



## **Student Resources**

HFCDHP is committed to supporting students with disabilities. WesternU has a variety of resources available to assist you in your pursuit to become a healthcare professional. Please take a moment to familiarize yourself with the following on and off campus resources and click on the website link to learn more about the resource. If you know of additional resources that should be included email HFCDHP at [disabilityaccommodations@westernu.edu](mailto:disabilityaccommodations@westernu.edu).

### **On Campus Resources**

#### **Daumier Apartment Housing**

The Daumier apartment housing complex is conveniently located on campus. The Daumier uses RoomSync to assist students in finding a roommate. Students can choose from a studio, 1-bedroom or 2-bedroom floor plan, all which are pet friendly (under 50 pounds).

Location

615 East 3rd Street  
Pomona, CA 91766

Hours of Operation:

Monday – Friday, 9 AM to 6 PM  
Saturday, 10 AM to 2 PM  
Sunday, CLOSED

Phone: (909) 858-3480

Website: <https://www.thedaumier.com/>

#### **Financial Aid Office**

The WesternU Financial Aid Office (FAO) uses the latest technology to help streamline the financial aid process to help save time and make the process more convenient for students. FOA provides quality customer service, counseling, and support to all our students during their academic career at WesternU. Financial aid counselors are available to meet one-on-one to examine each individual's financial situation and identify the best funding solution for students and their families. Many additional services and resources can be found on the FAO website.



### **Pomona Location**

Student Service Center (SSC)

2nd Floor, Room 211

Hours of Operation:

Monday – Friday, 8 AM to 5 PM

Phone: (909) 469-5353

Website: <https://www.westernu.edu/financial/>

### **Lebanon Location**

200 Mullins Drive

Lebanon, OR 97355

Hours of Operation:

Monday – Friday, 8 AM to 5 PM

Phone: (909) 469-5353

Website: <https://www.westernu.edu/financial/>

### **Harriet K. and Philip Pumerantz Library and Learning Resources Center**

The Harriet K. and Philip Pumerantz Library and Learning Resources Center provides various services to all students, faculty, staff, alumni, and guests of WesternU. Study rooms are conveniently located on the second floor for student use. Librarian services include, but are not limited to:

- Assisting with searching for articles or books
- Attending final presentations
- Library instruction outside the classroom
- Serving as information filters, sending relevant materials to each college
- Observing classes and/or rounds to help further develop college-specific library resources and network with students
- Working with the LEAD office
- Performing new student orientation



## **Location**

287 E. Third Street  
Pomona, CA 91766

### Hours of Operation

Monday – Thursday, 7 AM to 11 PM

Friday, 7 AM to 6 PM

Saturday & Sunday, 11 AM to 7 PM

Phone: (909) 469-5323

Website: <https://www.westernu.edu/library/library-about/>

## **Health & Safety**

### **Campus Security**

Campus Security patrols the main campus 24 hours a day, 7 days a week, including holidays on vehicle, foot, and bicycle. Security is posted at the parking structure as well as continuous patrols in all parking lots and security posts around the campus. Security escorts are available for anyone who would like to use them when walking between campus destinations in the evenings.

### **Pomona Location**

309 East Second Street, University Services Center, 1st floor

Pomona, CA 91766

Phone (909) 706-3000

### Escort Services

From cell phone: (909) 706-3000

Campus Phone: Ext. 3000

Website: <https://www.westernu.edu/security/>

### **COMP-Northwest Location**

200 Mullins Drive  
Lebanon, OR 97355

Phone: (541) 259-0301



Website: <https://www.westernu.edu/security/>

### **CHS- Northwest Location**

2665 S. Santiam Highway  
Lebanon, OR 97355

Phone:

Website: <https://www.westernu.edu/security/>

Safety App: To download the SafeZone app, please visit: <https://www.westernu.edu/security/safezone/>. Downloads are available for Android and Apple iOS

### **CARES Team**

The WesternU Crisis Assessment Response and Evaluation-Students (CARES) a multidisciplinary team was created to best support a safe, inclusive and supportive campus environment for all. The CARES team strives to intervene early and develop appropriate best practices to support referred students. The team's goal is to promote the wellbeing and success of each student while prioritizing community safety reporting up to the WesternU Threat Assessment Team (TAT) as needed. Among local crisis counseling services made available to referred students, they may also call the Emotional Wellbeing Solutions (EWS) for Students through OptumHealth at (800) 234-5465. You may also visit OptumHealth's web site [www.liveandworkwell.com](http://www.liveandworkwell.com) and click the "register" button. If you would like to enter the site anonymously, go to [www.liveandworkwell.com](http://www.liveandworkwell.com) and click the "Click here to enter using only an Access Code" button on the right side. A field will appear, and you can enter your Access Code, "westernu".

Students also have the option to make an appointment with an on-site Optum counselor either in-person (in Pomona, CA, or Lebanon, OR) or virtually via tele/video counseling. Please visit <https://www.westernu.edu/students/services/counseling/> for information about meeting with one of the Optum Pre-Authorized Providers.

### **Counseling Services**

All WesternU full-time students have direct access to an Employee Assistance Program (EAP) for Students through OptumHealth. Under this Employee Assistance Program for Students, you and any member of your immediate household are eligible for up to six (6) free counseling sessions for each "incident" or situation. **Students must make an appointment.** On campus providers do not require an authorization code.



