas and believes in including family members whenever possible to create greater, lasting change within the individual and family dynamic.</p> <p>Lorena also has experience with clients dealing with sexuality issues, school/work stressors, ADHD, self-esteem issues and medical health issues</p>	<p>Cognitive Behavioral; Depression Treatment Quality Intervention; Emotionally Focused; Family/Martial; Family Systems; FOCUS: Family Resiliency Training; Humanistic; Managing and Adapting Practice; Mindfulness-Based (MBCT); Multicultural; Play Therapy; Positive Parenting Program; Relational; Solution Focused Brief; Strength-Based; Trauma-Focused</p>	<p>Any PPO Insurance; Sliding-Scale: \$100-\$140</p>
<p><b>CLAREMONT COUNSELING AND SUPPORT CENTER</b></p> <p><i>Angeline Hsu, M.A. Registered Associate Marriage and Family Therapist</i></p> <p>250 W. First St, Suite 230, Claremont, CA 91711</p>	(Bicultural Experience; Mandarin Only)	(909) 624-1997	<p>Organization hours: <b>M-Th:</b> 8am-9pm <b>F:</b> 8am-4pm <b>Sat:</b> 8am-2pm <b>Sun:</b> Closed</p>	Individuals, Couples, and Family	<p>Humanistic view of growth Cognitive Behavioral Psychodynamic Solution-Focused Focuses on: identity formation, life stage adjustment, and acculturation issues</p>	<p>Takes insurance (not required) Sliding-scale based on income: Average \$90</p>
<p><i>Leo Juarez, LCSW</i></p> <p>219 N Indian Hill Blvd. Suite 203 Claremont, CA 91711</p> <p>Email: <a href="mailto:leo@leoejuarez.com">leo@leoejuarez.com</a></p>	✓	(909) 228-3028	<p>By appointment. Usually Monday and Wednesday evenings and Saturday.</p>	<p>Individuals, Couples, Family; Depression; Anxiety; Childhood Trauma/Abuse; Family Conflict/Loss &amp; Grief Issues</p>	<p>Trauma Focused Attachment-based; Cognitive Behavioral; Eclectic; Energy Psychology; Existential; Gestalt; Psychotherapy; Hypnotherapy Interpersonal; Holistic, Health, Psychodynamic</p>	<p>Sliding-scale based: \$80 - \$110 SSN not required Offers a free 30-minute consultation. Insurance: Out of network</p>

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<p><i>Sherry Villanueva, LMFT</i></p> <p>106 West Lime AVE, Suite 201 Monrovia, CA 91016</p> <p><a href="mailto:sherry@open2wonderment.com">sherry@open2wonderment.com</a></p>	✓	(626) 217-2281	By appointment. <b>M-F:</b> 9am-6pm	Adoption, Anxiety or Fears; Clergy & Clergy Family Care; Communication; Depression; Divorce/Separation; Domestic Violence; End of Life (Patient & Family); Family/Generational Conflict; LGBTQ (Ally)/Self-Acceptance/Integration; Loss and Grief; Marriage Counseling; Parenting; Parent/Child Conflict; Pre-Marital Counseling; Relationship, Intimacy Issues; Substance Abuse/Dependency Trauma Related Issues (PTSD)	Family Systems Theory; Humanistic; Marital Therapy; Narrative; Solution-Focused; Cognitive Behavioral (CBT)	Sliding-scale: \$80 - \$130 Discounts: Military, Police, Fire, Teachers, Students, and Clergy Major Credit/Debit Cards, Cash, or Checks accepted Insurance: Out of Network
<p><b>CLAREMONT COUNSELING AND SUPPORT CENTER</b></p> <p><i>Delores E. Mack, Ph.D.</i> <i>Licensed Psychologist</i></p> <p>250 W. First St, Suite 230, Claremont, CA 91711</p> <p>Email: <a href="mailto:Delores@claremontcounseling.com">Delores@claremontcounseling.com</a></p>	✓ (Administration is)	(909) 624-1997	<b>M-Th:</b> 8am-9pm <b>F:</b> 8am-4pm <b>Sat:</b> 8am-2pm <b>Sun:</b> Closed	Individuals, Couples, Families, and Groups	Mind-body Connections, Solution-based; Focuses on: Depression, Anxiety, Relationship Issues, Domestic Violence and Abuse, Sexual Abuse, Parenting	Insurance: Any PPO Insurance, Out of Network Avg. cost (per session): \$160 on a sliding scale

