

BAKERSFIELD COLLEGE



Community Resources

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Law Enforcement

Bakersfield Police Department: (661) 327-7111 www.bakersfieldpd.us

1601 Truxtun Ave, Bakersfield, CA 93301

The Bakersfield Police Department is committed to achieving excellence in public safety by conducting ourselves with honor, providing selfless service, exhibiting physical and moral courage, and vigilantly safeguarding our community.

Kern County Sheriff's Department: (661) 861-3110 www.kernsheriff.com

The Kern County Sheriff's Department is committed to work in partnership with our community to enhance the safety, security and quality of life for the residents and visitors of Kern County through professional public safety services.

Food and Shelter

Bakersfield Rescue Mission: 661-325-0863 <http://www.thebrm.org/>

Breakfast, lunch, and dinner are served each day in the Curt Kennedy Center located at 724 E. 21st Street.

Bakersfield Homeless Center: 661-322-9199 <http://bakhc.org/get-help/food-shelter.php>

Breakfast, lunch and dinner are served daily at 1600 E. Truxtun Avenue.

Kern County Food Bank: 661-398-4520 <http://www.capk.org/index.cfm/fuseaction/Pages.Page/id/538>

Multiple Locations. Community Action Partnership of Kern Food Bank was established in 1983 to acquire food and other resources to help alleviate hunger, provide food, and meet the nutritional needs of these economically disadvantaged in Kern County.

Golden Empire Gleaners: 661-324-2767 <http://www.goldenempiregleaners.com/>

Multiple Locations. Through the help of referring agencies, distributes food to needy children, senior citizens, families in crisis, and people who are ill, disabled, homeless or unemployed, and others determined by the Board of Directors to be eligible.

Hope Center: 661-661-399-2119 <http://hopecenters.net/>

Distributes food, clothing and household goods daily.

Flood Bakersfield Ministries Inc.: 661-323-5663 <http://wp.floodbako.com/>

Multiple Locations. A critical part of Flood's Community Celebrations outreach is grocery distribution.

Department of Human Services: 661-631-6000 <http://www.co.kern.ca.us/dhs/>

California Women, Infants, and Children (W.I.C.): 800-707-4401

<http://clinicasiterravista.iescentral.com/Departments/introduction/WIC.html>

Nutrition program that helps pregnant & breastfeeding women, infants, and children under 5 years of age. WIC offers nutrition and breastfeeding education, helps families by providing checks for healthy foods, and offers referrals for other community services.

Housing Authority of the County of Kern: (661) 325-0528 www.kernha.org

1104 S Robinson St, Bakersfield, CA 93307

Authority is an independent, local government agency providing safe, affordable housing to thousands of Kern County residents through special programs serving families, individuals, senior citizens, Veterans, the disabled, homeless persons, farm workers and emancipated foster youth.

Mental Health

Alliance Against Family Violence: 661-322-0931 <http://www.kernalliance.org/>

Shelter Program, rapid re-housing Assistance, case management program, clothing, household and furniture - referral through case managers, meals/snacks, job development - mentor Program, resume workshop; interview techniques, job search; life skills; ESL classes; GED; collaboration with BHC Job Development Department, GED Program, counseling, peer counseling groups, health care, childcare, on-site tutor, transportation assistance, and temporary restraining order assistance for victims of physical and sexual abuse and assault.

Magdalene Hope: 661-808-4673 <http://magdalenehope.wix.com/maghope>

Supplies resources to victims of trafficking such as food and transportation to court, visits with family, etc.

C.S.U.B. Counselor Training Clinic: 661-654-3402 <http://www.csub.edu/cpsytrainingclinic/>

Offers low-cost (maximum \$15 per session) individual, couple, family and group counseling services to members of the Bakersfield community. Services are provided by advanced graduate student clinicians from CSUB. All counseling sessions are supervised by a Licensed Marriage and Family Therapist and are videotaped for training purposes.

Consumer Family Learning Center: 661-868-5074

http://kern.networkofcare.org/mh/services/agency.aspx?pid=ConsumerFamilyLearningCenter_346_2_0

Resource Center for community members seeking recovery from mental illness and substance abuse. Offers a variety of peer-led support groups, enrichment classes, activities, and volunteer opportunities to enhance recovery. Free to low cost.

Independent Living Center of Kern County: 661-325-1063 <http://ilcofkerncounty.org/>

Offers free independent living skills training for people with disability, including communication services, housing services, information and referrals, job development opportunities, and discussion groups.

Kern County Mental Health: 661-868-6600 <http://www.co.kern.ca.us/artman2/kcmh/publish/>

Offers geographically located resources to provide a wide range of behavioral health services. These services may include medication, individual and group counseling, rehabilitation and recovery services, access to needed resources, family counseling, and a variety of diagnostic and advocacy services.

