**Community Organizations and Resources**

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 2023 Ridgecrest, CA 93555

Compiled, Edited, and Printed by



**Kern County, Area of Ridgecrest**

Community Resource Directory

# **Abuse and Neglect**

Adults (APS) 1-800-277-7866 or 1-661-868-1006

Children 1-661-631-6011 or 1-760-375-6049

Elder Abuse (Seniors) 1-800-992-1660 or 1-661-868-1006

Addiction- see Substance Abuse

# **Aging and Adult Services Bakersfield** 1-800-510-2020

HICAP - Ridgecrest 1-760-384-5888

In Home Supportive Services 1-661-868-1000 or 1-800- 510-2020

5357 Truxtun Ave., Bakersfield, CA 93309,

AIDS(see HIV)

# **Ambulance**

Liberty Ambulance 1-760-375-6531

350 E. Ridgecrest Blvd., Ridgecrest, CA 93555

San Bernardino County Fire Dept. 1-760-372-5988

83732 Trona Rd., Trona

# **Anger Management**

Legacy Behavioral Health/Family Services Intake/Information 1-877-861-1133

Tehachapi Wellness Center, Rena Shumway, CADC11 MFT 1-661-822-8979

# **Animal Shelter**

# Ridgecrest 1-760-375-3446

# **Birth/Death/Marriage Documents**

County Hall of Records 1-661-868-6400

Kern County Recorder's Office, 1655 Chester Ave., Bakersfield 93301

Kern County Dept. of Public Health 1-661-321-3000

Birth/death less than 1 year

# **Blood Bank**

Houchin Community Blood Bank 1-661-323-4222 or 1-760-375-8331

# **Cancer**

American Cancer Society 1-800-227-2345

1653 N. Triangle Dr., Ridgecrest, CA 93555

Cancer information Service 1-800-422-6237

Cancer Treatment Centers of America 1-800-367-4357

# **Car Seats** (Infants and Children)

Kandi Smith, CPS Technician #T711811 1-760-375-4357

 Car seat checks and information by appointment, Clinica Sierra Vista

 730 N. Norma Suite A, Ridgecrest, CA 93555

Children/Teen/Family Services (see also Pregnancy)

Childbirth Classes (Ridgecrest Regional Hospital) 1-760-499-3831

Child Care Referral

* Community Connection for Child Care 1-866-428-5408 or 1-760-379-3254

Dept. of Human Services, 6401 Lake Isabella Blvd.; P.O. Box 2366, Lake Isabella, CA

Child Guidance Clinic (Parent & Grandparent support)

* 3628 Stockdale Hwy, Bakersfield 93309 1-661-322-1021
* 2001 N. Chester Ave., Bakersfield 1-661-393-5836

Child Support Services 1-866-901-3212

400 N. China Lake, Ridgecrest, CA 93555 childsupport@co.kern.ca.us

Clinica Sierra Vista IWV Differential Response 1-760-375-4357

730 N. Norma Suite A, Ridgecrest, CA 93555

Developmental Disability Services

* Desert Area Resources and Training (DART) 1-760-375-9787

200 N. Gold Canyon St., Ridgecrest, 93555

* Kern Regional Center 1-760-375-9512

825 N. Downs, Ste. D, Ridgecrest, CA 93555

* SAILS (Supportive Adult Independent Living Services) 1-760-371-2214

126 S. China Lake Blvd, Ste. B, Ridgecrest , CA 93555

Adult Day Care Program serves adults with developmental disabilities

Kinship Center (Grandparents fostering grandchildren) - Kern County DHS 1-661-631-6204

 3711 Columbus St., Bakersfield, CA 93306

Missing Children - California 1-800-222-3463 (FIND)

National Center for Missing and Exploited Children 1-800-843-5678

Society for Disabled Children 1-661-322-5595

Speech: SELPA SSUSD 1-760-499-1702

 113 W. Felspar, Ridgecrest, CA 93555

Sudden Infant Death Syndrome (SIDS) Support 1-800-369-7437

# **Clothing**

Immanuel's Clothing Closet 1-760-446-4531

1201 N. China Lake Blvd., Ridgecrest, CA 93555

Mondays, 5:00 p.m. - 7:00 p.m. Enter at the South door. Follow the signs inside.

Laundry Service, free, offered by Church of the Nazarene 1-760-375-4433

Every 4th Monday of the month at the iWash Laundromat, 500 W. Atkins; service available from 7:00 a.m. to 10:00 a.m. (soap, snack and juice provided)

Veterans Advisory Council (Ridgecrest) 1-760-608-9251

# **Consumer Information**

Better Business Bureau 1-661-322-2074

California Dept. of Consumer Affairs 1-800-952-5210

Chamber of Commerce 1-760-375-8331

128 E. California Ave. Ste B, Ridgecrest, CA 93555

Consumer Credit Counseling Service of Kern and Tulare County 1-800-272-2482

Consumer Fraud Attorney General 1-800-952-5225

IWV Collaborative Meeting 1-760-375-4357

3rd Wednesday, 10 a.m. Ridgecrest, CA 93555

Kern Health Consumer Center, Bakersfield 1-800-906-3982

Maturango Museum 1-760-375-6900

100 E. Las Flores Ave., Ridgecrest, CA 93555

# **CPR & First Aid**

America's Job Center, First Aid, CPR, AED Certificate 1-760-384-5995

Cerro Coso Community College 1-760-384-6100

Ridgecrest Regional Hospital - Education Dept. 1-760-446-3551

1081 N. China Lake Blvd., Ridgecrest, CA 93555

Crises - See Emergency; Mental Health; Suicide; Talk Lines; hot lines

Dentists (Medi-Cal)

All Kids Dental Surgery 1-661-325-5437

 2525 Eye St., Bakersfield, CA 93301

Children's Dental Group: Robert Bang, DDS 1-760-446-8688

 501 W. Joyner Ave. #B, Ridgecrest, CA 93555

Omni Family Health 1-760-446-7978

 1133 N. Chelsea Street, Ridgecrest, CA 93555

Ridgecrest Rural Health Dental Clinic 1-760-499-3296

 1111 N. China Lake Blvd., Ridgecrest, CA 93555

# **Disabilities**

Center for the Blind and Visually Impaired 1-661-322-5234

Developmental Disabilities, Desert Area Resources and Training (DART) 1-760-375-9787

200 N. Gold Canyon St., Ridgecrest, CA 93555

Kern County Community Development 1-661-862-5050

(grant program for disabled ramps, grab bars, etc. and zero interest loan programs for repairs)

Kern Regional Center 1-760-375-9512

 825 N. Downs Suite D, Ridgecrest, CA 93555

Social Security Disability Advocate

Diana Wade 1-760-417-2390 or 1-661-821-0494

Domestic Violence–

Women’s Center High Desert, Inc.