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<p><b>ARC COUNSELING AND WELLNESS</b></p> <p><i>Amy Reyes Pre-Licensed Professional PsyD.</i></p> <p>101 N Indian Hill Blvd, Suite C1-200, Claremont, CA, 91711</p> <p><a href="https://www.arccounselingandwellness.com/amy-reyes-m-a-psy-d/">https://www.arccounselingandwellness.com/amy-reyes-m-a-psy-d/</a></p>	<p>✓ (Administrative staff cannot)</p>	(866) 485-7217	<p>Offer appointments <b>M-F:</b> 8am-8pm <b>Sat:</b> 9am-4pm</p> <p>Same-day appointment available</p>	Individuals; Family; Group; Adults; Kids	Cognitive Behavioral (CBT); Forensic Psychology; Addiction, Depression, Anxiety, Alcohol, Tests (not a treatment facility)	Provides services for all PPO plans. In-network with Cigna, Blue Cross, Beacon and Magellan
<p><b>INLAND PSYCHIATRIC MEDICAL GROUP</b></p> <p><i>Marcos Carlos Martinez</i></p> <p>540 Baseline Rd, Suite #3, Claremont, CA, 91711</p>	<p>✓</p>	(909) 625-7175	<p><b>M-F:</b> 8am-5pm</p> <p><b>Sat:</b> 8am-4pm</p>	Individuals, Couples, Families	Cognitive Behavioral Therapy (CBT); Family Systems; Humanistic	Aetna HMO/PPO; Blue Cross; Blue Shield PPO; Blue Shield; United Health Care; Cigna; Pacificare; Chipa; Health Net
<p><b>SAMARITAN COUNSELING CENTER</b></p> <p><i>Tino Rodriguez, M.A., MFT Intern;</i> <i>Karla Steele, M.S., MFT Intern;</i> <i>Dawn Hamilton, M.A., MFT Intern;</i> <i>Isaac Almaguer, M.A., MFT Intern</i></p> <p>1126 W. Foothill Blvd, Suite 110, Upland, CA 91786</p> <p><a href="mailto:info@samaritancares.org">info@samaritancares.org</a> <a href="mailto:info@beamstherapy.org">info@beamstherapy.org</a></p>	<p>✓ (Tino Rodríguez, M.A., MFT Intern)</p>	<p>Phone: (909) 985-0513 Fax: (909) 985-7193</p>	<p><b>M-F:</b> 8:30am-8pm</p>	<p>Marriage; Family; Work; Stress; Anxiety; Panic; Anger; Substance Dependency; Depression; Loss &amp; Grief; Emotional; Physical or Sexual Abuse; Eating Disorders; Attention Deficit Disorder (ADD)/ADHD; Phobias; Low Self-Esteem</p>	Psychotherapy	MHM Health Net Cigna; PPO Out of Network option

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<p><i>Lisa L Baez, Clinical Social Work/Therapist, MSW, LCSW</i></p> <p>231 North Euclid Ave, Upland, CA, 91786</p>	✓	Personal: (909) 580-8902	By appointment	Individual, Couples, and Family	Eclectic; Emotionally Focused; Family/Marital Family Systems; Interpersonal; Relational Trauma Focused; Strength-Based; EMDR	Aetna; Anthem; BlueCross and BlueShield; Health Net; Horizon Healthcare; MHN; Magellan Behavioral Health; PacifiCare; QualCare; TRICARE; TriWest; United; UnitedHealthcare
<p><i>Chyneitha Cook, PsyD.</i></p> <p>1661 N. Raymond Ave, Suite 214 Anaheim, CA 92801 (Near Cal State Fullerton) &amp; 6780 Indiana Ave., Suite 255 Riverside, CA 92506 (Near La Sierra University and Cal Baptist University)</p> <p>Email: <a href="mailto:dr.nenecook@gmail.com">dr.nenecook@gmail.com</a></p>	✓	(951) 291-7080	By appointment	<p><b>Services provided:</b> Individual adult therapy, Collateral sessions, Psychological/Psychoeducational testing and assessment</p> <p><b>Treatment areas:</b> Depression; Anxiety disorders; Pregnancy and postpartum issues; Adjustment disorders; Ethnic/cultural issues; Grief/loss Parenting issues; Relationship issues; Spirituality; Stress management; Personal growth; Parenting; Self-esteem; Women's' mental health; College student mental health; Early traumatic experiences</p>	Cognitive Behavioral Therapy (CBT); Humanistic; Integrative; Psychodynamic; Multicultural Psychology	Aetna; Blue Shield; Coventry First Health; GEHA; Health Net; Humana; Life Synch; MHN; Magellan Behavioral Health; Out of Network PPO Plans