Mary K. Shell: 661-868-8111, 2151 College Ave. 93305 <http://www.co.kern.ca.us/kcmh/services/crisis.asp>

Crisis Stabilization Unit Hotline: (800)-991-5272 <http://www.co.kern.ca.us/kcmh/services/crisis.asp>
Offers 24 hour services including crisis intervention to prevent hospitalization, assessment and referral to other mental health services.

National Alliance on Mental Illness (NAMI): 661-868-5601, Helpline: 661-868-3255
<http://namikerncounty.org/>
Offers support groups, educational programs, and educational presentations about living with mental illness.

National Suicide Prevention Hotline: 1-800-273-8255 www.suicidepreventionlifeline.org
The National Suicide Prevention Lifeline is a 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress.

Kern Lifeline Project: 661-324-3262 <http://www.clinicaserravista.org/departments/introduction/Kern-Lifeline-Project.html>
Offers medical and non-medical case management services (funded by the Ryan White Care Act) to persons living with HIV/AIDS.

Substance Abuse

Aegis Treatment Center: (661) 861-9967 <http://aegistreatmentcenters.com/>
Offers methadone based treatment, rapid or long-term extended detoxification and short-term and extended treatment and maintenance.

Kern County Mental Health GATE Team: 661-868-6453
http://kern.networkofcare.org/mh/services/agency.aspx?pid=AccessCenterBakersfieldKernCountyMentalHealthGateTeam_346_2_0
Offers substance abuse assessment and referral/ placement for treatment.

Teen Challenge: (661) 399-2273 www.teenchallenge.org/centers/kern-county
301 E Roberts Ln, Bakersfield, CA 93308
The Teen Challenge residential program is an effective substance abuse recovery and prevention program.

Anger Management

Open Path Online Wellness Education: Online Anger Management Training and Courses
<http://mentalhealth.openpathcollective.org/anger-management/>
Inexpensive, court approved online Anger Management class. Price (\$4.99) includes access to entire catalogue of Online Wellness Classes such as parenting, relationships, or self-esteem. Learn about anger, stress, communication, boundaries, etc.

Consumer Family Learning Center Conflict Resolution/Anger Management class 661-868-5074,
5121 Stockdale Hwy. 93309
Free classes held every Monday from 2:00 p.m. until 3:00 p.m.

Legacy Behavioral Services 661-861-1133, 1800 Westwind Dr. Suite 107, 93301
Combined Anger Management and Domestic Violence class (10-16 weeks) \$50 to enroll and \$25 per weekly class. Classes held Tuesday, Thursday, and Saturday.

Professional Group 661-324- 1982, 1415 18th St. Suite 312, 93301
Anger management classes (10, 16, 20 weeks). \$40 to enroll and \$25 per weekly class. Classes held Wednesday and Thursday evenings.

Support Groups

Alcoholics Anonymous (A.A.): 661-322-4025 <http://kernaa.org/>
Twelve-step peer-based support group for those who desire to quit drinking and maintain abstinence for drinking.

Al-Anon, Alateen: 661-311-1102 <http://www.kernalanon.org/>
Support group for anyone affected by another person's drinking problems. Includes Alateen for younger teenage members.

Narcotics Anonymous (N.A.): 1-877-629-6759 <http://www.kcna.org/>
Support group for people for whom drugs had become a major problem. Consists of recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. The only requirement for membership is the desire to stop using.

Attempter's Recovery and Support Group: 661- 868-1552
Support group for survivors of a suicide attempt or those struggling with suicidal ideation where members can share their feelings, ease their pain and develop effective coping skills.

Celebrate Recovery: Local 661-387-6366 <http://www.valleybaptist.org/cr>
The purpose of Celebrate Recovery is to fellowship and celebrate God's healing power in life through the "8 Recovery Principles" based on the Beatitudes and Christ-centered 12 steps. Conducted by Christians who have been through 12-step recovery themselves. Offers recovery groups for chemical dependency, co-dependency, sexual addiction, eating disorders, adult children of family dysfunction, gambling/financial recovery, and anger.

Depression Support Group: 661-868-5961 Good Samaritan Hospital Southwest
Self-help group for depression.

Recovery International: 312-337-5661 <https://www.recoveryinternational.org/>
Offers support groups for a variety of mental health issues.

Gay and Lesbian Center: 661-843-7995 <http://www.glcenterbak.org/>
Offers several different support groups for gays, lesbians, bisexuals, and transgender as well as many other resources.