* + Domestic Violence Hotline 1-760-375-7525
	+ Sexual Assault Hotline 1-760-375-0745
	+ Human Trafficking Hotline 1-888-373-7888

Do Not Call- To get on the do not call list, call 1-888-382-1222

 or on line www.donotcal.gov

Driver's Licenses

Dept. of Motor Vehicles 1-800-777-0133

540 Perdew Ave, Ridgecrest, CA 93555

Education see Literacy; Schools

# **Emergencies (Crises)**

**All emergencies 911**

Abuse Reporting - see Abuse and Neglect

Addiction 24-hr Helpline 1-888-709-1076

Aging and Adult Services Bakersfield 1-800-510-2020

American Red Cross Disaster Services Daytime 1-661-267-0650

Child Abuse Reporting Hotline 1-760-375-6049 or 1-661-631-6011

Domestic Violence

* DV 24-Hour Hotline 1-760-375-7525
* Victims of Sexual Assault/Abuse 24 hour Hotline 1-760-375-0745
* Women's Center High Desert, Inc. 1-760-371-1969

134 S. China Lake Blvd., Ridgecrest, CA 93555

Federal Emergency Management Agency (FEMA) disaster 1-800-621-3362

Fire Department

* Inyokern - Station 73, 6919 Monache Mt. Ave., Inyokern 1-760-377-4621
* Ridgecrest - North Station 74 1-760-375-8466

- South Station 77 1-760-371-2181

* Randsburg Station 75 1-760-374-2455
* Trona Station 57 1-760-372-5988

Law Enforcement Agencies

* CA Highway Patrol, Bakersfield 1-661-824-2408
* NAWS - Police Dept. China Lake 1-760-939-3323
* Police (non-emergency)
* Ridgecrest 100 W. California 1-760-499-5100
* Inyokern 1-760-384-5800
* Sheriff, Kern County EMERGENCY 1-800-861-3110

Ridgecrest Substation 128 E. Coso A, Ridgecrest CA 1-760-384-5800

Mental Health Crisis

* 911
* 988 Suicide Prevention Talk/Text Hotline
* Behavioral Health & Recovery Services crisis line 1-800-991-5272
* Crisis Stabilization Unit (Ridgecrest Mental Health Urgent Care) 1-760-463-2880

 children and adults; 1141 Chelsea St., Ridgecrest, CA 93555

* College Community Services 24-Hour Crisis Line 1-877-300-4738
* Laura's Law, Assisted Outpatient Treatment 1-661-635-2997 or 1-844-360-8250
* Ridgecrest Regional Hospital Emergency Room 1-760-446-3551

1081 N China Lake Blvd, Ridgecrest, CA 93555

National Suicide Prevention Life Line 1-800-273-8255 (talk)

Poison Control Center 1-800-222-1222 or 1-800-876-4766

Safe Surrender - Kern County Dept. of Human Services 1-661-631-6000

Sexual Assault Response Team Hotline 9-5 p.m. M-F 1-760-375-0745

Veteran Services - Crisis - Suicide Prevention 1-800-273-8255

# **Emergency Assistance**

911 (see Law Enforcement)

American Red Cross Disaster Services (Antelope Valley Chapter) - Day-time 1-661-267-0650

After Hours 1-661-277-3040

Domestic Violence Hotline 1-760-375-7525

National Human Trafficking Hotline 1-888-373-7888

Sexual Assault Hotline 1-760-375-0745

# **Employment**

America's Job Center of California 1-760-384-5995

540 Perdew Ave. Ste B-2, Ridgecrest, CA 93555

CalWORKS Employment Preparation Program (EPP) 1-661-631-6000

Kern County Dept. of Human Services, 100 E. California Ave, Bakersfield 93307

Continental Labor Resources 1-760-446-3525

509 W. Ward Ave, Ridgecrest, CA 93555

Dept. of Rehabilitation Kern County 1-661-395-2525

4925 Commerce Dr., Bakersfield, CA. 93309

Dept. of Rehabilitation and Employment Development Center , Ridgecrest 1-760-384-5995

America's Job Center 540 Perdew Ave., Ste. B2, Ridgecrest, CA 93555

Desert Area Resources & Training (DART Thrift Store) 1-760-375-9787

[200 N. Gold Canyon St., Ridgecrest, CA 93555](https://www.bing.com/local?lid=YN108x1873118&id=YN108x1873118&q=D+A+R+T+Thrift+Store&name=D+A+R+T+Thrift+Store&cp=35.6222877502441%7e-117.676765441895&ppois=35.6222877502441_-117.676765441895_D+A+R+T+Thrift+Store)

Fleet & Family Support Center 1-760-939-4553

Family Employment Readiness Program

1 Administration Circle, Stop 1323 Bldg. 02308, Blandy Avenue, Naval Air Weapons Station, China Lake, CA 93555-6100

Indeed.com (Jobs in Ridgecrest)

Tribal TANF (Native Americans) 1-760-379-4770

6404 Lake Isabella Blvd., P.O. Box 2895, Lake Isabella, CA 93240

S.A.S.S. (Staffing Alternatives & Specialized Services) 1-760-375-1003

808 W. Ridgecrest Blvd, Ridgecrest, CA 93555

Energy Assistance

Crossroads Community Church 1-760-384-3333

 235 N. China Lake Blvd., Ridgecrest CA 93555 (as funds are available)

Grace Lutheran Church 1-760-375-9768

502 N. Norma St., Ridgecrest, CA 93555 (as funds are available)

Home Energy Assistance Program (HEAP CAPK) 1-760-938-1094

Information, Resources & Inspiration for Today’s Tough Economy www.needhelppayingbills.com

The Salvation Army 1-760-375-7219

 151 N. Downs, Ridgecrest, CA 93555 (as funds are available)

Eye Care (Medi-Cal)

Dr. Caroline Robison 1-760-375-4496

 808 N. Norma Street, Ridgecrest, CA 93555

Dr. Daniel Mallory Vision Care 1-760-446-5555

1409 N. Norma Street, Ridgecrest, CA 93555

Focus Optometry 1-760-446-5600

905 W. Drummond, Ridgecrest, CA 93555

Walmart Vision Care 1-760-463-5068

201 E. Bowman, Ridgecrest, CA 93555

# **Family Services**

Oasis Family Resource Center 1-760-938-1094

814 N. Norma Street, Ridgecrest, CA 93555

Legacy Foster Care and Adoption Services 1-760-463-8000

 722 N. Norma Street Ste. D, Ridgecrest Blvd., Ridgecrest, CA 93555

Pregnancy Care Center 1-760-384-2273

 341 E. Ridgecrest Blvd. Ste. A, Ridgecrest, CA 93555

# **Financial Assistance**

Consumer Credit Counseling Service 1-800-272-2482 or 1-661-324-9628

5300 Lennox Ave, Ste, 200, Bakersfield

Credit Reports (Annual Report Request Service annualcreditreport.com) 1-877-322-8228