Service	Bilingual Span/Eng	Phone Number	Hours of Operation	Types of Services	Modality	Insurance
<p><b>MOUNTAINVIEW BEHAVIORAL HEALTH, INC</b></p> <p><i>Iman Hanna, MD</i></p> <p>585 N. Mountain Avenue, Suite B, Upland, CA, 91786</p> <p><a href="http://www.mountainviewbh.com">www.mountainviewbh.com</a></p> <p>Email: <a href="mailto:mountainviewbh@yahoo.com">mountainviewbh@yahoo.com</a></p>		(909) 931-3388	By appointment	Individual (Adults, Children and Adolescents); Couples; Family	Bio-psycho-social (Depends on the person)	Most types, dealt on a case-by-case basis
<p><i>Juan Antonio Moriel*</i></p> <p>3400 Central Ave STE 310, Riverside, CA 92506</p> <p><a href="http://www.drjuanmoriel.com">www.drjuanmoriel.com</a></p>	✓	(626) 676-2419	<b>Sun-Th:</b> 9:30am-7:30pm	<p>Specializes in working with children.</p> <p>Chronic Pain/Physical Illness; Domestic Violence; Child Abuse; Child/Adolescent Disruptive Behavioral Problems; Depression; Bipolar; Anxiety; Anger-Management; Relationship Issues; Self-Esteem</p>	<p>Art Therapy; Attachment-based; Cognitive Behavioral (CBT); Culturally Sensitive; Eclectic; Emotionally Focused; Existential; Family/Marital; Family Systems; Forensic Psychology; Gestalt; Humanistic; Jungian; Play Therapy; Psychodynamic; Relational; Solution Focused Brief (SFBT); Trauma Focused</p>	<p>Avg. cost (per session): \$70 - \$200 based on income</p> <p>FirstCare; Aetna; American Behavioral; BDA; EAP Beacon; Beech Street; BlueCross and BlueShield; CHIPA; Cigna; Corphealth; Deer Oaks; EAP Health Net; Holman Group; Humana; L.A. CARE Health Plan; LifeSynch; MHN</p>



Service	Bilingual Span/Eng	Phone Number	Hours of Operation	Types of Services	Modality	Insurance
<p><b>SOULTENDERS, INC*</b></p> <p><i>Irma Lopez</i> Marriage &amp; Family Therapist, LMFT <a href="mailto:Irma.ic@soultenders.com">Irma.ic@soultenders.com</a></p> <p><i>Leonor Rocha</i> Marriage &amp; Family Therapist, LMFT <a href="mailto:Lrocha.ip@soultenders.com">Lrocha.ip@soultenders.com</a></p> <p>1317 West Foothill Blvd Suite 140, Upland, CA, 91786</p> <p><a href="http://soultenders.com/irma-lopez/#">http://soultenders.com/irma-lopez/#</a></p>	<p>✓ (Only Irma and Leonor)</p>	<p>Organization (626) 701-4249</p> <p>To contact Irma Lopez: (626) 737-1742</p> <p>To contact Leonor Rocha: (562) 526-0199</p>	<p>By appointment</p>	<p>Individual, Couples, and Family</p>	<p>Eclectic; Emotionally Focused; Family/Marital Family Systems; Interpersonal; Relational Trauma Focused; Strength-Based</p>	<p>Anthem Blue Cross, Magellan, Blue Shield of California, Aetna, MHN, IEHP and Health Net</p>
<p><b>CUCAMONGA COUNSELING*</b></p> <p><i>Jacqueline Moncada, PsyD.</i> 9565 Business Center Dr, Suite C Rancho Cucamonga, CA 91730</p> <p><a href="http://www.cucamongacounseling.com/index.html">http://www.cucamongacounseling.com/index.html</a></p>	<p>✓</p>	<p><b>Organization:</b> (909) 962-7323</p> <p>To contact <b>Jacqueline Moncada:</b> (909) 546-4618</p>	<p><b>By appointment:</b> Evening and weekend appointments available</p> <p>Limited same day appointments available</p>	<p>Individual, Couples, Family, Group Therapy and Online Therapy</p>	<p>Art Therapy, Attachment-based, Coaching; Cognitive Behavioral Therapy, Dialectical, Emotionally Focused, Existential Family/Marital Family Systems, Gestalt, Humanistic, Integrative, Interpersonal, Jungian Mindfulness-based Motivational Interviewing Narrative, Play Therapy, Psychodynamic, Relational, &amp; Play, Solution Focused Brief, Trauma Focused</p>	<p>Accepted Insurance Plans Out of Network IEHP</p>