2030+Q Transgender Support Group: 661-843-7995 <http://www.glcenterbak.org/programs.html>

Peer support and networking group for individuals under 40 who identify as LGBTQ or straight allies. Meetings are held at the Gay & Lesbian Center.

Optimal Hospice Care Grief Support Group: 661-716-4000

Offers weekly grief support group meetings that are free of charge and open to the public with no reservations required.

Hoffman Hospice Grief Support Group: 661-410-1010 <http://hoffmannhospice.org/grief-support/>

Offers weekly grief support group meetings that are free of charge and open to the public with no reservations required. Also offers support for kids and teens as well as parents who have suffered the loss of a child.

Kid's Grief Connection: 661-371-2102

Support group for children who suffer from grief.

Passionate Hearts (for women): 661-331-3392 <http://www.passionateheartministry.com/>

Christ-centered, curriculum-based, support group for women wounded by childhood sexual abuse. Exists to provide a safe place for women to come together and work on the issues incurred through their abuse.

Overeaters Anonymous (O.A.): 661-588-4811 <http://oabakersfield.com/meetings-events/>

Group to support individuals in need of recovery from compulsive eating (e.g.: overeating, bulimia, anorexia).

National Crisis Hotlines

National Drug Information Treatment and Referral Hotline: 800-662-4357

National Domestic Violence Hotline: 1-800-799-7233

California Smoker's Hotline: 1-800-662-8887

Self-Harm Hotline: 1-800-366-8288

National Eating Disorder Helpline: 1-800-931-2237

Gay, Lesbian, Bisexual, and Transgender Hotline: 1-888-843-4564

National Human Trafficking Resource Center Hotline: 1-888-843-4564

National Hopeline Network Suicide and Crisis Hotline: 1-800-442-4673

Department of Defense Safe Helpline for Sexual Assault: 1-877-995-5247

TeenLine Hotline: 1-310-855-4673

Rape Crisis Hotline: 1-760-375-0745

Suicide Prevention Lifeline: 1-800-273-8255

National Problem Gambling Hotline: 1-800-522-4700

Veteran's Crisis Line: 1-800-273-8255

California Youth Crisis Hotline: 1-800-843-5200

American Red Cross: (661) 324-6427 www.redcross.org/local/ca/centra

5035 Gilmore Ave, Bakersfield, CA 93308

The Central California Region Chapter seeks to help people prevent, prepare for, and respond to natural and human-caused disasters through the immediate mobilization of people and resources and the provision of community, workplace, and school-based training.

Veteran's Services

Veteran's Crisis Line: 1-800-273-8255

Supportive Services for Veterans Resource and Referral Center: 661-868-7313

<http://www.cavaf.org/programs-services/ssv/>

Types of Funding Available: Rental Assistance, Utility – Fee Payment Assistance, Security Deposits for housing, Emergency Supplies, Transportation.

Kern County Veteran's Service Department: 661-868-7300 <http://www.co.kern.ca.us/veterans/>

Helps with Disability Compensation for service-connected illnesses or injuries, non-service connected pension/Widows Pension (Aid and Attendance) for veterans who served during a war-time period, education/training programs for Veterans & dependents, medical treatment, home loans/loan guarantees, burial expenses reimbursement and death benefits, veterans homes, College Fee Waiver Program for eligible dependents, and Identification Cards for Veterans. 1120 Golden State Ave, Bakersfield, CA 93301

Bakersfield Veteran's Center: 661-323-8387 or 877-927-8387 www.va.gov

1110 Golden State Ave. Bakersfield, CA 93301. Offers counseling services for readjustment, Post-traumatic stress, bereavement, substance abuse, as well as varied support groups and activities.

Children's Services

Community Connections for Childcare: 661-861-5200 <http://kern.org/cccc/>

Child development and family services agency dedicated to providing options, education and support to children, families, child development professionals and the community.

Henrietta Weill Memorial Child Guidance: W. Bakersfield 661-322-1021, N. Bakersfield 661-393-5836

<http://www.hwmcgc.org/#about-us>

Private non-profit, outpatient mental health center for children and families. Provides individual, family, and group counseling services for children, adolescents, and families who reside in Kern County, California.

Kern County Superintendent of Schools Search and Serve: 661-636-4817

<http://kern.org/selpa/search-and-serve/>

Any individual that believes they know a child that might require special education intervention may call.

Kern Autism Network: 661-489-3335 <http://kernautism.org/>

Non-profit organization of parents, grandparents, professionals, and other individuals that have an interest in autism.

Valley Achievement Center: 661-431-1466 <http://www.autism-vac.org/>

Adult and children's services for autism and developmental disabilities.