* Experian, www.experian.com, fraud alerts and credit reports 1-800-397-3742
* Trans Union, www.transunion.com, 1-800-680-7289; credit reports 1-800-916-8800
* Equifax www.equifax.com Credit reports 1-800-685-1111

Crossroads Community Church 1-760-384-3333

 235 N. China Lake Blvd., Ridgecrest CA 93555 (as funds are available)

EBT Helpline (lost/stolen card) 1-877-328-9677

Homeowners and rental Assistance 1-800-868-4171

 Annual rebate program for disabled, blind, and seniors 62 or older from the State Franchise Tax Board. Both homeowners and renters can apply. Runs from July 1 through October 31 each year. Form completion assistance offered. www.ftb.ca.gov

Human Services, Kern County Department of 1-760-499-5200

(Welfare Department; Social Services Dept.), 145 E. Ridgecrest Blvd. Ridgecrest, CA 93555

* Apply for benefits online www.benefitscal.com
* In-Home-Support-Services (Aging & Adult Services Dept.), Bakersfield 1-800-510-2020
* Indigent Financial Assistance
* Cal Fresh (Food Stamps) 1-661-631-6062

www.benefitscal.com

* Medi-Cal Application Line 1-661-631-6807
* Welfare Fraud Hotline 1-661-633-7283

Information, Resources & Inspiration for Today’s Tough Economy www.needhelppayingbills.com

IRS (Internal Revenue Service) 1-800-829-1040

IWV Tax Aide (January - April) - Ridgecrest Senior Center 1-760-375-5438

 Income tax preparation assistance for Seniors, Disabled, and Low Income individuals

Mortgage and Property Tax Relief Program www.camortgagerelief.org

Navy-Marine Corp. Relief Society 1-760-939-2921

Social Security Administration 1-800-772-1213

* Lancaster Office 1-866-964-1725

42225 10th Street West, Lancaster, 93534

* Bakersfield
* 1-866-476-1489
* 1-866-366-9558

The Salvation Army 1-760-375-7219

 151 N. Downs, Ridgecrest, CA 93555 (as funds are available)

Tribal TANF (Native Americans) 1-760-379-4770

P.O. Box 2895, Lake Isabella, CA 93240

Veteran's Administration 1-661-729-8655

547 W. Lancaster Blvd, Lancaster, CA 93534

# **Food Assistance**

EBT Card Helpline 1-877-328-9677

CalFresh-DHS 1-760-499-5200

145 E. Ridgecrest Blvd., www.benefitscal.com

-Food information Line: 1-877-847-3663

-To contact your worker: 1-661-631-6000

Meal/Food programs:

* Crossroads Community Church 1-760-384-3333

235 N. China Lake Blvd., Ridgecrest, CA 93555 Wednesday-Friday 10 AM-4 PM

* Grace Lutheran Grace Care Center 1-760-375-9768

502 N. Norma Ridgecrest, CA 93555; Food/Clothing Pantry Wednesday & Friday 9-11 AM;

* Immanuel Baptist Church 1-760-446-4531

 1201 N. China Lake Blvd., Ridgecrest, CA 93555; Free dinner every Monday 6 – 6:45 PM

* Ridgecrest Calvary Assembly (RCA Church) 1-760-375-5014 info@rcachurch.com

800 W. Upjohn Ridgecrest, CA 93555; Food Pantry call for details

* Ridgecrest United Methodist Church 1-760-375-7434

639 N. Norma Ridgecrest CA 93555Free dinner every Friday 5-6 PM

* St. Ann’s Catholic Church 1-760-375-2110

446 W. Church Ridgecrest, 93555; Food Baskets Tuesday & Friday 9-11 AM;

* St. Michael’s Episcopal Church 1-760-446-5816

 200 Drummond, Ridgecrest, CA 93555; Food Pantry and Thrift Store 4th Tuesday of each month & CAPK Senior (age 60+) food box distribution 3rd Tuesday

* Salvation Army 151 N. Downs, Ridgecrest, CA 93555 1-760-375-7219

Community Food Distribution Tuesday and Friday 12:30 PM

* Senior Center-Inyokern

1247 Broadway Inyokern, CA 93527 Food distribution 2nd Thursday of month 9-11 AM

* Women’s Center High Desert, Inc. 1-760-375-1969

 134 S. China Lake Blvd., Ridgecrest, CA 93555; Emergency food as available

Food Program for Family Child Care Providers; Application Number; 1-877-861-5200

Food Stamps - see Cal Fresh

Meals on Wheels 1-760-375-5438 or 1-661-868-0902

Kern County Dept. of Human Services 1-877-410-8812

Ridgecrest Regional Hospital 1-760-446-3551

1081 N. China Lake Blvd., Ridgecrest, CA 93555; provides hot dinners Monday through Sunday; accommodates special diets; $3/meal. Go to the Emergency Dept. for arrangement.

Senior Nutrition

* Meals daily M-F 125 S. Warner St., Ridgecrest, CA 93555 Tracy Chrisman 1-760-375-5438
* 1247 Broadway, Inyokern 1-760-377-4800
* CAPK Senior Food Box 3rd Tuesday-St. Michael’s Church 200 Drummond 1-760-446-5816

CAPK WIC (Women Infants Children) 1-866-327-3074

814 N. Norma St. Ridgecrest, CA 93555

Health Dept.400 N. China Lake Blvd., Ridgecrest, CA 93555 1-760-384-5970

Call Bakersfield for appointment 1-661-321-3000

Public Health Nurse 1-760-384-5843

# **HIV/Sexually Transmitted Diseases**

Clinica Sierra Vista Ryan White/Kern Lifeline Project 1-661-324-3262

2000 Physicians Blvd., Bakersfield, CA 93301

Center for Disease Control 1-800-CDC-INFO (1-800-232-4636)

Kern County Department of Public Health 1-661-321-3000

# **Homeless**

CalWORKs Homeless Assistance 1-760-499-5200

Ridgecrest Dept. Human Services, 145 E. Ridgecrest Blvd., Ridgecrest, CA 93555

Clinica Sierra Vista Healthcare for the Homeless 1-661-328-4283

 Baker Street Village CHC 1015 Baker Street #4, Bakersfield, CA 93305

Homeless Intervention Services (The Mission at Kern County) 1-661-325-0863

821 East 21st St., Bakersfield, CA 93305

Kern Linkage Program 1-661-868-1840

 2525 N. Chester Ave. Ste. C, Bakersfield

 Referral Case Management services to homeless mentally ill/substance abuse addiction

