



# PECHANGA CHILD & FAMILY SERVICES RESOURCE LIST



IF YOU ARE EXPERIENCING A MENTAL HEALTH OR MEDICAL EMERGENCY OR ARE IN FEAR FOR YOURS OR SOMEONE ELSE'S SAFETY PLEASE CALL 9-1-1.

## Area Hotlines

National Sexual Assault Hotline – 800-656-4673  
Mental Health Crisis line – 988  
Child Abuse Hotline – 800-442-4918  
National Domestic Violence Hotline – 800-799-7233  
National Suicide Prevention Hotline – 800-273-8255  
Crisis Text Line – text ANSWER to 839863  
Adult Protective Services – 800-491-7123  
24 Hour Detox Referral – 800-499-3008  
Narcotics Anonymous – 800-397-2333

Veterans Crisis Line – 800-273-8255 (Press 1)  
Crisis/Suicide Intervention – 951-686-4357  
Senior Adult Services – 951-823-0702  
Riverside Area Rape Crisis Center – 951-686-7273  
Homeless Youth Hotline – 800-551-1300  
California Youth Crisis Line – 800-843-5200  
Victim & Witness Services – 951-955-5400  
Partners Against Violence – 909-885-8884  
Operation Safe House Crisis Line – 800-561-6944

For assistance with area resources you can call 2-1-1 or visit [www.211ca.org](http://www.211ca.org)

## Domestic Violence

California Indian Legal Services 760-746-8941 [www.calindian.org/domestic-violence-protection-support/](http://www.calindian.org/domestic-violence-protection-support/)  
Pechanga Child & Family Services 951-770-6106 [www.pechanga-nsn.gov/cfs/](http://www.pechanga-nsn.gov/cfs/)  
Cahuilla Consortium 951-392-1919 [www.cahuillaconsortium.org](http://www.cahuillaconsortium.org)  
Avellaka Program 760-742-8628 [www.avellaka.com/](http://www.avellaka.com/)  
National Indigenous Women's Resource Center, Inc. [www.niwrc.org/](http://www.niwrc.org/)  
Alternatives to Domestic Violence 800-339-7233 [www.alternativestodomesticviolence.org/](http://www.alternativestodomesticviolence.org/)  
Safe Family Justice Center 951-587-3900 [www.safefjc.org/](http://www.safefjc.org/)  
StrongHearts Native Helpline 844-762-8483 [www.strongheartshelpline.org](http://www.strongheartshelpline.org)  
Partners Against Violence 909-885-8884 [www.partnersagainstviolence.org/](http://www.partnersagainstviolence.org/)



## Substance Abuse

Pechanga Child & Family Services 951-770-6106 [www.pechanga-nsn.gov/cfs/](http://www.pechanga-nsn.gov/cfs/)  
Inner Tribal Treatment 760-638-3665 [www.inner-tribaltreatment.com/](http://www.inner-tribaltreatment.com/)  
Rooted and Restored 714-872-7474 [www.rooted-and-restored.com](http://www.rooted-and-restored.com)  
The Hill Alcohol & Recovery 951-719-3685 [www.hillrecovery.com/](http://www.hillrecovery.com/)  
Riverside County Indian Health 909-864-1097 [www.rsbcih.org/](http://www.rsbcih.org/)  
Rancho Milagro Recovery 951-297-9888 [www.ranchoMilagrorecovery.com/](http://www.ranchoMilagrorecovery.com/)  
Alcoholics Anonymous 909-825-4700 [www.aa.org/](http://www.aa.org/)  
MFI Recovery Center 866-218-4697 [www.mfirecovery.com](http://www.mfirecovery.com)  
Ala-Teen 909-824-1516 (24 hrs)  
McAllister Institute 619-442-0277 [www.mcalisterinc.org/](http://www.mcalisterinc.org/)



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### Counseling & Mental Health Services



Riverside County Indian Health 909-864-1097 [www.rsbcih.org/](http://www.rsbcih.org/)  
Riverside County Medical Center 951-486-4000 [www.ruhealth.org/](http://www.ruhealth.org/)  
Loma Linda Behavioral Health 951-290-6530 [murrieta.lluh.org/](http://murrieta.lluh.org/)  
Novell & Novell 951-252-9911 [www.novellcounseling.org/](http://www.novellcounseling.org/)  
Live Well Family Counseling 951-257-8045 [www.livewellfcs.com/](http://www.livewellfcs.com/)  
A Better Community Counseling 951-734-3399 [www.abc-counseling.com/](http://www.abc-counseling.com/)  
Marsell Wellness Center 909-323-7100 [www.marsellwc.com/](http://www.marsellwc.com/)  
CARES Line 800-499-3008  
Children's Treatment Services 951-358-4840 [www.rcdmh.org/ChildrenServices](http://www.rcdmh.org/ChildrenServices)  
NAMI Resource 800-950-6264 [www.nami.org/help](http://www.nami.org/help)  
Center for Discovery 855-734-2962 [www.discoverymood.com/locations/temecula](http://www.discoverymood.com/locations/temecula)  
Aurora Family Counseling Center 951-677-1470 [www.aurorafcc.org/](http://www.aurorafcc.org/)

### Parenting

Pechanga Scholarship Dept 951-770-6136  
Pechanga Child & Family Services [www.pechanga-nsn.gov/cfs/](http://www.pechanga-nsn.gov/cfs/)  
Co-Parenting Solutions 951-249-3816 [www.coparentingsolutions.org/](http://www.coparentingsolutions.org/)  
Triple P Positive Parenting Program [www.triplep-parenting.com/us/triple-p/](http://www.triplep-parenting.com/us/triple-p/)  
Indian Health Celebrating Families 951-849-4761 Ext. 1429  
Parent Support & Training Program 951-358-5862 [www.rcdmh.org/psp](http://www.rcdmh.org/psp)