**Pomona Location**

Anna Couch, PhD, MA, MFT

Pumerantz Learning Center (PLC)  
4th Floor, Room 415

Hours of Operation:

Tuesday, Noon to 7 PM  
Wednesday, Noon to 6:30 PM  
Thursday, Noon to 6 PM

Phone: (952) 687-4090

Website: <https://www.westernu.edu/students/services/counseling/>

Luis Orozco, DSW, LCSW

Pumerantz Learning Center (PLC)  
4th Floor, Room 415

Hours of Operation:

Monday and Friday, 8:30 AM to 12:30 PM

Phone: (763) 348-0000

Website: <https://www.westernu.edu/students/services/counseling/>

**COMP-Northwest Location**

Lisa Schulz, PhD

200 Mullins Drive, Suite A2

Hours of Operation:

On Campus: Tuesday, 10 AM to 3 PM

Website: <https://www.westernu.edu/students/services/counseling/>

Michele Ribeiro, EdD, ABPP \*

200 Mullins Dr.

Email: [mribeiro@westernu.edu](mailto:mribeiro@westernu.edu)



\* Dr. Ribeiro provides counseling services to DO students independent of Optum. Email to make an appointment.

**CHS-Northwest Location**

Lisa Schulz, PhD

2665 S. Santiam Hwy, Office 1007

Hours of Operation:

On Campus: Wednesday, 2 PM to 7 PM

Website: <https://www.westernu.edu/students/services/counseling/>

**WesternU Health**

As a teaching facility, WesternU Health serves Pomona Valley, Rancho Cucamonga, Palm Springs, and Western Los Angeles, and most recently Portland, Oregon. WesternU Health provides the following services, dental, eye, foot and ankle, pharmacy, primary, and specialty care.

**Pomona Location**

795 E. Second Street  
Pomona, CA 91766

Hours of Operation:

Monday – Friday, 8 AM to 5 PM

Phone: (909) 706-3900

Website: <https://www.westernuhealth.com/pomona/>

**Oregon Location**

Oliver Station  
5909 SE 92nd Avenue  
Portland, OR 97266

Hours of Operation:

Monday – Friday, 8 AM to 5 PM

Phone: (503) 771-0055

Website: <https://www.westernuhealth.com/oliver-station/>



## **Academic Assistance**

### **Learning Enhancement & Academic Development (LEAD)**

The Learning Enhancement and Academic Development (LEAD) program provides supportive education and well-being services to the WesternU community to foster and promote the university's humanistic values and tradition. Students can contact LEAD for the following services:

- One-on-one academic counseling: 50-minute counseling sessions and academic writing support are available to all students free of charge and are completely confidential.
- Tutorial Assistance Program (TAP): TAP services are peer-based, small group content review sessions. To receive TAP support, students must meet with a LEAD counselor first and then request a tutor. LEAD tutors are current students and alumni who have successfully completed the coursework you are requesting tutoring sessions for.
- Summer Preparedness and Readiness Course (SPARC): SPARC is a multi-week program designed to prepare incoming students for the rigors of their chosen program. SPARC provides students with an introduction to applicable courses, skills, and competencies in an interprofessional healthcare setting while easing their transition to a professional graduate program.
- Wellbeing: LEAD believes your wellbeing is important. Sessions weave in aspects of wellbeing from four domains (mind, body, social, self).
- Workshops: LEAD workshops and presentations are available at the request of the University and College programs. The workshops available can be tailored to meet student and faculty needs.

#### **Pomona Location**

Pumerantz Learning Center (PLC)  
1st Floor, Room 103

Hours of Operation:

Monday – Friday, 8 AM to 5 PM

Phone: (909) 469-5325

Website: <https://www.westernu.edu/lead/>



### **Oregon Location**

200 Mullins Drive

Lebanon, OR 97355

Hours of Operation:

Monday – Friday, 8 AM to 5 PM

Phone: (541) 259-0226

Website: <https://www.westernu.edu/lead/>

### **Office for International Students and Scholars (OISS)**

Office for International Students and Scholars (OISS) provides a welcoming environment which recognizes and values cultural differences. OISS assists international students and applicants with:

- I-20 Visa
- F-1 Student Transfer
- Maintaining immigration status
- Employment overview

### **Location**

390 E. Second Street, Room 204

Pomona, CA 91766

Hours of Operation

On Campus Monday thru Thursday, 8 AM to 5 PM

Remote Friday, 8 AM to 5 PM

Phone: (909) 469-5642

Website: <https://www.westernu.edu/international/>

### **Office of Information Technology (IT)**

The Office of Information Technology's (IT) Help Desk provides technical assistance to students, staff, and faculty by phone or email request. IT maintains high speed, high volume black and white and color printers in the student commons, the library and select classrooms for use by university students and employees. There is a printing fee.



**Pomona Location**

In-Person Support  
Available by Scheduled Appointment  
Daumier, DOC Room 137

Hours of Operation:

Monday – Friday, 7:30 AM to 5:30 PM

Phone: (909) 469-5432

Website: <https://www.westernu.edu/computing>

**Lebanon Campus Support**

In-Person Support  
Available by Scheduled Appointment  
COMP-NW, Room 108  
CHS-NW, Room 1208

Hours of Operation:

Monday – Friday, 7:30 AM to 5:30 PM

Phone: (909) 469-5432, from campus, dial ext. 5432

Website: <https://www.westernu.edu/computing>

**Office of the Registrar**

The Office of the Registrar guards the integrity, confidentiality, and security of educational records in a manner consistent with ethical and legal standards, helps students to schedule and register for classes, ensures student’s academic performance meets graduation requirements, processes grades, and prepares transcripts and diplomas.

**Location**

390 E. Second Street, 2nd floor  
Pomona, CA 91766

Hours of Operation:

Monday – Friday 8 AM to 5 PM

Phone: (909) 469-5491



Website: <https://www.westernu.edu/registrar/>

## **Office of Student Success & Student Life**

Office of Student Success and Student Life serves the WesternU community through co-curricular activities, behavioral support services, student services and benefits, and academic events.