Shelters/Housing

* Bakersfield Homeless Shelter 1-661-322-9199

1600 E. Truxtun Ave. Bakersfield, CA

* Bakersfield Rescue Mission 1-661-325-0863

816 E. 21st St., Bakersfield

* California Veterans Foundation 1-661-695-3626

731 Decatur Street, Bakersfield 93308-4242

* Homeless Health Care 1-661-322-7580

234 Baker St. #1, Bakersfield, CA 93305

* Lighthouse Women and Children's Rescue Mission 1-805-385-7200

104 & 150 N. Hayes Ave., Oxnard, CA 93030

* Mission at Kern 1-661-325-0863

 821 E. 21st St., Bakersfield, CA 93305

 Homeless shelter and rescue mission; help for addiction recovery

* Rapid Re-Housing (Bakersfield Homeless Center) 1-661-716-1020 ext. 120

1600 E. Truxtun Ave., Bakersfield, CA 93305

* Veterans Assistance Foundation 1-661-695-3626

 1400 Easton Dr. #102, Bakersfield, CA 93309

* Victor Valley Rescue Mission 1-760-955-5958

15572 7th St., Victorville, CA 92395

# **Home Health Care**

IHSS-Kern County Aging & Adult Services 1-661-868-1003

 5357 Truxton Ave, Bakersfield, CA 93309

Ridgecrest Regional Hospital Personal Care Services 1-760-499-3617

 1653 Triangle Drive, Ridgecrest, CA 93555

# **Hospice Care**

Ridgecrest Regional Hospital 1-760-499-3617

1653 Triangle Drive, Ridgecrest, CA 93555

# **Hospitals**

Hospitals with Emergency Mental Health Service Units

* Antelope Valley Hospital 1-661-949-5000

1600 W. Avenue J, Lancaster, 93534

* Crestwood Behavioral Health Center 1-661-363-8127

6700 Eucalyptus Dr., Bakersfield, 93306

* Bakersfield Behavioral Healthcare Hospital 1-661-398-1800

5201 White Lane, Bakersfield, 93309

* Harbor-University of California Los Angeles 1-310-222-3144

1000 W. Carson ST., Torrance 90509; Psychiatric Emergency Room

* Kern Medical Psychiatric Unit P 1-661-326-2715

1700 Mt. Vernon, Bakersfield, 93306

* Loma Linda University Behavioral Medicine Center 1-909-558-9275

1710 Barton Rd., Redlands, CA 92373

* Los Angeles County USC Hospital (LAC-USC) 1-323-409-5752

1100 N. State St., LA 90033, Psychiatric Emergency Unit

* UCLA Neuropsychiatric Institute 1-310-825-9989

760 Westwood Plz #67468, Los Angeles, CA 90095

Adventist Health Tehachapi Valley Hospital 1-661-823-3000

1100 Magellan Dr., Tehachapi, CA 93561

Bakersfield Heart Hospital 1-661-316-6000

 3001 Sillect Ave., Bakersfield, CA 93308

Kern Valley Hospital 1-760-379-2681

 6412 Laurel Ave., Lake Isabella, 93240

Palmdale Regional Medical Center 1-661-382-5000

 38600 Medical Center Dr., Palmdale, CA 93551

Ridgecrest Regional Hospital, 1111 N. China Lake Blvd., Ridgecrest, CA 93555

* Emergency Care Services 1-760-446-3551
* Urgent Care Clinic 1-760-499-3800

San Joaquin Hospital 1-661-395-3000

 2615 Chester Ave., Bakersfield, CA 93301

# **Hotlines , Talk Lines, and Help lines**

AARP Hotline 1-888-687-2277

Addiction Helpline 24-hour 1-800-999-9999

Adult Protective Services 1-661-868-1006 or 1-800-510-2020 or 1-800-277-7866

AIDS/HIV Hotline 1-800-367-2437

Alzheimer's Association 24-hr. Helpline 1-800-272-3900

American Cancer Society, Bakersfield 1-661-327-2424

American Diabetes Association, Kern County 1-888-342-2383

American Heart Association 1-661-327-1173

College Community Services After Hours Crisis Line 1-888-321-3000

Consumer Product Safety Hotline, Bakersfield 1-800-638-2772

Domestic Violence Hotline (Local-Women’s Shelter Network) 1-760-375-7525

Domestic Violence Hotline (National) 1-800-799-7233

Drug and Alcohol Crisis Hotline 1-800-662-4357

Human Trafficking Hotline 1-888-373-7888

Kern Behavioral Health Crisis Hotline 1-800-991-5272

Kern Stop Meth Now 1-855-No2Meth (662-6384)

www.KernStopMethNow.com

Narcotics Anonymous Help and Info Line Kern Co: 1-877-629-6759

National Alliance on Mental Illness (NAMI) Helpline: 1-800-950-6264

National Suicide Prevention Talk/Text Line **988**

National Suicide Prevention Lifeline: 1-800-273-8255 (talk)

Parenting Services/Support Warm Line 1-661-323-3531 or 1-888-955-9099

Rape Crisis Hotline 1-760-375-0745

Runaway Hotline 1-800-RUNAWAY (1-800-786-2929)

Sexually Transmitted Diseases Hotline 1-800-227-8922

Suicide Hotline: 1-800-SUICIDE (1-800-784-2433)

Teen Hotline (and text), 6 p.m. - 10 p.m. 1-800-852-8336

Teen Challenge 24-Hour Hotline 1-661-399-2273

Veteran Crisis Line/Suicide Prevention 1-800-273-8255 (talk)

# **Housing**

California Veterans Assistance Foundation 1-661-399-2490

Kern County's only transitional housing program tailored to serve our veterans.

Habitat for Humanity-Golden Empire 1-661-861-8449

rwhite@habitatbakersfield.org www.habitatkern.org

Home Access Grant Program 1-661-862-5062 or 1-661-862-5024

(assistance with making a home more assessable to physically challeneged individuals)

Housing Authority of the County of Kern (Section 8/Low Income Housing) 1-661-631-8500 x 3

601 24th St., Bakersfield, CA 93301; [section-8-housing.org/Apply](https://0.r.bat.bing.com/?ld=d3_VW0ED1iLnM4JT99LcGtUzVUCUymIYW9oq53KOpMcgMMB8rtPD9tHR9T6bC2Xa0l82GQMgvQgi3xxZnBkaDgHy-NmSXewr1KahR_XElQZ_uFqyWs9Lq-Rzt1yPGPzwtPnYb4S2pH5VbK-RZlYUMDlBo7Koc&u=http%3a%2f%2fsection-8-housing.org%2fCalifornia%3futm_source%3dbing%26utm_medium%3dcpc%26utm_campaign%3dSearch_CA_Geo_Section%25208%26utm_term%3d%252Bsection%2520%252B8%2520%252Bhousing%2520%252Bapplication%26utm_content%3dApply%2520-%2520BM)

Rapid Re-Housing (Bakersfield Homeless Center) 1-661-716-1020 ext. 120

1600 E. Truxtun Ave., Bakersfield, CA 93305

HUD Project Based Units

* Desert Willow Apartments 1-760-446-1166

1337 N. El Prado St., Ridgecrest, CA 93555

* The Ridge 1-760-375-3421

401 Cisco, Ridgecrest, CA 93555

* Larkspur Village Apartments 1-760-301-5195

340 S. Downs St., Ridgecrest, CA 93555

* Ridgecrest Senior Apartments 1-760-375-3900

901 W. Church Ave., Ridgecrest, CA 93555

Homeowners & Renters Assistance for Senior Citizens & Disabled & Blind 1-800-868-4171