Kern County Child Abuse Hotline: 661-631-6011

http://www.co.kern.ca.us/dhs/ChildWelfareServices/child_abuse_reporting.html

Make A Wish Foundation: (661) 634-9474 <http://centralca.wish.org>

5330 Office Center Ct # 62 Bakersfield, Ca 93309

Grants wishes to children with life-threatening medical conditions.

Ronald McDonald House: (661) 327-4647 www.rmhcsc.org/bakersfield

Bakersfield Memorial Hospital, 420 34th St, Bakersfield, CA 93301

The Bakersfield Ronald McDonald House provides comfort, care and support to children and families in Southern California.

All Children's Assistance Fund: (714) 878-8930 <http://www.allchildrensassistance.org>

1004 Townsley Ave Bakersfield, CA 93304-3727

Provides resources for families with children and prevention of child abuse.

Garden Pathways: (661) 633-2302 www.gardenpathways.org

1130 17th St, Bakersfield, CA 93301

Garden Pathways mentors children, youth, and adults to build productive lives.

HEARTS Connection: (661) 328-9055 www.heartsfrc.org

3101 Sillect Ave #115, Bakersfield, CA 93308

HEARTS Connection enhances the quality of life for people with special needs through a family resource center that symbolizes professionalism, dignity, compassion, and respect.

Sight for Students: <http://www.sightforstudents.org>

Recorded information: 1-888-290-4964

E-mail: sfsinfo@vsp.com

Fax number: (916) 463-9040

Sight for Students is a VSP charity that provides free vision exams and glasses to low-income, uninsured children. The program operates nationally through a network of community partners who identify children in need and VSP network doctors who provide the eyecare services.

Employment Services

Bakersfield Adult School: 661-835-1855 <http://bas.kernhigh.org/>

Bakersfield Adult School is committed to provide quality education and career skills to adults in Kern County.

Career Services Center: 661-325-4473 <http://www.careerservicescenter.com/contact-locations.asp>

Jobseeker services and job listings, placement assistance, training and education, resume assistance, unemployment insurance assistance and job search workshops.

Dept. of Vocational Rehabilitation: 661-395-2525 <http://www.dor.ca.gov/index.asp>

DOR provides Vocational Rehabilitation Services to Californians with disabilities who want to work. Our services include employment counseling training and education, mobility and transportation aids, job search and placement assistance.

On Track: 661-868-5102 http://kern.networkofcare.org/mh/services/agency.aspx?pid=OnTrack_346_2_0

Services include job development, work management skills, job seeking skills, individualized planning, vocational guidance, and SSI/SSDI benefit consulting.

Financial Services

Cost of Living Calculator: <http://www.moneygeek.com/cost-of-living-calculator/>

Medical Services

Covered California: 1-800-300-1506 <http://www.coveredca.com/>

Kern Medical Center Health Plan: 661-326-2000 <http://www.kernmedicalcenter.com/Default.aspx>

Planned Parenthood: 661-634-1000 <http://www.plannedparenthood.org/>

2633 16th Street. Offers Abortion Referral, Birth Control, HIV Testing, Men's Health Care, Morning-After Pill (Emergency Contraception), Pregnancy Testing & Services, STD Testing, Treatment & Vaccines, and Women's Health Care.

Kern Family Health Care: (661) 664-5000 www.kernfamilyhealthcare.com

9700 Stockdale Hwy, Bakersfield, CA 93311

Kern Health Systems is dedicated to improving the health status of our members through an integrated managed health care delivery system.

Clinica Sierra Vista District Office: (661) 635-3050 <http://www.clinicasiterravista.org>

1430 Truxtun Ave #400 Bakersfield, CA

A nonprofit clinic that offers free and low-income medical services.

Kern County Department of Public Health: (661) 321-3000 www.kernpublichealth.com

1800 Mt. Vernon Ave., Bakersfield, CA 93306

To protect and safeguard the health and safety of the community. Offers a variety of resources to clinics, wellness services, and public health services.

Miscellaneous Services

Local information Services in Kern County: 211

Aging and Adult Services: 661-868-1000 <http://www.co.kern.ca.us/aas/#.VfnjhZdISSo>

Community-based services to ensure seniors and disabled adults remain safely in their home.

Alpha Canine Sanctuary: www.alphacanines.org

ALPHA Canine Sanctuary is a no-kill haven for homeless dogs.

GBLA Greater Bakersfield Legal Assistance: (661) 325-5943 www.gbla.org

615 California Ave, Bakersfield, CA 93304

Greater Bakersfield Legal Assistance, Incorporated (GBLA) is located in Bakersfield, California and offers free legal services in civil matters to eligible low-income persons residing within our service area in Kern County.