



# Resource Guide

for children ages 0-5





**FIRST 5**  
SAN BERNARDINO

**Resource Guide**  
First 5 Funded **FREE** Resources



## Child Development Screenings

Screening, Assessment, Referral & Treatment (SART) services and Early Identification & Intervention Services (EIS) is for children up to their sixth birthday who are in need of assessment and treatment related to social-emotional, developmental and mental health conditions; or who have been prenatally exposed to drugs and/or alcohol.

**For more information call County of San Bernardino Department of Behavioral Health (909) 387-7000**



## Breathmobile Asthma Screenings

The Arrowhead Regional Medical Center (ARMC) Breathmobile travels to participating sites to treat children with asthma, complete evaluation, examination, care plan and extensive patient-family asthma/bronchitis intervention education. The session is done on the first visit; follow-up visits are done to ensure the treatment plan is effective.

**Call for ARMC for the schedule (909) 498-6277**



## Footsteps2Brilliance Learning App

Footsteps2Brilliance is a free digital application for children in San Bernardino County to build early literacy skills by playing interactive games and building their own storybooks. **Available in English & Spanish**  
**Register for the App & Download Visit [bit.ly/sbcfootsteps](http://bit.ly/sbcfootsteps)**



## Referrals

San Bernardino County 2-1-1 is a free referral service that will provide contact information for local programs and resources including housing, food, income, utility assistance, mental health, transportation and more.

**Available in English & Spanish**  
**Dial 2-1-1 or Visit [211sb.org](http://211sb.org)**



## Parenting Classes

Nurturing Parenting Classes assess family needs to reduce incidents of child abuse, improve parenting, family functioning and create healthy environments for optimal child development. Also includes parent-peer support component.

**Available in English & Spanish**  
**Dial 2-1-1 or Visit [bit.ly/first5forparents](http://bit.ly/first5forparents) and Click "Programs"**



## Free Parenting Kits

Kits include: Advice for New Parents DVD, Puppy and Friends touch-and-feel book, Resource Guide, and much more. **Available in multiple languages.**

**Visit [bit.ly/first5forparents](http://bit.ly/first5forparents)**



## Free Books & Guides

Visit the Kelly Torres Resource Center at First 5 San Bernardino's office for free books, guides, and resources for children and parents.

**First 5 San Bernardino | 8:00AM-5:00PM Monday-Friday (Closed Holidays)**  
**735 E. Carnegie Drive, Suite 150, San Bernardino, CA 92408**



## First 5 for Parents

For more programs, resources, and information for children ages 0-5 and their families, visit our website and follow us on social media.

**Visit: [bit.ly/first5forparents](http://bit.ly/first5forparents)**