Homeownership Preservation Foundation 1-888-995-HOPE (4673)

www.995hope.org Assistance for homeowners facing foreclosure

Budget Lodging

* American Best Value Inn and Suites 1-760-371-7454

 131 So. China Lake Blvd., Ridgecrest, CA 93555

* Budget Inn 1-760-375-1351

 831 N. China Lake Blvd. (behind Midway Cafe), Ridgecrest, CA 93555

* Desert Motel 1-760-375-1371

339 W. Church, Ridgecrest, CA 93555

* Knight's Inn 1-760-677-2508

706 Balsam, Ridgecrest, CA 93555

Realters/Property Management - Rental Units

* Coldwell Banker Best Realty 1-760-375-3855

710 N. China Lake Blvd., Ridgecrest, CA 93555

* Red Balloon 1-760-446-4300

1301 China Lake, Ridgecrest, CA 93555

* Vaughn Realty 1-760-446-6561

509 W. Ward, Ridgecrest, CA 93555

* Western Homes

235 W. Ridgecrest Blvd., Ridgecrest, CA 93555 1-760-384-0000

Rent-to-Own Mobile Home Parks

* Town & Country 1-760-446-4685

1599 N. Norma, Ridgecrest, CA 93555

Transition In Place (TIP) – Veterans Transitional Housing 1-661-399-2490

 Resource information, shelter, referrals and assistance for veterans in Eastern Kern County at risk of homelessness or currently homeless

U.S. Dept. of Housing & Urban Development (HUD) 1-661-631-8500

601 24th St., Bakersfield, 93301

Veteran's Home, Barstow 1-800-746-0606

 Skilled nursing and intermediate care for veterans

Identity Theft see Legal Referrals

# **Immunizations**

Health Dept 1-760-384-5970

 400 N. China Lake Blvd., Ridgecrest, CA 93555

Omni Family Health 1-760-446-7978

1133 N. Chelsea Street, Ridgecrest, CA 93555

Rural Health Clinic, Ridgecrest Regional Hospital 1-760-446-3551

 1111 N. China Lake Blvd., Ridgecrest, CA 93555

# **In-Home Support Services** See Senior Citizens or Home Health Care

# **Information and Referral**

2-1-1 Kern 1-800-273-2275

Better Business Bureau 1-661-322-2074

1601 H. St., Ste. 101 Bakersfield, CA 93301

California Dept. of Consumer Affairs 1-800-952-5210

Information Desk - City Hall 1-760-499-5015

100 W. California Ave., Ridgecrest, CA 93555

Ridgecrest Area Visitors Bureau 1-760-375-8202

643 N. China Lake Blvd., Ste. C, Ridgecrest, CA 93555

Ridgecrest Chamber of Commerce 1-760-375-8331

128 E. California Ave. # B, Ridgecrest, CA 93555

# **Insurance**

California Low Cost Automobile Insurance Program 1-866-602-8861 www.insurance.ca.gov

Covered California, www.coveredca.com 1-800-300-1506

Kern County Again & Adult Services HICAP Health Insurance Counseling & Advocacy Program

 Assistance with Medicare for seniors and disabled 1-661-868-1000 or 1-800-434-0222

Medi-Cal, Kern County Dept. of Human Services 1-760-375-5200 or 1-661-631-6807

145 E. Ridgecrest Blvd, Ridgecrest CA 93555 benefitscal.com

Medicare, www.medicare.gov 1-800-633-4227

Unemployment Insurance Benefits (America's Job Center) 1-760-384-5995

 540 W. Perdew, Ste. B2, Ridgecrest, CA 93555

U. S. Department of Veterans Affairs www.va.gov 1-877-222-8387

# **Law Enforcement**

CA Highway Patrol, Bakersfield 1-661-824-2408

Kern County Sherriff's Ridgecrest Substation 1-760-384-5800

128 E. Coso A, Ridgecrest, CA 93555

Police (non-emergency)

* Ridgecrest, 100 W. California 1-760-499-5100
* Naval Air Weapons Station, China Lake 1-760-939-3323

# **Legal** **Referrals**

Child Support Services email: childsupport@co.kern.ca.us 1-866-901-3212

 400 N. China Lake Blvd., Ridgecrest, CA 93555

 1300 18th St., Bakersfield, CA 93301

Community Homeless Law Center 1-661-334-4666

615 California Ave., Bakersfield

Consumer Credit Counseling of Kern 1-661-324-9628 or 1-800-272-2482

 2001 F St., Bakersfield, CA 93301

Correctional Mental Health

* Downtown Jail 1-661-868-6895
* Lerdo Facility 1-661-868-6895

17635 Industrial Farm R.,

Department of Corrections & Rehabilitation visitor's helpline 1-800-374-8474

 TransMETRO Free bus transportation for approved CDCR visitors 1-415-259-4746

Diane Wade-Social Security Disability Advocate 1-661-821-0494 or 1-760-417-2390

Family Law 1-760-384-5900

132 E. Coso Ave., (Self-Help Program, Divorce, Guardianship, Custody, Visitation, etc.)

Kern County Sherriff - **Jail** -Central Receiving Facility 1-661-868-6850

1415 Truxtun Ave., Bakersfield, CA (Inmates waiting for first court date held here)

GBLA (Greater Bakersfield Legal Assistance) 1-661-325-5943 or 1-888-292-GBLA(4252

Identity Theft

* Kern County Sheriff's Dept. Crime Prevention Unit 1-661-391-7460
* Federal Trade Commission 1-877-438-4338 (ID-THEFT)

Immigrant Policy Center (CA) 1-916-448-6762

Indigent Defense Program (IDP) 1-661-334-4709

Kern County Government Numbers

* Camp Owen 1-760-376-8500

14401 Sierra Wy, Kernville,

* District Attorney 1-760-384-5821

128 E Coso Ave., Ridgecrest, CA 93555

* Superior Court 1-760-384-5900

East Kern Municipal Court Dist, 132 E. Coso Ave., Ridgecrest, CA 93555

* Public Defender 1-760-384-5876

Mexican-American Legal Defense/Ed. Fund 1-213-629-2512

634 So. Spring St., Los Angeles, CA 90014

Neighborhood Watch 1-760-499-5107

Probation Dept. 1-760-384-5914

400 N. China Lake Blvd., Ridgecrest, CA 93555

Restraining Orders (for domestic violence) Women's Center High Desert, Inc. 1-760-371-1969

134 S. China Lake Blvd., Ridgecrest, CA 93555

Social Security fraud, waste, and abuse 1-800-269-0271

Victim Compensation Board 1-800-777-9229

# **Library**

# Ridgecrest Branch 131 E. Las Flores Ave., Ridgecrest, CA 93555 1-760-384-5870

# **Literacy**

Cerro Coso Community College (Access Program) 1-760-384-6250

3000 College Heights Blvd., Ridgecrest, CA 93555

Family Literacy Program - Owens Valley Career Development (Tribal TANF) 1-760-379-4770