Service	Bilingual Span/Eng	Phone Number	Hours of Operation	Types of Services	Modality	Insurance
<p><b>CREATIVE INSIGHTS COUNSELING*</b></p> <p><i>Patricia Gonzalez, M.A. Marriage &amp; Family Intern</i></p> <p>409 Harvard Ave, Suite 101 Claremont, CA 91711</p>	<p>✓ (Only Patricia Gonzalez)</p>	<p>Organization (909) 240-7833</p> <p>Patricia Gonzalez (323) 577-3938</p>	<p>Flexible Hours</p>	<p>LGBTQIA, Children, College Students, Parents, Couples, Families</p> <p>Patricia Gonzalez has focused her work on specializing in work with people of color and persons identifying as LGBTQIA2+</p> <p><b>Specialties:</b> Post-Partum Depression, Trauma Focused Work</p>	<p>Psychotherapy; Web-based Therapy</p>	<p>Do not take insurance at this time, but some policies will offer you reimbursement if you pay out of pocket</p>
<p><i>Norina Verduzco- Murphy, MSW, LCSW</i></p> <p><i>Monica Hoyos MSW, LCSW</i></p> <p><i>Marlene Reyes MSW, ASW</i></p> <p><i>Rocio Villalobos MSW, LCSW &amp; Associates</i></p> <p><i>Porsche Terry, MSW, LCSW- Licensed Therapist</i></p> <p>600 N Mountain Ave Suite B106 Upland, CA 91784</p> <p><a href="mailto:nmurphylcsw@gmail.com">nmurphylcsw@gmail.com</a></p>	<p>✓ (Everyone except Norina Verduzco-Murphy, MSW, LCSW)</p>	<p>(909) 815-9841</p>	<p><b>M-F:</b> 9am-8pm</p> <p><b>Sat-Sun:</b> 9am-3pm</p>	<p>Individuals, Couples, Family, Group, Online.</p> <p><b>Specialties:</b> Addictions and compulsions; Depression; Stress management; Illness/Living with a chronic illness; Anxiety/Persistent worry/ Panic attacks; Post traumatic stress disorder; Adjustment to living with Pain; Divorce; Domestic violence; Sexual abuse survivors; Play therapy; Family issues/difficulty with teens; Postpartum depression/ Anxiety/OCD; Infidelity/Affair recovery; Infertility; Children ages 0-5; Children ages 6-18; Eating disorders; Codependency/Boundaries; Marital &amp; Pre-Marital therapy; Grief/loss</p>	<p>Play therapy, psychotherapy, Trauma Focused CBT</p> <p>Offering phone and online appointments during COVID-19</p>	<p>Kaiser, MHN, LA Care, Cigna, Tricare, IEHP, Victims of Crime, Out of Network billing provided for PPO plans. Telehealth service is covered through insurances. Offers reduced fee sessions for uninsured populations</p>