### **Pomona Location**

Student Services Center (SSC)  
Room 101

Hours of Operation:

Monday – Friday, 8 AM to 5 PM, closed 1 PM to 2 PM for lunch

Phone: (909) 469-5340

Website: <https://www.westernu.edu/students/>

### **COMP-Northwestern Location**

200 Mullins Drive

Lebanon, OR 97355

Hours of Operation:

Monday – Friday, 8 AM to 5 PM, closed 1 PM to 2 PM for lunch

Phone (541) 259-0200

Website: <https://www.westernu.edu/students/>

## **Student Involvement**

### **MEDWELL**

MEDWELL offers weekly and monthly activities to promote a healthy lifestyle as well as embed wellness sessions within each conference week. MEDWELL also provides the following resources:

Nutrition in Medicine (NIM): The NIM series is now, and historically has been, driven by student interest in the power of nutrition and how it relates to human health and disease. Each session is presented by faculty and guest lecturers who are leaders in the field of evidence-based nutrition.



Mindful Monday: Mondays consist of mindfulness resources that include activities like meditation, journaling, music, and yoga.

Wellness Wednesday: Wednesdays consist of prerecorded healthy plant-based recipe demonstrations, and in-person Salad Socials when permitted.

Fitness Friday: On Fridays come together to exercise. Core, bodyweight, yoga, virtual 5Ks, and other themed workouts.

Website: <https://www.westernu.edu/osteopathic/student-life-events/medwell/>

## **Student Clubs at WesternU**

WesternU is home to over 130 student-led clubs and organizations, with over 100 of those groups operating out of the Pomona campus. Student clubs and organizations are a great way to become part of a community that shares a variety of interests and needs.

### **How to Find a Club**

Visit the link below to find a listing of all student-led clubs and organizations at WesternU. You can search by campus and college (e.g., COMP, CPM, CVM) or keyword (e.g., radiology, business, sports). You can also sort the table by any field you would like. Use the club's email address listed in the "Contact" column or website/social media to find out more information. Clubs that are listed as "Shared" are available to the entire WesternU student body. If a club has a sibling club at the WesternU Oregon campus, there will be an asterisk at the end of the club's name.

Website: <https://www.westernu.edu/students/clubs/>

## **The Student Government Association (SGA)**

The Student Government Association (SGA) is the representative governing body for WesternU students and consists of representatives from each class. The SGA works with the Board of Trustees, administration, faculty and staff, and other student organizations to bring about changes that will benefit the student body.

Website: <https://www.westernu.edu/students/student-government/>

## **California Student Commons**

The Commons includes amenities such as refrigerators and microwaves for student use.



## **Pomona Locations**

### Health Education Center (HEC)

- Grand Piano, 2nd floor
- Recital Hall (need to reserve space), 2nd floor
- ATM, 1st floor

### Health Professions Center (HPC)

- Room 155
- Ice Machine
- Hydration Station
- Vending Machines

### Health Sciences Center (HSC)

- Tribute Walk
- Interfaith Prayer Room, Room 125A

### Veterinary Clinical Center (VCC)

- Room 124
- Ice Machine
- Water Machine

## **COMP-Northwest Location**

- Room 109
- Vending Machines
- Pool Table
- Games

## **Student Services**

### **Amazon Lockers**

Amazon Lockers are conveniently located on campus for student, faculty, and staff use. Lockers are monitored by security cameras and campus security.

#### Location

Corner of Esplanade in front of the Health Professions Center on the Pomona Campus. There are currently no locker locations at the Lebanon Campus.



## **Bike Racks**

Bicycle Racks are available at three locations on the Pomona and Lebanon campuses. Students are required to provide their own lock.

### Pomona Locations

- Harris Family Center for Disability and Health Policy (HFCDHP), near front entrance
- Across from the Daumier Apartments
- Health Education Center (HEC), outside stairwell

### Lebanon Locations

- Located at the entrance of COMP-NW and CHS-NW.

## **Campus Store**

The campus store sells a wide selection of food and beverages, medical equipment, lab coats, scrubs, apparel, and gift items. Open to all students, faculty, staff, and alumni.

### **Pomona Location**

Health Professions Center (HPC)  
521 E. 3rd Street  
Pomona, CA 91766

Hours of Operation:

Monday – Friday, 7:30 AM to 4 PM

Phone: (909) 469-5416

Website: <https://westernustore.com/>

### **COMP-Northwest Location**

200 Mullins Drive, Suite 206  
Lebanon, OR 97355

Hours of Operation:

Monday – Friday, 9 AM to 1 PM

Phone: (541) 259-0270

Website: <https://westernustore.com/>



## **Care Cabinets**

WesternU leadership has addressed food insecurity by offering two unlocked cabinets stocked with essential canned goods and personal hygiene products. Anyone on campus can take what they need at no cost.

### **Pomona Location**

Health Professions Center (HPC)  
Room 155  
PLC Lobby

### **Lebanon Location**

Student Center (COMP-NW)  
Student Commons (CHS-NW)

## **Dining Services (Café Bon Appetit)**

Café Bon Appetit is conveniently located on the east end of campus by WesternU Health, Pomona. The café serves Starbucks coffee, hot entrees, salads, artisan sandwiches, and daily specials.

### Location

Health Education Center (HEC)  
1st floor

Hours of Operation:

Monday – Friday, 7:30 AM to 3 PM

Website: <https://westernu.cafebonappetit.com/>

### Lebanon Location

The Lebanon campus has vending markets available for students at both CHS-NW and COMP-NW and are open 6:30am to 12:30am.

## **Lactation Rooms**

WesternU provides a safe and quiet space for nursing mothers. Lactation rooms are available at the Pomona and Lebanon campuses.



**Pomona Campus**

Pumerantz Library, Room 406  
Anderson Tower, Room 224A

**Lebanon Campus**

CHS-NW, Room 1011  
COMP-NW, Seminar 5

**Notary**

There are notaries public on the WesternU campuses who are available to WesternU students, faculty, and staff to perform notary services at no charge. Students are required to make an appointment.

