

Línea de Información y Referencias:

800-464-1123

ROPA/COMIDA/LENTES

CalWORKS/Estampillas de comida
Servicios Sociales Públicos del Condado de Riverside -791-3000 (Hemet)
Community Pantry (comida)- 929-1101
Family Service Senior Nutrition Program Association - 652-3212
Operation School Bell - (ropa para niños de la primaria)-Assistance League - 652-8307
Project Angel Food-652-4488
www.angelfoodministries.com
Project Food Box-Western Eagle Foundation-695-7206 40940 County Rd Temecula
USDA Commodities Food Pantry(comida)
Cindy Bratton Valle Vista Assembly of God 45252 E Florida -951-927-6868
Salvation Army - Hemet - 766-2020
Valley Restart (albergue) - 766-7476
WIC - Women, Infants and Children - 1-800-455-4942 and 951-358-7200

RECURSOS DE LA COMUNIDAD

American Cancer Society (cancer)- 683-6415 o 1-800-227-2345
American Lung Association of Riverside Colton (pulmones)- 1-800-586-4872
California School for the Deaf (sordera) - 782-6500
Central County United Way (incluyendo asistencia con la energía de febrero a abril) 929-9691
Hemet Lions Club - 929-2344
Inmigración y Ciudadanía, 943-1955
San Jacinto Community Center - 654-7212
Social Security Administration hotline - 1-800-772-1213 y 526-3456
Graffiti Hotline (remoción de grafiti) 765-2309
WE T.I.P., Inc. - 1-800-78-CRIME and 1-800- 47-ARSON 1-800-47-DRUGS

SERVICIOS DE CONSEJERIA

Center Against Sexual Assault (agresión sexual) - 652-8300
Mid-County Mental Health (salud mental) - 487-2674
Rape Crisis Center (violación sexual)- 686-7273
Sun Ray Counseling - 652-3560
Valley Wide Outreach Services - 654-2026
Hemet Hospice - 766-9629 (apoyo para las personas en luto)

SERVICIOS DE SALUD

AIDS Hotline - 1-800-232-4636
Birthchoice (opción de embarazo) 652-3111
Hemet Family Care Center - 766-2450
Hemet Hospice - 766-9629
Mental Health (salud mental) Hemet Clinic 791-3300

Hemet Valley Hospital Behavioral Health Services (salud conductual) - 652-2811, ext. 5787

Hemet Valley Medical Center - 652-2811

Hemet Unified School District, Health Services, 765-5100 Ext. 4104

Hemet Unified School District, Healthy Families 765-5100 Ext. 4003

Hemet Unified School District, Youth Tobacco Cessation Services, 765-5100 Ext. 3210

Juvenile Diabetes Foundation - 951-784-4156

Soboba Indian Health Clinic Indian Health 654-0803

Medicare telephone hotline - 1-800-633-4227

National Alliance for the Mentally Ill - 1-800-950-6264

Obstetrics Clinic, HVMC, 765-4816
Riverside County Health Dept. Family Program - 766-2450

Riverside County Immunizations Information - 1-888-246-1215

SERVICIOS DE INTERVENCION

Alcoholics Anonymous - Colton Main Number (909) 825-4700

Alternatives to Domestic Violence (24 hour) 1-800-339-SAFE

Child Protective Services - 791-3000
Center Against Sexual Assault (CASA) - 652-8300 y 1-866-373-8300

Childhelp USA - 1-800-422-4453

Covenant House Crisis Lines - 1-800-999-9999

Crisis Intervention and Suicide Prevention - 686-4357

Detoxification Services - 788-9515
Domestic Violence Hotline - 1-800-799-7233

Dr. Harsany, Addiction Medicine - 925-6657

Dr. Heinke, Partners in Recovery. 929-8580

JobCorps 800-733-JOBS
www.jobcorps.dol.gov

La Vista Alcoholism Center - 925-8450
MFI Recovery-Consejo/Manejo de enojo. 654-2026

Narcotics Anonymous - 652-5326
National Child Abuse Hotline - 1-800-422-4453

Riverside Treatment Center, Methadone Detox, 784-8010

Teen Line (24 hour) 1-800-TLC-TEEN
Tobacco Use Reduction Hotline - 1-800-63-SMOKE

Tobacco Help Line - 1-800-NO-BUTTS
Valley Wide Outreach Services - 654-2026

EDUCACION DE PADRES

Hemet Unified School District - Parent Project-765-5100 Ext. 3308
Valley Wide Outreach
Parent Project-654-2026
PRICE (clase de para padres)- 765-5100 Ext. 3308

GRUPOS DE APOYO

Al-Anon/Alateen - 909-824-1516
Kaiser Permanente- 601-6174
American Cancer Society - 683-6415
California Family Life Center - 654-2352
Center Against Sexual Assault - 652-8300 (grupo para adolescentes y adultos)
Childhood Cancer Family Information Service - 682-2753

Grandparents Raising Grandchildren- 951-791-3573

Riverside County Substance Abuse Program - Clinic - 955-2105
Administrative - 782-2400

Salvation Army - 784-4490

MADRES ADOLESCENTES

Adolescent Health, 354-1458
Cal-SAFE, Teen Mother Program - 925-6467
Riverside Co. Adolescent Family Life Prog.- 766-2440 766-2464
Helen Hunt Jackson Independent Study Program, 765-5193

PROGRAMAS PARA JOVENES

Boy Scouts of America - Inland Empire Council - (909) 793-2463
Girls and Boystown National Hotline, 1-800-448-3000
San Gorgonio Girl Scout Council - 951-308-6692

Tutoring for Native American Youth-Soboba Tribal TNF-487-9075
Valley Wide Outreach Services - 654-2026

Valley Wide Recreation, 654-1505
Police Activity League, 929-9725

PROGRAMAS VOLUNTARIOS

Retired Senior Volunteer Program/United Way (R.S.V.P.) 929-0423

PAGINAS DEL WEB

RELACIONADOS CON SALUD:

<http://us.reachout.com/wecanhelpus/>
www.theantidrug.com

www.bigbrothersbigsisisters.org

www.cdc.gov

www.healthinschools.org

www.kidshealth.org

www.ncadi.samsha.gov

(información sobre el abuso de drogas y alcohol)

www.nida.nih.gov

www.stopbullyingnow.hrsa.gov