# Housing Services

Service	Bilingual Span/Eng	Phone Number	Hours of Operation	Types of Services	Notes
<b>HOUSING IS KEY</b> <a href="https://housing.ca.gov/">https://housing.ca.gov/</a>	✓	1 (833) 422-4255 (hotline)	<b>M-F:</b> 8am-8pm <b>Sat-Sun:</b> 8am-5pm	Income eligible households who need financial assistance for unpaid rent and utilities can apply for help through the CA COVID-19 Rent Relief program	
<b>MONTCLAIR SENIOR HOUSING PROJECT*</b>  10355 Mills Ave Montclair, California 91763 (San Marino Apartments)		(909) 399-9540		85 bedroom units set aside for low-income households	Waitlist is closed; not accepting applications  Check back later
<b>FOOTHILL AIDS PROJECT</b>  233 W Harrison Avenue Claremont, CA 91711	✓	(800) 448-0858	<b>M-F:</b> 9am-5pm	Short term emergency rent, mortgage, utility assistance, housing information, tenant-based rental assistance	For individuals with HIV
<b>FOOTHILL FAMILY SHELTER</b>  1501 W. Ninth Street, Suite D Upland, CA 91786	✓	(909) 920-0453	<b>T-F:</b> 9am-5pm Closed from 12-1pm for lunch	<ol style="list-style-type: none"> <li>120-day program, each family stays in a furnished two-bedroom apartment with no charge for rent and utilities. Residents are required to save a minimum of 50% of their income in a trust account and engage in our wraparound services</li> <li>Upon the completion of the 120-Day program, clients may access 1-year low housing. Clients are expected to pay 30% of their income for rent, as well as utilities. Each household is required to continue saving 20% of their income to prepare for their exit</li> </ol>	Masks required

Service	Bilingual Span/Eng	Phone Number	Hours of Operation	Types of Services	Notes
<b>PACIFIC LIFELINE</b> 315 N. San Antonio Ave. Upland, CA 91786	✓	(909) 931-2624	<b>M-F:</b> 10am-5pm	<b>Residential Assistance that provides:</b> <ul style="list-style-type: none"> <li>- Safe home-like atmosphere</li> <li>- Furnished living space</li> <li>- Groceries, paper products</li> <li>- Cleaning supplies</li> <li>- Toiletries and baby supplies</li> <li>- Laundry facilities</li> <li>- Clothing for school and/or work</li> </ul>	Masks and social distancing required Sanitation stations available
<b>S. MARK TAPER FOUNDATION FAMILY LIVING CENTER</b> 837 E Arrow Hwy Pomona, CA 91767	✓	(909) 621-9058	<b>24/7 (shelter program)</b> Property management is available on select days and times	Transitional and permanent housing along with case management for single-parent families. Shelter program: intensive case management, other referrals Mental health services (usually refer to Tri-City or Prototypes), provide informal skills Permanent housing: case management	No charge for clients Allowed to stay in program for 60 days Link towards permanent housing Save 50% of income Temperature checks for everybody who arrives Must wear mask When clients do check in, 2 consecutive negative tests or quarantine 14 days Only allowed out once per week for groceries
<b>OUR HOUSE SHELTER AT INLAND VALLEY HOPE PARTNERS</b> 1753 N. Park Avenue Pomona, CA 91768	✓	(909) 622-3806, x.106	<b>M-Th:</b> 8am-6pm	The Our House Family Temporary Housing Program serves children and their parents, as well as single women. The program's goal is to move families and single women from homelessness into safe, stable and affordable housing. Provides emergency rental/utility assistance and emergency motel vouchers. Clients typically stay 30-90 days. Call ahead.	Housing dependent on availability (focus on children and if they meet family requirement)

Service	Bilingual Span/Eng	Phone Number	Hours of Operation	Types of Services	Notes
<b>HOPE FOR HOMES</b> 1400 East Mission Boulevard Pomona, CA 91766	✓	(909) 766-1845		Provides 90 day crisis beds, case management and supportive services to those experiencing homelessness	
<b>CATHOLIC CHARITIES – ONTARIO</b> 904 E. California Street Ontario, CA 91761	✓	(909) 391-4882	<b>M-Th:</b> 9am-3pm	Provides emergency shelter when available. Call for more information.	Temperature checks are required to enter the building, and they regularly sanitize
<b>MERCY HOUSE ONTARIO ACCESS CENTER</b> 435 S. Bon View Ontario, CA 91761	✓	(909) 391-2630	<b>M-Th:</b> 10am-1:30pm	Mercy House has developed a Continuum of Care to provide homeless prevention, emergency services, transitional housing and permanent housing with supportive services to homeless men, women and children living in Orange, Riverside, and San Bernardino County. The Ontario Access Center is available for homeless individuals living in the City of Ontario, CA, serving as an access point to vital services, resources and emergency needs.	Masks required