 P.O. Box 2895, Lake Isabella, CA 93240

Literacy Council of Indian Wells Valley, Inc. 1-760-382-4346 or 1-760-375-1088

Opportunities for Learning, Public Charter School Grades 7-12 1-760-375-7799

900 N. Norma St., Ridgecrest, CA 93555

Sierra Sands Adult Education 1-760-499-1725

140 W. Drummond, Ridgecrest, CA 93555

# **Medication Support**

www.needymeds.com

California AIDS Drug Assistance Program 1-916-449-5900 or 1-844-421-7050

Discount Prescription Coupons www.goodrx.com

SCBN Prescription Advocacy 1-888-331-1002

# **Medical Equipment**

High Desert Medical & Sleep Supplies, Inc. 1-760-375-3680

 112 N. China Lake Blvd., Ridgecrest, CA 93555

# **Medical Transportation-non emergency medical appointments**

Kern Family Health Care-Member Transportation 1-800-391-2000 (option #3)

Ridgecrest Medical Transportation 1-760-495-2394

Ridgecrest Regional Hospital Patient Transportation 1-760-446-0166

# **Mental Health**

Bakersfield Access Center; Shell Mental Health Center 1-661-868-8047

2151 College Ave., Bakersfield, 93301

College Community Services 24-Hour Crisis Line 1-877-300-4738

College Community Services 1-760-499-7406

 1400 N. Norma, Ste. 133, Ridgecrest, CA 93555

CCS HOPE Center 1-760-446-1597

1400 N. Norma, Ste. 137, Ridgecrest, CA 93555

Compassionate Couch

815 N. Downs Street, Ste B, Ridgecrest

* Melissa Price, LCSW 760-371-5393
* Jasmine Carter, LCSW 760-977-1555
* Pam Cambell, LMFT email: pgcambell12@outlook.com
* Lori Miller, LMFT 760-608-0872
* Darrelyn Dorias, LMFT 760-977-1286
* Lori Weidner-Alvarez, LMFT 760-382-7126
* Brittany Williams, APCC (student intern) 760-371-5393

Crossroads Community Church 1-760-384-3333

 235 N. China Lake Blvd., Ridgecrest, CA 93555

 Free personal, family, marriage premarital, financial and addiction counseling

Crisis Stabilization Unit (Ridgecrest Mental Health Urgent Care) 24 Hours 1-760-463-2880

1141 Chelsea St., Ridgecrest, CA 93555 Children & Adults

Family Advocacy-Mental Helath, Kern Behavioral Health & Recovery Services 1-844-360-8251

Fleet and Family Services 1-760-939-4545

1 Administration Circle, Stop 1323, Bldg 02308 Blandy Ave.,

China Lake, CA 93555-6100

High Desert Therapy Dogs Ruth 1-760-608-0511; Joan 1-760-382-8933

Kern County Behavioral Health Crisis 24-hour Hotline 1-800-991-5272

Mental Health Classes (Currently via ZOOM) NAMI Contact Janet Mulvihill 1-760-384-8672

Website: https://www.namikern.org/program

* Family-to-Family offered 2x per year to register email: namikern@yahoo.com

 12-week education course for family members, caregivers, and friends of adults with mental illness offered yearly

* Peer-to-Peer offered 2x per year to register email: namikern@yahoo.com 10-week Wellness and Relapse Prevention course for adults living with mental illness

Mental Health Support Groups through NAMI to register email: namikern@yahoo.com

* Family Support Group: Zoom every 2nd & 4th Tuesday 5:15-6:45 PM & 1st Wednesday 6-7:30 PM
* Connections Peer Recovery Support Group Zoom Mondays 6-7 PM & Thursdays 6-7:30 PM

Navy Marine Corp Relief Society 1-760-939-2921

610 Blandy Ave. Ste. S, China Lake 93555-2866

Omni Family Health 1-760-446-7978

Medi-Cal and most insurances, 1133 N. Chelsea Street, Ridgecrest, CA 93555

Patient's Rights Advocate 1-844-360-8250

Psychiatric Evaluation Center/ Crisis Stabilization Unit (PEC/CSU) 1-661-868-8080

 Mary K. Shell Bldg.

Ridgecrest Rural Health Clinic 1-760-499-3855

Medicare, Medi-Cal, Private Insurance, 1111 N. China Lake Blvd., Ridgecrest, CA 93555

Motor Vehicles CA Dept.

540 W. Perdew Ave., Ridgecrest, CA 93555 1-800-777-0133

Native American

Owens Valley Career Development Canter/Tribal TANF 1-760-379-4770

Naval Air Weapons Station China Lake

Ridgecrest Information 1-760-939-9011

Neighborhood Watch see Legal Referrals

# **Newspapers**

Daily Independent 1-760-375-4481

224 E. Ridgecrest Blvd., Ridgecrest, CA 93555

News Review 1-760-371-4301

109 N. Sanders, Ridgecrest, CA 93555

Swap Sheet 1-760-375-5400

720 N. Norma Suite B, Ridgecrest, CA 93555

# **Nursing Home**

Bella Sera Transitional Care & Rehab Unit 1-760-446-3591

 1131 N. China Lake Blvd., Ridgecrest, CA 95333

High Desert Haven 1-760-371-1989

1240 College Heights Blvd., Ridgecrest, CA 93555

Nutrition

WIC (Women Infants Children) 1-866-327-3074

#  Community Action Partnership of Kern, 814 N. Norma St. Ridgecrest, CA 93555

# **Ombudsman**

Long-Term Care (GBLA) 1-661-325-5943

615 California Ave., Bakersfield, 93304

Mobile Home Ombudsman, www.hcd.ca.gov 1-800-952-5275

# **Parenting**

Oasis Family Resource Center 1-760-938-1094

825 N. Norma, Ridgecrest, CA 93555 (court-approved parenting classes)

Parenting Services/Support Warm Line 1-661-323-3531 or 1-888-955-9099

Southeast Neighborhood Partnership Clinica Sierra Vista 1-661-322-3276

 (court-approved parenting classes offered via Zoom)

# **Pharmacies**

Albertson's Savon Pharmacy 1-760-384-4020

927 S. China Lake Blvd., Ridgecrest, CA 93555

Center Professional Pharmacy 1-760-446-4141

1109 N. China Lake Blvd., Ridgecrest, CA 93555

Rite Aid Pharmacy 1-760-375-0223

101 N. China Lake Blvd., Ridgecrest, CA 93555

Walgreens Pharmacy 1-760-384-2358

101 Drummond Ave., Ridgecrest, CA 93555

Walmart Pharmacy 1-760-371-4979

201 E. Bowman Ave., Ridgecrest, CA 93555

Poison Control Center 1-800-222-1222

Police - See Law Enforcement

Post Office

Ridgecrest 101 E. Coso Ave., Ridgecrest, CA 93555 1-760-375-1939

Inyokern 6504 Locust Ave., Inyokern 93527 1-800-275-8777 or 1-760-377-5125

# **Pregnancy**

Nurse-Family Partnership 1- 760-384-5843

Kern County Dept. of Public Health Services, 400 N. China Lake Blvd. Ridgecrest, CA 93555

