



QUICKLIST OF LOCAL RESOURCES



Breakthrough Student Assistance (951) 696-1600 1046

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)	800-358-3000	California Children Services (CCS) Pays for medical care for children for eligible families. (Not health insurance)	951-358-5401
Injury Prevention Network (low cost car seats)	800-455-4942	Denti-Cal Provides referrals to doctors and dentists that take Medi-Cal	800-322-6384
FOOD:		HEALTHY FAMILIES / HEALTHY KIDS	
Community Outreach Ministries	951.698.7650	Provides health coverage for children of eligible families.	888-747-1222
Food Stamps	951.245.3100	Medi-Cal Provides referral to doctors that accept Medi-cal.	800-464-1123
Hope Lutheran Church	951.676.6262	Mental Health – Central Access Team Specialized information and referral for therapist, psychiatrist, LCSW	800-706-7500
Project Lift “Food Box”	951.246.2894	Public Health	951-358-5000
St. Martha’s Pantry	951.677.6347		
St. Vincent DePaul	951.587.6752		
Western Eagle	951.695.7206	COUNSELING & MENTAL HEALTH	
Women, Infant & Children	800-455-4942	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	Family Resource Center	951.381.3579
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:		Psychological Reference Service	800.426.1113
Temecula Assistance League	951.694.8018	Riverside County Mental Health	951.600.6350
Riverside Assistance League	951.682.3445	Riverside Co. Health Services-Teen clinic	951.777.8226
FAMILY SUPPORT		Riverside County Crisis Line (& Suicide)	951.686.4357
Alternatives to Domestic Violence (24 hr. hotline)	800-339-7233	Rape Crisis Center	951.686.7273
Alternatives to Domestic Violence Temecula	951.506.2552	Southwest Family Counseling (Sliding Scale)	951.699.3644
S.A.F.E. (Safe Alternatives for Everyone) Provides services to	800-000-0000	Youth Service Center	951.683.5193
Child Protective Services (CPS) Investigates reports of child abuse.	800-442-4918	CLINICIANS	
CPS Temecula	951.696.3450	Toni Binns, M.A., M.F.T.	951.246.1020
Child Care Referrals (R.C.O.E.) Provides countywide child care referrals	800-442-4927	Kathy Bisson, M.F.T. & Rich Bisson, M.F.T.	951.695.3337
CASA, Riverside County	951.358.4305	Christine Duong-Perez, Ph.D., Psychologist	951.231.1667
Child Help USA	800.442.4453	Linda Donnelly, M.A., M.F.T.	951.677.2937
Heartford for Children	951.358.4305	Susie Gonzalves, M.S.W., L.C.S.W.	951.302.6400
The Parent Center – Murrieta	951.304.1623	Don Hall, M.F.T.	951.304.0882
.BreakThrough Student Assistance Provides family conference for families in stress.	951.696.1600 Ext. 1046	Steve Herrick, M.F.C.C.	619.723.4913
Inform Riverside (all referrals)	800.464.1123	Chris Houghton, M.F.T.	951.695.7675
Survivors of Suicide	951.679.2008	Charles Kodimer, Ph.D.	951.676.4393
ALCOHOL & OTHER DRUGS		David Libert, Ph.D.	951.695.6884
Addiction Recovery	951.676.3571	Timothy Murphy, M.D.	760.723.5459
Alcoholics Anonymous	951.695.1535	Murrieta Counseling	951.304.0882
Alanon Family Group	800.356.9996	Novell & Novell	951.694.0695
Hill Counseling Center	951.303.1230	Elizabeth Roberts, M.D. (child psychiatrist)	951.894.6900
MFI Recovery	800.923.5634	MENTORING PROGRAMS	
Riverside Recovery	951.674.5354	S.A.F.E.	951.587.3900
Riverside County Substance Abuse	951.600.6360	Mentoring Today for Tomorrow	951.587.1257
Touchstones	714.639.5542	LAW ENFORCEMENT	
Teens Helping Teens	951.832.2306	CA Highway Patrol	951.772.8911
CA Recovery Clinics of Corona	951.549.8888	Family Justice Center	951.304.5680
Substance Abuse Helpline	800.662.4357	Juvenile Probation	951.8638221
RESIDENTIAL PROGRAMS		MVUSD COUNSELORS	
Army/Navy Academy	888.762.2338	Dean Lesicko, M.S.	951.696.1600 ex.1164
Aspen Achievement Academy	800.283.8334	Kim Lesnick, M.S.W.	951.696.1600 ex.1188
Boys and Girls Town	800.448.3000	Dan Bogdanski, M.A.	951.696.1600 ex.5021
Grizzly Academy	800.926.0643	Christine O’Sullivan, M.A.	951.696.1600 ex.1211
Sunburst Youth Academy	877.463.1921	Nancy Carey, M.S., M.A.	951.696.1600 ex.1211
Job Corps	800.733.5627	Sharon Tucker, M.A.	951.696.1600 ex.1211
Utah Wilderness Quest	888.929.2225		