**Pomona Location**

Harris Family Center for Disability & Health Policy (H<sup>F</sup>CDHP)  
Office of the Registrar  
Notary – Crystal Latimore

Email: [clatimore@westernu.edu](mailto:clatimore@westernu.edu)

Phone (909) 469-5502

Health Sciences Center (HSC)  
Notary- Karen Hutton-Lopez

Email: [klopez@westernu.edu](mailto:klopez@westernu.edu)

Website: <https://www.westernu.edu/students/services/notary/>

**COMP-Northwest Location**

Office of Admissions  
Notary – Jeannie Davis

Email: [jdavis@westernu.edu](mailto:jdavis@westernu.edu)

Phone (541) 259-0214

Career Development Specialist  
Notary – Jessica Reynolds



Email: [jareynolds@westernu.edu](mailto:jareynolds@westernu.edu)

Phone (541) 259-0203

Website: <https://www.westernu.edu/students/services/notary/>

## **Portrait Studio**

Public Affairs and Marketing hold monthly, open studio hours as a service to individual students, faculty, and staff. Email announcements will be made regarding the dates and times available.

### Location

Health Professions Center (HPC)  
2nd floor, Room 201A

## **Showers, Lockers, Wellness Room, and Multipurpose Room**

The Harriet K. and Philip Pumerantz Library have two multipurpose rooms, a wellness room with an OMM table, yoga mats, restrooms, showers, lockers, and a water filling station.

### Location

Pumerantz Learning Center (PLC)  
2nd Floor

Hours of Operation:

Monday – Thursday, 7 AM to 11 PM  
Friday, 7 AM to 6 PM  
Saturday, 11 AM to 7 PM  
Sunday, CLOSED

Phone: (909) 469-5323

## **Student Parking**

Student parking lots are available throughout the campus and have different hours. Students must obey all permit and paid parking posted signs.

### **Pomona**

Lot 17 – Student  
First St. between Palomares St. and Gibbs St.



Student spaces at the north of Lot 17 along First Street

Lot 19 – Student

Third St. between Gibbs St and Elm St.

Student parking at the southwest of the lot; enter from Gibbs

Lot 20 – Student

Student parking at Third St. and Elm St.

Lot 23 – Student

Student parking at Fourth St. and Palomares St.

Lot 25 – Student

Student parking at Fourth St. entrance

### **Helix Parking**

Restricted parking after 5 PM and weekends. Only Helix student residents with double permits may park here in the evening and on weekends.

### **University Parking Structure – Student**

Second St. and Towne Ave.

Floors 1-2 are Patient, Accessible, Reserved, and Assigned Parking only

Floors 3-7 are Employee and Student permit parking

### **Lebanon Campus**

Student parking is available at CHS-NW and COMP-NW.

Website: <https://www.westernu.edu/security/parking-overview/>

## **Off Campus Resources (Pomona)**

### **211 California**

211 California serves as a guide to help individuals and their families find support and resources related to health and human services within their community. The 211 call center is available 24 hours a day.

Phone: 211

Website: <https://www.211ca.org>



## **988 Suicide and Crisis Lifeline**

The 988 Suicide and Crisis Lifeline provides 24/7 free and confidential support for people in distress, prevention, and crisis resources for you or your loved ones.

Phone: 988

Website: <https://988lifeline.org/>

## **Ability Tools**

Ability Tools assists Californians with various Assistive Technology (AT) services. Assistive Technology is any device, gadget, hardware, or software used by a person with a disability to manage a task. Services include NATADS Assistive Technology Portal, device lending and demo centers, financial loan program for AT, information & referral, reuse program in affiliation with organizational partners.

### **Location**

1000 G Street #100  
Sacramento, CA 95814

Phone:

(800) 390-2699  
(800) 900-0706 TTY

## **Assistance League of Pomona Valley**

Assistance League of Pomona Valley (ALPV) provides multiple services to qualifying children and their families. Services include clothing packages, assault survivor kits, and dental care to low-income or uninsured individuals and their families.

Location:

655 North Palomares Street  
Pomona, CA 91767

Phone: (909) 629-6142

Website: <https://alpv.org/>

## **CalFresh**

The CalFresh Program, federally known as the Supplemental Nutrition Assistance Program (SNAP), issues monthly electronic benefits that can be used to buy most foods



at many markets and food stores. The CalFresh Program helps to improve the health and well-being of qualified households and individuals by providing them a means to meet their nutritional needs.

Location:

2040 W. Holt Ave  
Pomona, CA 91768

Phone: (866) 613-3777

Website: <https://benefitscal.com/>

### **California Department of Rehabilitation**

The California Department of Rehabilitation (DOR) provides vocational rehabilitation to individuals with disabilities seeking employment. Services include disability and benefits programs, job search, interview skills, job training and tools, funding for college and textbooks, disability equipment, childcare, and transportation.

Location:

100 Exchange Place, Building B  
Pomona, CA 91768

Phone: (909) 444-3313

Website: <https://www.dor.ca.gov/>

### **Children and Adults with Attention Deficit/Hyperactivity Disorder (CHADD)**

Children and Adults with Attention Deficit/Hyperactivity Disorder (CHADD) is an organization that provides education, advocacy, and support for individuals with ADHD and their families.

Local Chapter Location:

CHADD of California  
14622 Ventura Blvd, Suite 2107  
Sherman Oaks, CA 91403

Email [California@CHADD.org](mailto:California@CHADD.org)

Website: <https://chadd.org/>



### **City of Pomona Police Department**

For any non-life-threatening emergency or inquiry please contact the City of Pomona's Police Department non-emergency number.