# Food Services

Service	Bilingual Span/Eng	Phone Number	Hours of Operation	Types of Services	Notes
<b>CLAREMONT CENTER</b> 660 N. Mountain Ave., Claremont, CA 91711	Not formally, but they will work with you to make it work	(909) 622-3806, x#401	<b>T &amp; Th:</b> 12:30-4:30pm	At our sites, clients are provided with a 4-5 day supply of food every 30 days (homeless every two weeks). Families may also receive fresh produce through our partnership with Amy's Farm (a working farm that donates a sizeable share of its harvest to our program) when available.	Temperature checks and masks Food should always be available if there is supply
<b>APLA FOOTHILL AIDS PROJECT FOOD PANTRY</b> 233 W. Harrison Ave. Claremont, CA 91711	✓	(213) 201-1477	<b>2nd and 4th Wednesday of the month:</b> 2-4pm	Food pantry	For individuals with HIV that live in LA County Accepts everyone through online application
<b>CITY OF MONTCLAIR</b> <a href="http://www.cityofmontclair.org/community-programs/">www.cityofmontclair.org/community-programs/</a>		(909) 626-8571	<b>M-Th:</b> 7am-6pm  <b>F-Sun:</b> Closed	Host food distribution events; need to check website for details on upcoming events	City of Montclair > Departments > Human Services > Community Programs (Must bring proof of residency and income)
<b>ZAID BETTER DAYS</b> 8939 Vernon Avenue, Suite O Montclair, CA 91763	✓		Distribution from 9am-12pm on Saturday	Passes out food boxes to community on Saturdays	Informal organization; Often post their food distribution days on Facebook and Instagram Masks preferred

Service	Bilingual Span/Eng	Phone Number	Hours of Operation	Types of Services	Notes
<b>HAROLD'S HELP DESK</b> 1501 W. Ninth Street, Suite D Upland, CA 91786	✓	(909) 920-0453	<b>T-F:</b> 9am-5pm Closed from 12-1pm for lunch	Assist homeless and low-income individuals in need of food, clothing, diapers, hygiene products, and supportive service referrals.	Masks required Part of Foothill Family Shelter
<b>UPLAND CENTER</b> 814 Alpine St. Upland, CA 91786	✓	(909) 622-3806	<b>Every 3rd            Wednesday of            the month:</b> 5:30-7:30pm	At our sites, clients are provided with a 4-5 day supply of food every 30 days (homeless every two weeks). Families may also receive fresh produce through our partnership with Amy's Farm (a working farm that donates a sizeable share of its harvest to our program) when available. Other services offered include: rental assistance, information & referrals, and shared employment opportunities.	Temperature checks and masks Food should always be available if there is supply
<b>BETA PROGRAM CENTER</b> 209 W. Pearl, Suite 103 Pomona, CA 91768	Available over the phone, but no translators available at the center	(909) 622-3806, x#301	<b>M-Th:</b> 9am-3pm	At our sites, clients are provided with a 4-5 day supply of food every 30 days (homeless every two weeks). Families may also receive fresh produce through our partnership with Amy's Farm (a working farm that donates a sizeable share of its harvest to our program) when available. Other services offered include: rental assistance, information & referrals, and shared employment opportunities.	Part of Inland Valley Hope Partners Temperature checks and masks Food should always be available if there is supply
<b>URBAN MISSION CENTER</b> 810 South White Ave Pomona, CA 91768	✓ (Over the phone)	(909) 622-3806	<b>M-Th:</b> 10am-2pm	At our sites, clients are provided with a 4-5 day supply of food every 30 days (homeless every two weeks). Families may also receive fresh produce through our partnership with Amy's Farm (a working farm that donates a sizeable share of its harvest to our program) when available. Other services offered include: rental assistance, information & referrals, and shared employment opportunities.	Part of Inland Valley Hope Partners Temperature checks and masks Food should always be available if there is supply