Perinatal Education & Lactation Support (breast feeding) 1-760-499-3032

Ridgecrest Regional Hospital, 1081 N. China Lake Blvd., Ridgecrest, CA 93555

Pregnancy Care Center 1-760-384-2273

341 E. Ridgecrest Blvd. Ste. A, Ridgecrest, CA 93555

Safe Surrender (for newborns within 3 days of birth) 1-866-517-7233 (safe)

Program allows a distressed birth parent(s)to legally, confidentially and safely surrender their baby within 3 days to any fire station or hospital emergency room in Kern County. A bracelet will be placed on the baby for identification and  a matching bracelet will be given to the parent. The bracelet will help connect the parent to the baby if the parent wants the baby back.  Under the SSB Law, a parent has at least 14 days to claim his or her infant.

Probation See Legal Referrals

# **Recreation**

CCS HOPE Center for the Mentally Ill 1-760-446-1597

1400 N. Norma Ste. 137, Ridgecrest, CA 93555

Kerr McGee Center, Parks and Recreation 1-760-499-5000

100 W. California Ave., Ridgecrest, CA 93555

# **Representative Payee Programs**

Around the Clock Foundation 1-661-395-5800

5251 Office Park Drive #400, Bakersfield. 03309

Catholic Charities 1-661-616-4036

825 Chester Ave., Bakersfield 93301

Manna House 1-760-379-1808

6433 Lake Isabella Blvd., Lake Isabella 93240

Steward's 1-661-631-1258

 2211 H Street, Bakersfield, CA 93301-3923

# **Schools**

Adult Education,

* Sierra Sands Unified School District 1-760-499-1725

140 W. Drummond Ave., Ridgecrest 93555-2508

* English Language Classes 1-760-499-1725

 Viewig School, 348 Rowe St., Ridgecrest , CA 93555

College

* CA State University 9001 Stockdale Hwy., Bakersfield 1-661-664-2011
* CA State University 43909 30th St. W. Lancaster, CA 93536 1-661-952-5000
* Cerro Coso Community College (Special Services Dept.) 1-760-384-6250

3000 College Heights Blvd., Ridgecrest

Preschools

* Balas Montessori 1-760-375-8261

555 S. China Lake Blvd., Ridgecrest, CA 93555

* Cerro Coso Child Development Center 1-760-384-6362

3000 College Heights Blvd., Ridgecrest, CA 93555

* Head Start, Oasis Child Development Center 1-760-371-1469

CAPK, 814 N. Norma, Ridgecrest, CA 93555

* Heritage Montessori Pre-School & Kindergarten 1-760-446-7459

934 Heritage Dr., Ridgecrest, CA 93555

* High Desert Leaping Lizards (State Preschool) 1-760-499-1770
* NAWS Child Development Center 1-760-939-3171
* Ridgecrest Montessori Children’s House TK-5th Grade 1-760-381-6257

732 N. Norma Ste B, Ridgecrest, CA 93555

# **Senior Citizens, and adults with disabilities**

http://www.co.kern.ca.us/aas/resources-comm.asp

http://www.co.kern.ca.us/aas/supportproviders.asp

AARP Hotline 1-888-687-2277

Adult Protective Services (APS) Hotlines 1-800-277-7866 or 1-661-868-1006

Ridgecrest Regional Hospital Support Groups

* Alzheimer’s Support Group 1-760-371-1445
* Caregiver Group 1-760-499-3825

Meets Virtually

2nd & 4th Tuesdays, 6-7:30 PM

* Congestive Heart Failure Support Group 1-760-499-3835

3rd Tuesday 6 PM

* Diabetes Empowerment Education Program 6 weeks of education 1-760-499-3825
* Diabetes Support Group 1-760-499-3825

1081 N. China Lake Blvd. Ridgecrest, CA 93555 David Mechtenberg Room

4th Thursday 5:30-6:30 PM

* Grief Support 1-760-499-3617

417 Drummond Ave. (Senior Services), Ridgecrest, CA 93555

1st Tuesday 6 PM

* Stress Reduction Clinic 1-760-499-3855

8 week mindfulness based lifestyle change program

Kern County Adult and Aging Services 1-800-510- 2020 or 1-661-868-1000

5357 Truxtun Ave., Bakersfield, CA 93309

Paid Medical Leave Program 1-877-238-4373

California Employment Development Department www.edd.ca.gov

Parenting Services/Support Warm Line 1-661-323-3531 or 1-888-955-9099

Personal Care Services (Ridgecrest Regional Hospital) 1-760-499-3617

Senior Services (Ridgecrest Regional Hospital) 1-760-371-1445

417 Drummond Ave., Ridgecrest, CA 93555

Senior Centers

* Ridgecrest: 125 S. Warner 1-760-375-5438
* Inyokern Senior Nutrition Program, 1247 Broadway, Inyokern 93527 1-760-377-4800

Senior Law Center 1-888-292-4252 or 1-661-325-5943

Greater Bakersfield Legal Assistance, 615 California., Bakersfield, CA 93304

Shield 1-800-675-8842

Adult diaper service for Medi-Cal recipients; incontinence supplies, ostomy supplies, diabetic supplies and oral nutritional supplement. They deliver.

Sexual Assault Response Team Hotline 1-760-375-0745

Sheriff See Law Enforcement

# **Smoking Cessation**

California Smokers Helpline 1-800-NO-BUTTS www.nobutts.org

Kick It California 1-800-300-8086 www.kickitca.org

# **Social Security Administration**

General information 1-800-772-1213

Lancaster, 1-866-964-1725

42225 10th St. West, Lancaster, Ca 93534 (9 a.m. - 4 p.m. M T TH F; Wed. 9 a.m. - Noon)

Bakersfield

* Bakersfield Office 5300 Office Park Dr., Bakersfield, 93309 1-866-476-1489
* East Hills Office 2575 Haley St., Bakersfield,93305 1-866-366-9558