Location:

490 W. Mission Blvd.  
Pomona, CA 91766

Phone: (909) 622-2155

### **Coachella Valley Rescue Mission**

The Coachella Valley Rescue Mission (CVRM) provides emergency services like hot meals, safe shelter, medical care, clothing, and vocational training. The CVRM works to meet the needs of Coachella Valley residents by providing basic needs.

Location:

47-470 Van Buren St.  
Indio, CA 92201

Phone: (760) 347-3512

Website: <https://www.cvrvm.org/>

### **Community Resource Center**

The Community Resource Center in Pomona offers various services to the public, including nutrition coaching, telemedicine, social services assistance, and childcare.

Location:

696 W. Holt Ave.  
Pomona, CA 91768

Phone: (909) 620-1661

Website: <https://www.communityresourcecenterla.org/locations/pomona>

### **Food in Need of Distribution (FIND Food Bank)**

Food In Need of Distribution, Inc. (FIND Food Bank) is dedicated to relieving hunger, the causes of hunger, and the problems associated with hunger through awareness, education, and mobilization of resources and community involvement.



Location:

83775 Citrus Ave  
Indio, CA 92201

Phone: (760) 775-3663

Website: <https://findfoodbank.org/>

### **Helping Hands Caring Hearts**

Helping Hands Pantry provides many services to the hungry and needy, with a food bank that includes USDA distribution once a month, college and grad student food assistance, help with feeding pets, pantry gardens, a mobile food bank that goes to the homeless, and more.

Location:

250 E. Center St.  
Pomona, CA 91767

Phone: (909) 636-7241

Email [hhchpomona@gmail.com](mailto:hhchpomona@gmail.com)

### **Homeless Shelter Directory**

Homeless Shelter Directory is a list of the homeless shelters and services that provide help to those in need of shelter for Pomona, CA, and surrounding cities.

Website: <https://www.homelessshelterdirectory.org/>

### **Inland Empire Lighthouse for the Blind**

The Inland Empire Lighthouse for the Blind provides free daily meals, transportation, social outlets, and independent living classes to legally blind individuals.

Location:

359 E. Parkcenter Circle South  
San Bernardino, CA 92408

Phone: (909) 884-3121

Fax: (909) 884-2964

Email: [info@ielighthousefortheblind.org](mailto:info@ielighthousefortheblind.org)



Website: <https://ielighthousefortheblind.org/>

### **Inland Valley Hope Partners**

Inland Valley Hope Partners offers an emergency food pantry through their Food Security Program. They provide individuals and their family staple food goods. Additionally, they assist with rapid re-housing and mortgage rental assistance.

Location:

1753 N. Park Avenue  
Pomona, CA 91768

Phone: (909) 622-3806

Fax: (909) 622-0484

Website: <https://www.inlandvalleyhopepartners.org/>

### **Metro**

Metro offers reduced fare rates through Low-income Fare is Easy (LIFE). The LIFE program offers discounts on select passes or 20 free rides on the Metro or any of their participating affiliates. Metro additionally offers up to 80% off fare to students and persons with disabilities.

Location:

1 Gateway Plaza  
Los Angeles, CA 90012

Phone:

(213) 626-4455

TDD (800) 252-9040

Website: <https://www.metro.net>

### **National Alliance of Mental Illness**

National Alliance of Mental Illness (NAMI) offers children, adults and their loved one's support through various group and peer-to-peer programs focused on teaching strategies that focus on achieving and maintaining mental wellness.



Location:

233 Harrison Ave  
Claremont, CA 91711

Phone: (909) 399-0305

Website: <https://namipv.org/>

### **National Council on Alcoholism and Drug Dependence of East San Gabriel and Pomona Valley**

The National Council on Alcoholism and Drug Dependence of East San Gabriel and Pomona Valley (NCADD) provides treatment and support to individuals and their families experiencing alcoholism, opioid addiction, and substance abuse issues.

Location:

656 North Park Avenue  
Pomona, CA 91768

Phone: (909) 629-4084

Website: <https://www.ncaddesgpv.org/>

### **Neighborhood Legal Services of Los Angeles County**

Neighborhood Legal Services of Los Angeles County (NLSLA) provides free legal help to LA county residents. NLSLA services include assistance in preparing legal forms & guidance on a variety of civil matters including evictions, child custody, divorces, domestic violence, paternity actions, and civil harassment. Pomona has a self-help center that provides these services.

Location:

Los Angeles Superior Court  
400 Civic Center Plaza, Room 730  
Pomona, CA 91766

Phone: (818) 485-0571

Website: <https://nlsla.org/services/self-help-centers/>



### **Pomona Valley Transportation Authority**

Pomona Valley Transportation Authority offers community transportation for the cities of Claremont, La Verne and San Dimas. Through their Get About program persons with disabilities or seniors (60+) can schedule a ride anywhere in Claremont, La Verne, Pomona, and San Dimas.

Location:

2120 Foothill Blvd., Suite 116  
La Verne, CA 91750

Phone: (909) 596-7664

Website: <https://www.pvtrans.org/>

### **San Bernardino County Homeless Partnership**

San Bernardino County Homeless Partnership (SBCHP) was formed to provide a more focused approach to issues of homelessness within the County. The Partnership consists of community and faith-based organizations, educational institutions, nonprofit organizations, private industry, and federal, state, and local governments.

Location:

560 E. Hospitality Lane, Suite 200  
San Bernardino, CA 92408

Phone: (909) 501-0610

Website: <https://sbchp.sbcounty.gov/>

### **San Gabriel/Pomona Regional Center**

The Department of Developmental Services (DDS) oversees the coordination and delivery of services to Californians with disabilities. The website provides information on services like Early Start, employment, crisis housing, foster grandparents, and senior companion programs. The San Gabriel/Pomona Regional Center services clients in the San Gabriel Valley and Pomona area.