Service	Bilingual Span/Eng	Phone Number	Hours of Operation	Types of Services	Notes
<b>POMONA VALLEY FOOD BANK</b>  284 East Holt Ave Pomona, CA 91767	✓	(626) 200-0356	<b>M-Sat:</b> 8am-4pm	Pomona Valley Food Bank created a Fresh Rescue Program to service Families in need with our 100 lb. Family Pack Program allowing families to have wholesome food available at agencies cost. More information available by contacting the food bank.	Social distancing, masks, and sanitizing
<b>SOVA PROGRAM CENTER</b>  904 E. California Street Ontario, CA 91761	✓	(909) 622-3806, x#200	<b>M-Th:</b> 9am-3pm	At our sites, clients are provided with a 4-5 day supply of food every 30 days (homeless every two weeks). Families may also receive fresh produce through our partnership with Amy's Farm (a working farm that donates a sizeable share of its harvest to our program) when available. Other services offered include: rental assistance, information & referrals, and shared employment opportunities.	Part of Inland Valley Hope Partners Temperature checks and masks Food should always be available if there is supply
<b>TOUCH MINISTRIES</b>  1707 S. Sacramento Ave. Ontario, CA 91760	✓	(909) 682-5474	<b>MWF:</b> 9:30-11:30am	For \$5, you receive a box of food	
<b>SALVATION ARMY</b>  1412 S Euclid Ave Ontario, CA 91762 (Ontario Community Center)	✓	(909) 986-6748	<b>Daily:</b> 9am-5pm	Food pantry and hot meals provided	
<b>CATHOLIC CHARITIES – ONTARIO</b>  904 E. California Street Ontario, CA 91761	✓	(909) 391-4882	<b>M-Th:</b> 9am-3pm	Provides both perishable and non-perishable food as well as vouchers to a local grocery store	Must take ID, SSN, and proof of income Temperature checks are required to enter, and they regularly sanitize



# Financial Services

Service	Bilingual Span/Eng	Phone Number	Hours of Operation	Types of Services	Notes
<b>CLAREMONT CENTER</b> 660 N. Mountain Ave., Claremont, CA 91711	Not formally, but they will work with you	(909) 622-3806, x#401	<b>T &amp; Th:</b> 12:30-4:30pm	Other services offered include: rental assistance, information & referrals, and shared employment opportunities	Temperature checks and masks
<b>CATHOLIC CHARITIES – ONTARIO</b> 904 E. California Street Ontario, CA 91761	✓	(909) 391-4882	<b>M-Th:</b> 9am-3pm	Provides rental assistance	Must take ID, SSN, and proof of income Temperature checks are required to enter, and they regularly sanitize
<b>MERCY HOUSE ONTARIO ACCESS CENTER</b> 435 S. Bon View Ontario, CA 91761	✓	(909) 391-2630	<b>M-Th:</b> 10am-1:30pm	Rental assistance and other services	Masks required
<b>CATHOLIC CHARITIES – POMONA</b> 1460 E. Holt Avenue, Suite 98 Pomona, CA 91767	✓	(909) 629-1331  <b>Utility bill assistance:</b> (626) 575-7652	<b>M-T, Th-F:</b> 9am-2pm	Housing stabilization services: homeless prevention and rapid rehousing programs (move-in, rental and utilities assistance, and motel vouchers); linkages to community resources; financial assistance subject to funding and geographical restrictions	
<b>ANOTHER WAY</b> 1365 South Waterman Ave San Bernardino, CA 92408	✓	(909) 890-3045	8am-5pm	Assists low-income disabled individuals financially with rent payments, energy bills, etc.	Masks required

Service	Bilingual Span/Eng	Phone Number	Hours of Operation	Types of Services	Notes
<p><b>LA DEPARTMENT OF PUBLIC SOCIAL SERVICES – POMONA</b></p> <p>2040 W. Holt Ave. Pomona, CA 91768</p>	<p>✓</p>	<p>(866) 613-3777 (626) 569-1399</p>	<p><b>M-F:</b> 8am-5pm</p>	<p>The California Work Opportunity and Responsibility to Kids (CalWORKs) provides temporary financial assistance and employment focused services to families with minor children who have income and property below State maximum limits for their family size. CalWORKs is a time limited program that helps to pay for housing, food, utilities, clothing and other necessary expenses.</p> <p>General Relief (GR) is a County-funded program that provides cash aid to indigent adults, and children in certain special circumstances who are ineligible for Federal or State programs. Able-bodied adults can receive aid for no more than nine months in any 12-month period. Participation in the GR employment and training program, General Relief Opportunities for Work (GROW), is mandatory for able-bodied adults.</p>	<p>If you need help in your language, call your local county office. You have the right to ask for help in your own language. There is no cost for this help. Need to use SSN or phone number + other info.</p>

