



QUICKLIST OF LOCAL RESOURCES



Breakthrough Student Assistance

R.A.I.N. Counseling Program

FAMILY ASSISTANCE, FOOD, HOUSING		HEALTH SERVICES	
Supplemental Security Income Provides cash assistance and Medi-Cal to low income disabled.	800-772-1213	Child Health & Disability Prevention Program Provides health exams & immuniz. to eligible children. Call for eligibil. req.	800-346-6520
Temporary Aid for Needy Families (TANF)	951-245-3150	California Children Services (CCS) Pays for medical care for children for eligible families. (Not health insurance)	951-358-5401
FOOD:		Denti-Cal Provides referrals to doctors and dentists that take Medi-Cal	800-322-6384
Community Outreach Ministries	951.698.7650	Healthy Families / Healthy Kids Provides health coverage for children of eligible families.	888-747-1222
Temecula-Murrieta Rescue Mission Free Box food items/Fam.(Wed. 3:30)Rancho Comm. Church	951.303.6789	Medi-Cal Provides referral to doctors that accept Medi-cal.	800-464-1123
Food Stamps	951.245.3100	Mental Health – Central Access Team Specialized information and referral for therapist, psychiatrist, LCSW	800-706-7500
Hope Lutheran Church	951.676.6262	Public Health	951-358-5000
St. Martha's Pantry	951.677.6347	Injury Prevention Network (low cost car seats)	800-455-4942
St. Vincent DePaul	951.587.6752		
Western Eagle	951.695.7206		
Women, Infant & Children	800-455-4942		
		COUNSELING & MENTAL HEALTH	
		Access Line of Riverside	800.706.7500
HOUSING:		CA YOUTH CRISIS HOTLINE (Depression, suicide, pregnancy, runaway, more)	800.843.5200
Catholic Charities	951.784.5020	Caritas Counseling Catholic Charities (Sliding scale, Temecula, Lake Elsinore)	951.370.1293
Safehouse	951.351.4418	Connecting Youth & Families (provides anger management training)	951.723.7704
Salvation Army	951.925.7176		
Transitional Housing	951.369.4921	Helpline of Riverside	951.686.4357 800.273.8255
Valley Restart	951.776.7476	Knollwood Psychiatric Hospital	951.275.8400
CLOTHING:			
Temecula Assistance League	951.694.8018		
Riverside Assistance League	951.682.3445		
FAMILY SUPPORT		Riverside County Mental Health	951.600.6350
Alternatives to Domestic Violence (24 hr. hotline)	800-339-7233	Riverside Co. Health Services-Teen clinic	800.720.9553
Alternatives to Domestic Violence Temecula	951.506.2552	Riverside County Crisis Line (& Suicide)	951.686.4357
S.A.F.E. (Safe Alternatives for Everyone)	951-587-3900	Rape Crisis Center	951.686.7273
Child Protective Services (CPS) Investigates reports of child abuse.	800-442-4918	Southwest Family Counseling (Sliding Scale)	951.699.3644
CPS Temecula	951.696.3450	Youth Service Center	951.683.5193
Child Care Referrals (R.C.O.E.) Provides countywide child care referrals	800-442-4927		
CASA, Riverside County	951.358.4305	CLINICIANS	
Child Help USA	800.442.4453	Toni Binns, M.A., M.F.T.	951.246.1020
		Kathy Bisson, M.F.T. & Rich Bisson, M.F.T.	951.695.3337
		Christine Duong-Perez, Ph.D., Psychologist	951.231.1667
The Parent Center – Murrieta	951.304.1623	Linda Donnelly, M.A., M.F.T.	951.677.2937
.BreakThrough Student Assistance Provides family conference for families in stress.	951.696.1600 Ext. 1046	Susie Gonzalves, M.S.W., L.C.S.W.	951.302.6400
Inform Riverside (all referrals)	800.464.1123	Don Hall, M.F.T.	951.304.0882
Survivors of Suicide	951.679.2008	Steve Herrick, M.F.C.C.	619.723.4913
ALCOHOL & OTHER DRUGS		Chris Houghton, M.F.T.	951.695.7675
Addiction Recovery	800.559.9503	Charles Kodimer, Ph.D.	951.676.4393
Alcoholics Anonymous	951.695.1535		
Alanon Family Group	800.356.9996	Timothy Murphy, M.D.	760.723.5459
Hill Counseling Center	951.303.1230	Murrieta Counseling	951.304.0882
MFI Recovery	800.923.5634	Novell & Novell	951.694.0695
Riverside Recovery	951.674.5354	Elizabeth Roberts, M.D. (child psychiatrist)	951.894.6900
Riverside County Substance Abuse	951.600.6360		
Touchstones	714.639.5542	MENTORING PROGRAMS	
CA Recovery Clinics of Corona	951.549.8888	S.A.F.E.	951.587.3900
Substance Abuse Helpline	800.662.4357	Mentoring Today for Tomorrow	951.587.1257
		LAW ENFORCEMENT	
RESIDENTIAL PROGRAMS		CA Highway Patrol	951.506.2000
Army/Navy Academy	888.762.2338	Family Justice Center	951.304.5680
Aspen Achievement Academy	800.283.8334	Juvenile Probation	951.304.5700
Boys and Girls Town	800.448.3000	MVUSD BREAKTHROUGH COUNSELORS	
Grizzly Academy	800.926.0643	Dean Lesicko, M.S.	951.304.1890
Sunburst Youth Academy	877.463.1921	Kim Lesnick, M.S.W.	951.304.1890
Job Corps	800.733.5627	Dan Bogdanski, M.A.	951.696.1600 ex.5021
Utah Wilderness Quest	888.929.2225	Christine O'Sullivan, M.A.	951.304.1890
		Nancy Carey, M.S., M.A.	951.304.1890
		Sharon Tucker, M.A.	951.304.1890