Location:

75 Rancho Camino Drive  
Pomona, CA 91766

Phone: (909) 620-7722



Website: <https://www.sgprc.org/>

### **Tri-City Mental Health Center**

Tri-City Mental Health provides a variety of programs that help support wellness and recovery for individuals experiencing a mental illness in the communities of Claremont, La Verne, and Pomona.

Location:

2008 N. Garey Ave.  
Pomona, CA 91767

Phone: (909) 623-6131

Website: <https://www.tricitymhs.org/>

## **Off Campus Resources (Lebanon)**

### **211 Oregon**

211 serves as a guide to help individuals and their families find support and resources related to health and human services within their community. The 211-call center is available 24 hours a day.

Phone: 211

Website: <https://www.211info.org/>

### **Albany Helping Hands**

Albany Helping Hands (AHH) provides year-round men's and women's shelter, transitional housing, three-meal-a-day kitchen, a home for mothers with children, and on the job training with (AHH) affiliates.

Location:

619 9th Ave SE,  
Albany, OR 97322

Phone (541) 926-4036

Website: <https://www.albanyhelpinghands.com/>



### **Albany InReach Services**

Albany InReach Services provides free medical care to low-income adults with no insurance. The services provided include both medical and dental.

Closest to Campus:

Samaritan Lebanon Community Hospital  
525 N Santiam Hwy  
Lebanon, OR 97355

Phone: (541) 258-2101

Website: <https://www.samhealth.org/about-samaritan/community-benefit-initiatives/low-cost-medical-resources/albany-inreach-services>

### **Benton County Crisis Hotline**

Benton County offers various crisis lines to assist with mental health such as Counselor of the Day, Crisis Text Line, 988 Suicide & Crisis Lifeline, CORE (Crisis, Outreach, Response, Engagement) and the Mobile Crisis Team. Each line assists individuals in the community experiencing a mental health crisis.

Location:

530 NW 27th St.  
Corvallis, OR 97330

Phone: (541) 766-6835

Website: <https://www.co.benton.or.us/health/page/crisis-services>

### **Call-A-Ride Paratransit Service**

Call-A-Ride operates within the Albany City limits and is available to people of all ages with disabilities who are unable to access fixed bus services, and senior citizens 60 years of age or older.

Phone:

(541) 981-5772  
TTY (541) 917-7762

Website: <https://www.cityofalbany.net/transportation/callaride>



## **Center Against Rape & Domestic Violence (CARDV)**

Center Against Rape & Domestic Violence (CARDV) provides services and support to those affected by sexual and domestic violence.

Location:

PO Box 914  
Corvallis, OR 97333

Phone: (541) 758-0219

Website: <https://cardv.org/contact/>

## **C.H.A.N.C.E.**

Communities Helping Addicts Negotiate Change Effectively (C.H.A.N.C.E) assists individuals who have mental health and or substance abuse-related issues in their recovery.

Location:

365 S. Main St.  
Lebanon, OR 97355

Phone: (541) 248-2750

Website: <https://chancerecovery.org/>

## **Community Developmental Disability Program**

Community Developmental Disability Program (CDDP) Linn County provides a variety of services to individuals experiencing intellectual or developmental disabilities. CDDP assists individuals with communication, mobility, transportation, and independent living.

Location:

Lebanon Clinic  
1600 S. Main St.  
Lebanon, OR 97355

Phone: (541) 451-35932

Website: <https://www.linncountyhealth.org/developmental-disabilities>



### **Community Outreach, Inc.**

Community Outreach, Inc offers a variety of services that assist individuals and their families with housing, dental, medical, mental health, substance abuse and childcare.

Location:

865 NW Reiman Ave.  
Corvallis, OR 97330

Phone: (541) 758-3000

Website: <https://communityoutreachinc.org/>

### **Community Services Consortium**

Community Services Consortium (CSC) helps people looking for housing, households facing evictions, paying deposits, and tenant education.

Location:

250 SW Broadalbin, Suite 2A  
Albany, OR 97321

Phone: (541) 928-6335

Website: <https://communityservices.us/housing/>

### **Fish of Albany**

Fish of Albany assists with emergency services such as clothing, transportation, medicine, food, and shelter.

Location:

1035 SE 2nd Avenue  
Albany, OR 97321

Phone: (541) 928-4460

Website: [https://www.fishofalbany.org/store/c1/Featured\\_Products.html](https://www.fishofalbany.org/store/c1/Featured_Products.html)

### **Lebanon Dial-A-Bus – LINX**

The Dial-a-Bus program provides curb-to-curb transportation for seniors, persons with disabilities and the public, within the Lebanon City limits. Same day ride accommodation



is available when schedule allows. Ride services include social events, medical appointments, employment, and shopping.

Phone: (541) 258-4920

Website: <https://www.lebanonoregon.gov/415/Transportation>

### **Lebanon Soup Kitchen**

Lebanon Soup Kitchen, through the First Christian Church (Disciples of Christ), provides nutritious meals at no cost to those who need them.

Location:

170 East Grant Street  
Lebanon, OR 97355

Phone: (541) 451-7667

Website: <https://www.fcclebanon.org/soup-kitchen.php>

### **Linn-Benton Housing Authority**

Linn-Benton Housing Authority helps individuals and their families with affordable housing. Aid includes assistance with Section 8 application, eviction prevention, affordable housing, and family self-sufficiency. Family self-sufficiency assists with connecting Section 8 participants with the resources that will enable them to achieve financial independence.

Location:

1250 Queen Ave SE  
Albany, OR 97322

Phone: (541) 926-4497

Website: <https://l-bha.org/>

### **Linn County – Alcohol, Other Drugs, and Problem Gambling**

Linn County offers treatment programs in Albany, Lebanon, Sweet Home, and Lebanon to individuals and their families seeking support, guidance, and the necessary resources to facilitate their recovery.