# **Substance Abuse**

24-hr Helpline 1-877-959-2103

Alcoholics Anonymous: Meeting Info (11 a.m. - 4 p.m.) 1-760-375-5445

Amethyst Sober Living (Women) 1-213-300-8853

SW Bakersfield

College Community Services 760-499-7406

1400 N. Norma, Ste. 133, Ridgecrest, CA 93555

Detoxification Programs

* Aegis (Opiate addiction assistance) 1-760-301-6945

1111 W. Inyokern Road, Ridgecrest, CA 93555

* Living Word Harvest, Men's Recovery House 1-626-217-5759

Bakersfield, CA., fee based on income

* Good Samaritan Hospital 1-661-215-7500

Bakersfield, CA., Insurance accepted

* St. John of God Healthcare Services 1-760-241-4917

13333 Palmdale Road, Victorville, CA 92392

Free, Social, Non-Christian Detox Program, 7-day Retreat Environment

Kern County Mental Health Substance Abuse Resource Team (S.A.R.T.) 1-661-868-0848

1401 L St., Bakersfield

Narcotics Anonymous, Kern County 24-Hour Info Line 1-877-629-6759

 Ridgecrest 1-760-446-4445

Rehabilitation & Discipleship Programs

* Teen Challenge USA (Adult Rehabilitation Center) 1-661-746-4917

teenchallengeusa.com Bakersfield, CA

* Salvation Army Adult Rehabilitation Center (Men)
	+ 200 19th Street Bakersfield, CA 1-661-325-8626
	+ 363 S. Doolittle Rd, San Bernardino, CA 92408 1-909-889-9605
	+ 1300 Lewis Street, Anaheim CA 92805 1-714-758-0414
* The Mission at Kern 1-661-325-0863

themissionkc.org

* The Refuge Ridgecrest Vineyard Church 1-760-620-1711

 rvclife.org/refuge

# **Support Groups**

Alcoholics Anonymous www.kernaa.org; Central Office: 1-661-322-4025

Alzheimer's Support Group 1-760-499-3825

Celebrate Recovery 1-760-375-5014

 RCA Church- 800 W. Upjohn, Ridgecrest, CA 93555

Connections Peer Recovery Support Group (support for those who struggle with mental health) register by email: namikern@yahoo.com

 Zoom meetings Mondays 6-7 PM & Thursdays 6-7:30 PM

Family Support Group (for family members of those struggling with mental health) register by email: namikern@yahoo.com

Zoom meetings 2nd & 4th Tuesday 5:15-6:45 PM & 1st Wednesday 6-7:30 PM

Lighthouse, 111 N. Balsam St., Ridgecrest, CA 93555 1-760-382-3858

Narcotics Anonymous (call for meeting days and times) 1-760-446-4445

Ridgecrest Regional Hospital Support Groups

* Alzheimer’s Support Group 1-760-371-1445
* Caregiver Group 1-760-499-3825

Meets Virtually

2nd & 4th Tuesdays, 6-7:30 PM

* Congestive Heart Failure Support Group 1-760-499-3835

3rd Tuesday 6 PM

* Diabetes Empowerment Education Program 6 weeks of education 1-760-499-3825
* Diabetes Support Group 1-760-499-3825

1081 N. China Lake Blvd. Ridgecrest, CA 93555 David Mechtenberg Room

4th Thursday 5:30-6:30 PM

* Grief Support 1-760-499-3617

417 Drummond Ave. (Senior Services), Ridgecrest, CA 93555

* Stress Reduction Clinic 1-760-499-3855

8 week mindfulness based lifestyle change program

# **Suicide Hotline** (24-7's)

1-800-784-2433 (1-800-Suicide)

Mental Health Crisis Line Talk or Text **988**

National Suicide Prevention Life Line 1-800-273-8255 (1-800-273-TALK)

SALT-Save A Life Today 1-661-412-2721 www.saltkc.com

# **Transportation**

American Cancer Society Transport Services 1-800-227-2345 or 1-661-327-2424

Ridgecrest: Road to Recovery 1-800-227-2345

American Cancer Society, free transportation to and from treatment facilities. Pre-register four days in advance, patient must be ambulatory

Eastern Sierra Transit 1-800-922-1930 or 1-760-872-1901

Kern Transit www.kerntransit.org 1-800-323-2396 or 1-800-560-1733

Ridgecrest Patient Transport 1-760-446-3591

8 a.m. - 3 p.m. Mon-Fri

Ridgecrest Dial-A-Ride 1-760-499-5040

(serving Ridgecrest, Inyokern, Ransburg) - Limited: for approved ADA persons only

Ridgecrest Medical Transportation 1-760-495-2394

(Medicare, Medi-Cal, Health Net, Kern Family Health) Lancaster and Palmdale

Ridgerunner 1-760-499-5040

Taxi's

* Ridgecrest Taxi 1-760-384-2227

Utilities

Edison - sce.com 1-800-447-6620

* CARE/FERA: low-income discount program for your electric bill
* Level Pay Plan
* Residential Summer Discount Program
* Medical Baseline

Crossroads Community Church 1-760-384-3333

 235 N. China Lake Blvd., Ridgecrest, CA 93555 (as funds are available)

Grace Lutheran Church 1-760-375-9768

502 N. Norma St., Ridgecrest, CA 93555 (as funds are available)

HEAP (Home Energy Assistance Program) Low income 1-866-675-6623

* Community Action Partnership of Kern- Home Energy Program 1-800-988-7771

Home Weatherization Services Kern County 1-661-336-5203

 CAPK Energy Program, 300 19th St., Bakersfield, CA 93301

Telephone

* California Lifeline Program 1-866-272-0349

(discounted home phone service to qualified households). http://hellosavings.org/

* California Telephone Access Program 1-800-806-1191 or 1-800-995-6831

telephones available for the visually impaired, hearing impaired, seniors and disabled.

PG&E -

* CARE Program (15% discount) 1-800-743-5000
* Energy Savings Assistance Program (Includes Mobile Homes) 1-800-989-9744

# **Veterans**

Kern County Vet Rep. 1-661-868-7300

Kern County Veterans Services Department, Bakersfield 1-661-868-7300 or 1-866-218-5367

 Helps with filing for federal and state benefits for veterans, survivors, and their dependents.

Military Resource Center 1-661-579-8301

506-W. Jackman St., Lancaster 93534

Ridgecrest Veterans Advisory Council 1-760-608-9251

P.O. Box 805, Ridgecrest, CA 93556

Transition In Place (TIP) - Transitional Housing 1-661-323-637

 Resource information, shelter, referrals and assistance for veterans in Eastern Kern County at risk of homelessness or currently homeless

Veteran's Services Dept. 1-760-384-5826

(in Ridgecrest every Wednesday at County Bldg., 400 N. China Lake Blvd. by Library across from Post Office)

- To schedule an appointment, call 1-866-218-5367 or 1-661-868-7300

Veteran Services Emotional Crisis Press 1 for Veteran 1-800-273-8255 (TALK)

U. S. Department of Veterans Affairs www.va.gov 1-877-222-8387

VA health benefits

# **Vocational Rehabilitation Dept**. for appointment in Ridgecrest 1-760-446-2523

4925 Commerce Drive, Suite 150, Bakersfield 92309

# **Volunteer Opportunities**

www.justserve.org

Wellness Check1-760-499-5100

Police Department (call to request a wellness check on someone in poor health or with safety concerns)