### Youth Substance Abuse/Mental Health



The Healing Lodge of the Seven Nations 509-533-6910 [www.healinglodge.org](http://www.healinglodge.org)  
Desert Sage 951-708-4054 [www.ihs.gov/california/index.cfm/yrtc-project/](http://www.ihs.gov/california/index.cfm/yrtc-project/)  
NAMI Teen & Young Adult Helpline 800-950-6264 text "Friend" to 62640

### Supervised Visitation Services

Sharon Day 951-334-3896 All About Kids Monitored Visits  
Darlene Pinkernell-Tarnoski 951-440-5645 [affordablevisitationmonitor@gmail.com](mailto:affordablevisitationmonitor@gmail.com)  
Riverside County Superior Court  
[www.riverside.courts.ca.gov/system/files/general/sup\\_visit\\_provider\\_list.pdf](http://www.riverside.courts.ca.gov/system/files/general/sup_visit_provider_list.pdf)



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### Anger Management

Riverside County Indian Health 909-864-1097 [www.rsbcih.org/](http://www.rsbcih.org/)

Novell & Novell 951-252-9911 [www.novellcounseling.org/anger-management-program](http://www.novellcounseling.org/anger-management-program)

Riverside County Superior Court

[www.riverside.courts.ca.gov/sites/default/files/riverside/default/documents/angermgmtresourcelist.pdf](http://www.riverside.courts.ca.gov/sites/default/files/riverside/default/documents/angermgmtresourcelist.pdf)

### Rental Assistance

Pechanga Tribal TANF 951-770-6233 [www.pechanga-nsn.gov/tanf/](http://www.pechanga-nsn.gov/tanf/)

Torres Martinez TANF 866-810-1000 [www.torresmartinez.org](http://www.torresmartinez.org)

Soboba Tribal TANF 951-654-5964 [sobobatanf.org/](http://sobobatanf.org/)

Morongo TANF 951-755-5178 [morongonation.org/morongo-tribal-tanf/](http://morongonation.org/morongo-tribal-tanf/)

Pala Tribal TANF 888-806-8263 [sctca.net/tribal-tanf/](http://sctca.net/tribal-tanf/)

San Diego Tribal TANF 866-913-3725 [sctca.net/tribal-tanf/](http://sctca.net/tribal-tanf/)

Escondido Tribal TANF 866-428-0901 [sctca.net/tribal-tanf/](http://sctca.net/tribal-tanf/)

Manzanita Tribal TANF 866-931-1480 [sctca.net/tribal-tanf/](http://sctca.net/tribal-tanf/)

Santa Ynez Tribal TANF 866-855-8263 [sctca.net/tribal-tanf/](http://sctca.net/tribal-tanf/)

Housing Authority of Riverside County 951-351-0700 <https://harivco.org/>

Catholic Charities of Riverside County 951-328-1575 [//ccsbriv.org/](http://ccsbriv.org/)



### Homeless Assistance

Rancho Damacitas 951-444-1404 [www.cmoh.net/programs//](http://www.cmoh.net/programs//)

Project Touch 951-677-9661 [www.projecttouchonline.com/programs](http://www.projecttouchonline.com/programs)

Operation Safe House 951-351-4418 [www.operationsafehouse.org/](http://www.operationsafehouse.org/)

24-Hr Crisis Line 800-561-6944



### Elder Assistance

Riverside County Indian Health 909-864-1097 [www.rsbcih.org/](http://www.rsbcih.org/)

Office of Aging 877-932-4100 [www.rcaging.org/](http://www.rcaging.org/)

Adult Protective Services 951-358-4012 [www.rivcodpss.org/](http://www.rivcodpss.org/)

In-Home Supportive Services 888-960-4477 [www.riversideihss.org](http://www.riversideihss.org)

Good Samaritan Community Food Pantry 951-415-5731 [www.goodsamaritancommunity.org](http://www.goodsamaritancommunity.org)



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## Special Needs/ Educational



Pechanga Scholarship Dept 951-770-6136

Acorns to Oak Trees 858-361-9544 [www.acorns2oak.com/](http://www.acorns2oak.com/)

Autism Spectrum Therapies 866-727-8274 [www.autismtherapies.com](http://www.autismtherapies.com)

Behavior Frontiers 951-466-3032 [www.behaviorfrontiers.com/temeculamurrieta-ca](http://www.behaviorfrontiers.com/temeculamurrieta-ca)

Comprehensive Autism Center 951-813-4034 [www.cac.co/](http://www.cac.co/)

## Food Banks

Good Samaritan Community Food Pantry 951-415-5731 [www.goodsamaritancommunity.org](http://www.goodsamaritancommunity.org)

Murrieta United Methodist Church 951-677-6174 [www.murrietaumc.org/ministries/food-pantry/](http://www.murrietaumc.org/ministries/food-pantry/)

Community Mission of Hope 951-444-1404 [www.cmoh.net/](http://www.cmoh.net/)

Fallbrook Food Pantry 760-728-7608 [www.fallbrookfoodpantry.org/](http://www.fallbrookfoodpantry.org/)

Community Food Pantry of Murrieta 951-677-6347 [www.communityoutreachofmurrieta.com/food-pantry/](http://www.communityoutreachofmurrieta.com/food-pantry/)

Dream Center of Lake Elsinore 951-376-3703 [www.dreamcenterle.org/dc-pantry](http://www.dreamcenterle.org/dc-pantry)

Western Eagle Foundation 951-695-7206 [www.westerneaglefoundation.org/programs/](http://www.westerneaglefoundation.org/programs/)