Location:

Lebanon Clinic



1600 S. Main St.  
Lebanon, OR 97355

Phone: (541) 451-5932 (Lebanon)

Website: <https://www.linncountyhealth.org/programs/alcohol-drugs-gambling-team/>

### **Linn County – Crisis Services**

Linn County offers various mental health services such as walk in clinics, risk evaluations, eligibility screening for Linn County Mental Health Services, telephone support, and pre-commitment hospital liaison assistance.

Lebanon Location:

1600 S Main St  
Lebanon, OR 97355

Phone: (541) 451-5932

Website: <https://www.linncountyhealth.org/programs/mental-health-team/>

### **Linn County Sheriff's Office**

The non-emergency number for the Linn County Sheriff's Office is available 24/7.

Location:

1115 Jackson St. SE  
Albany, OR 97322

Phone: (541) 967-3950 (non-emergency)

Website: <https://www.linnsheriff.org/>

### **Obria Medical**

Obria Medical offers over a dozen services such as breast and cervical cancer screenings, family planning, STD/STI testing and treatment, and HPV Testing and Treatment.

Location:

136 W. Vine Street  
Lebanon, OR 97355



Phone: (541) 258-3500

Website: <https://obria.org/oregon/clinic/lebanon-or/>

### **OregONEeligibility**

The state of Oregon offers the Supplemental Nutrition Assistance Program (SNAP) and other programs that assist with medical, food, cash, and childcare. OregONEeligibility requires one application to apply to all services instead of multiple applications for various services.

Location:

118 SE 2nd Ave  
Albany, OR 97321

Phone: (800) 699-9075

Website: <https://one.oregon.gov/>

### **Oregon Employment Department**

The state of Oregon offers a variety of work source assistant programs through apprenticeships, work ready certificates, workshops, and job fairs.

Location:

875 Union St. NE  
Salem, OR 97311

Phone: (541) 259-5787 (Lebanon)

Website: <https://www.oregon.gov/employ/Pages/default.aspx>

### **River Center**

River Center assists with food, clothing, and lumber for firewood to families and individuals in need.

Location:

3000 S. Santiam Hwy  
Lebanon, OR 97355

Phone: (541) 451-1271

Website: <https://www.therivercenter.net/>



## **Safe + Strong**

Safe and Strong provides various helplines to assist individuals who are thinking of self-harm or harming others. Helpline assistance includes aide on racial equality, suicide prevention, military/veterans, trans, senior loneliness, and LGBTQIA+ youth.

Phone: (800) 923-4357

## **St. Vincent de Paul Food Pantry**

St. Vincent de Paul, through St. Edward Parish, provides needed items to the community such as food boxes, household items, furniture, rent, and utility assistance.

Location:

100 South Main Street  
Lebanon, OR 97355

Phone: (541) 258-5333

Website: <https://stedwardlebanon.org/organizations/st-vincent-de-paul/>

## **Temporary Assistance to Needy Families**

The Department of Human Services provides cash assistance to families in need through the Temporary Assistance to Needy Families (TANF) program. Benefit is issued through an Electronic Benefit Transfer (EBT) card to help meet basic family needs like food, clothing, rent, and utilities.

Location:

Lebanon Self-Sufficiency  
44 Industrial Way  
SteD  
Lebanon, OR 97355

Phone: (541) 259-5860

Website: <https://www.oregon.gov/dhs/assistance/CASH/Pages/apply-tanf.aspx>

## **Vocational Rehabilitation Services**

Vocational Rehab (VR) helps individuals with disabilities find jobs that match their skills, interests, and abilities. Each person who is determined eligible for support receives services that are essential to their employment success.



Location:

118 SE 2nd Ave  
Albany, OR 97321

Phone: (541) 967-2022

Website: <https://www.oregon.gov/dhs/Offices/Pages/Vocational-Rehabilitation.aspx>

## **National Resources**

National Disability Associations are very diverse in both their aims and in their activities on global, national, and local issues. Below is a listing of several disability-related associations that focus on disability issues, specific disability conditions, services, employment, and rights.

### **AbilityNet**

[AbilityNet](#) is a UK based charity that offers free online resources to anyone who wishes to help individuals with disabilities access digital technology. Help includes free tech support and information, accessibility training, support in the workplace, workplace training and guidance on setting up your own computer.

### **Affordable Colleges Online**

[Affordable Colleges](#) assists prospective and current students explore degrees and programs, financial aid options, and other student resources.

### **American Council of the Blind**

[American Council of the Blind](#) assists people who are visually impaired or blind with resources like peer support, jobs, scholarships, and legal advocacy.

### **American Diabetes Association**

[American Diabetes Association](#) assists persons with diabetes with tools and support such as copay relief programs, devices and technology, insulin cost and affordability.

### **American Stroke Association**

The [American Stroke Association](#) offers help and support to individuals who have suffered a stroke. Available support includes financial resources, caregiver support, healthy living and eating, post stroke care, stroke rehab, and other services. They also provide information on how to recognize the signs of a stroke.



## **Americans with Disabilities Act**

The [Americans with Disabilities](#) government website provides guidance and resources, laws, regulations and standards, and instructions on how to file a complaint. The website features relevant and trending topics to assist people understand their rights and the rights of others.

## **Anxiety & Depression Association of America**

[Anxiety & Depression Association of America](#) provides information and resources to people experiencing depression, anxiety disorders, stress, trauma, post-traumatic stress disorder and much more. Other resources include free webinars, treatment options, online and in person peer supports groups.

## **Association of Higher Education and Disability**

[Association of Higher Education and Disability \(AHEAD\)](#) provides professionals who work with persons with disabilities the resources they need to create an inclusive and equitable higher education experience. Throughout the year AHEAD provides professional development opportunities such as webinars, conferences, and workshops.

## **BeeLine Reader**

[BeeLine Reader](#) applies an eye-guiding color gradient to text to assist people experiencing screen fatigue. Student discount pricing is available.

## **Bookshare**

[Bookshare](#) offers people with dyslexia, blindness, cerebral palsy, and other reading impairments the ability to customize text to their needs. Customization includes but is not limited to high quality audio, follow along highlighted text, speed, font, and color adjustment.

## **Brain Injury Association of America**

The [Brain Injury Association of America](#) provides information on brain injury diagnosis and treatment, community support, research, and legal issues. Guidance is also available to those seeking information on how to become a caregiver or are already a caregiver to someone experiencing a brain injury.

## **Brainline**

[Brainline](#) aids individuals with a traumatic brain (TBI). Assistance includes managing symptoms, treatment, and recovery, legal and finances, community support and local resources.

## **Center for Applied Rehabilitation Technology**

Health Services Los Angeles County assists children and adults with disabilities gain access to assistive technology tools through their [Center for Applied Rehabilitation Technology \(CART\)](#). CART consultants work with individuals and their families on finding the best device to match the individual's needs and system functionality.

## **College Accessibility for Students with Disabilities**

The [Best Colleges](#) website provides a list of scholarships and financial aid available to students with disabilities. The website provides detailed information on each scholarship, its requirements to be eligible, and how to apply.

## **College Guide for Deaf and Hard of Hearing Students**

[Best Colleges](#) provides a resource guide for deaf and hard-of-hearing students. Resources include college, career, and financial planning. In addition, the website provides information on different types of accommodations, assistive technology, and mobile applications.

## **College Resources for Students with Disabilities**

This [guide](#) outlines some college disability resources and how students with disabilities can benefit from them.

## **Depression and Bipolar Support Alliance**

The [Depression and Bipolar Support Alliance \(DBSA\)](#) provides hope, help, support, and education to improve the lives of people who have mood disorders. Wellness and support groups are available across the country.

## **Disability Language Style Guide**

The National Center on Disability and Journalism offers a [Disability Language Style Guide](#) to assist communicators on universally accepted terminology when referring to people with disabilities.

## **Disabled American Veterans**

[Disabled American Veterans \(DAV\)](#) provides veterans with life- changing services such as disaster relief, employment, medical benefits, and support for veteran families and survivors.



## **International Dyslexia Association**

The [International Dyslexia Association](#) provides educational information to individuals and professionals on dyslexia. Resources available include a dyslexia handbook and fact sheet, free conference recordings, and local provider networks.

## **Job Accommodation Network**

The [Job Accommodation Network](#) is a resource for employees and employers who need guidance on workplace accommodations and implementation. In addition, they provide American with Disabilities Act (ADA) compliance assistance.

## **Learning Ally**

[Learning Ally](#) is an organization that assists individuals, and their families manage literacy barriers. Learning Ally helps people who are blind, visually impaired, or dyslexic. Aid includes assistance with dyslexia testing audio books, assistive technology, and self-advocacy.

## **Learning Disabilities Association of America**

The [Learning Disabilities Association of America \(LDA\)](#) provides a list of various organizations who focus on various learning disabilities. Some of the organizations focus on ADHD, legal issues, instructional strategies, medical providers, childcare, and parent resource networks.

## **Mental Health First Aid**

[Mental Health First Aid](#) from National Council for Mental Wellbeing provides courses to people looking to assist individuals experiencing mental illness or substance abuse disorders. Some courses offered include First Aide for Public Safety, Tribal Communities, and Indigenous Peoples.

## **National Association of the Deaf**

The [National Association of the Deaf](#) aids deaf and hard of hearing individuals and their families. Some of the resources available assist with advocacy letters, early intervention, employment, fair housing, and Civil Rights Law.

## **National Center for Learning Disabilities**

The [National Center for Learning Disabilities \(NCLD\)](#) advocates for people with disabilities through local and national policy creation and remediation. NCLD also assists students with disabilities transitioning from high school to college or from high



school to work. In addition, they provide scholarship opportunities to students and leaders.

### **National Minority Health Association**

The [National Minority Health Association](#) is an organization focused on equalizing healthcare accessibility within marginalized communities. They provide a wide range of resources such as affordable health insurance assistance, Medicare/Medicaid application assistance, grants for single mothers, senior discounts, lab, and blood testing services.

### **National Multiple Sclerosis Society**

The [National Multiple Sclerosis Society](#) provides information and support to individuals and their families experiencing Multiple Sclerosis (MS). The website helps people find local support, care needs, doctors, library, and education programs.

### **National Prevention Information Network**

The [National Prevention Information Network \(NPIN\)](#) helps connect people with HIV and other medical conditions with local and national resources. Resources include educational materials, testing and provider search tools, and funding opportunities.

### **Rehabilitation Engineering and Assistive Technology Society of North America**

The [Rehabilitation Engineering and Assistive Technology Society of North America \(RESNA\)](#) is focused on improving people with disabilities' wellness by using assistive technology. Their knowledge section provides information on government relations, university programs and job boards.

### **Spinal Cord Injury Network International**

Spinal Cord Injury Network International was founded to respond to the needs of individuals that experienced spinal cord injuries and support needs for them and their families. They provide resources, technical information regarding spinal cord injury, disability issues, employment, accessibility, and more. You can contact them at 1(800) 548-2673.

### **Stethoscope Comparison Table**

The Association of Medical Professionals with Hearing Losses provides a [stethoscope comparison table](#) to assist deaf and hard-of-hearing healthcare professionals to find a stethoscope that best suits their needs.



## **United Cerebral Palsy National**

[United Cerebral Palsy \(UCP\)](#) provides resources to individuals, their families and people wishing to learn more about cerebral palsy. UCP provides information and assistance with healthcare, safety, travel, wellness, housing, and disability etiquette.