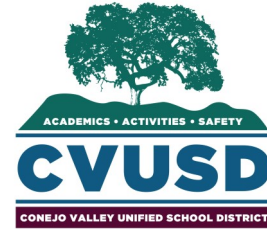


# COMMUNITY RESOURCE LIST



## Grief and Loss

**Cancer Support Community**  
805 379-4777  
[cancersupportvvsb.org](http://cancersupportvvsb.org)

**Hospice of the Conejo**  
805 495-2145  
[hospiceoftheconejo.org](http://hospiceoftheconejo.org)

## Housing and Food

**Area Housing Authority**  
805 480-9991  
[ahacv.org](http://ahacv.org)

**Manna**  
805 497-4959  
[mannaconejo.org](http://mannaconejo.org)

**Rain (Transitional Living Center)**  
805 383-7505  
[raincommunities.org](http://raincommunities.org)

**Food Share**  
805 983-7100  
[foodshare.com](http://foodshare.com)

**Many Mansions**  
805 496-4948  
[manymansions.org](http://manymansions.org)

**The Samaritan Center of Simi Valley**  
805 579-9166  
[samaritancentersimivalley.org](http://samaritancentersimivalley.org)

## LGBTQ

**PFLAG**  
818 991-4797 x 27  
[pflag.org/chapter/pflag-oak-parkconejo-valley](http://pflag.org/chapter/pflag-oak-parkconejo-valley)

**Rainbow Umbrella**  
805 836-0099  
[rainbowumbrella.org](http://rainbowumbrella.org)

**Trevor Project**  
24/7 Trevor Lifeline: 866 488-7386  
[thetrevorproject.com](http://thetrevorproject.com)

## Medical

**Clinicas del Camino Real**  
805 498-3640  
[clinicas.org](http://clinicas.org)

**Conejo Free Dental Clinic**  
805 328-3100  
[conejofreeclinic.org](http://conejofreeclinic.org)

**Westminster Free Clinic**  
805 241-8366  
[westminsterclinic.org](http://westminsterclinic.org)

**Conejo Free Clinic**  
805 497-3575  
[conejofreeclinic.org](http://conejofreeclinic.org)

**Ohana Health**  
805 373-1222  
[ohanahealthclinic.com](http://ohanahealthclinic.com)

## Mental Health

**CLU Community Counseling**  
805 493-3390  
[clucounseling.org](http://clucounseling.org)

**Ventura County Behavioral Health (VCBH)**  
866 998-2243  
[vchca.org/mental-health-youth-family-services](http://vchca.org/mental-health-youth-family-services)

**VCBH—Rapid Integration Support and Engagement (RISE)**  
805 981-4233  
[vchca.org/county-mental-health-triage-services](http://vchca.org/county-mental-health-triage-services)

**Interface Children and Family Services**  
805 485-6114 (Main Number)  
805 371-5707 (Thousand Oaks)  
[icfs.org](http://icfs.org)

**VCBH—Early Detection and Intervention for the Prevention of Psychosis (EDIPP)**  
805 981-8865  
[vchca.org/early-detection-intervention-for-the-prevention-of-psychosis-edipp-vips-ages-16-25](http://vchca.org/early-detection-intervention-for-the-prevention-of-psychosis-edipp-vips-ages-16-25)

**Youth Crisis Line—Interface**  
805 469-5882  
[icfs.org/services/youth-crisis-intervention/](http://icfs.org/services/youth-crisis-intervention/)

**National Alliance on Mental Illness (NAMI)**  
Helpline: 805 500-6264  
[namiventura.org](http://namiventura.org)

## **Parenting**

**Triple P—Positive Parenting Program (0-5 years old)**  
805 485-6114 x 625  
[icfs.org](http://icfs.org)

**United Parents**  
805 384-1555  
[unitedparents.org](http://unitedparents.org)

## **Substance Abuse**

**Ventura County Limits**  
[venturacountylimits.org/en/](http://venturacountylimits.org/en/)

**Prescription Drug Disposal**  
[venturacountylimits.org/en/prevention/prescription-otc/rx](http://venturacountylimits.org/en/prevention/prescription-otc/rx)

**Not One More**  
805 242-6662  
[notonemore.net](http://notonemore.net)

**Ventura County Alcohol and Drug Program—Teen**  
T.O. 805 777-3570  
Simi 805 577-1724  
[vchca.org/treatment-youth-services](http://vchca.org/treatment-youth-services)

## **Social Services**

**Community Conscience**  
805 494-3543  
[communityconscience.org](http://communityconscience.org)

**Lutheran Social Services**  
805 497-6207  
[lsssc.org/location/ventura-county](http://lsssc.org/location/ventura-county)

**Harbor House**  
855 427-2672  
[harborhouseto.org/](http://harborhouseto.org/)

**Human Services Agency**  
805 449-7320  
[ventura.org/human-services-agency/](http://ventura.org/human-services-agency/)

**Kids and Family Together**  
805 643-1446  
[kidsandfamilies.org](http://kidsandfamilies.org)

## **Additional Services**

**Art Trek**  
805 499-1700  
[arttrek.org](http://arttrek.org)

**Conejo Youth Employment**  
805 496-6868  
[conejoyes.com](http://conejoyes.com)

**Department of Rehabilitation**  
805 371-6279  
[dor.ca.gov](http://dor.ca.gov)

**PACER-National Bullying Prevention**  
[pacer.org/bullying/](http://pacer.org/bullying/)

**Straight Up**  
805 647-4622  
[straightupvc.org](http://straightupvc.org)

**Thousand Oaks Library**  
805 449-2660  
[tolibrary.org](http://tolibrary.org)

**Thousand Oaks Police Department**  
Non-emergency Line  
805 654-9511  
[toaks.org/departments/police](http://toaks.org/departments/police)

**Thousand Oaks Teen Center**  
805 494-5156  
[thousandoaksteencenter.com](http://thousandoaksteencenter.com)  
**Tutoring available.** Please visit website or call for more information.

## **12 Step Resources**

**Alanon**—[alanonventura.org](http://alanonventura.org)  
**Alateen**—[alanonventura.org/alateen](http://alanonventura.org/alateen)  
**Alcoholics Anonymous**—[aaventuracounty.org](http://aaventuracounty.org)  
**Narcotics Anonymous**—[na.org](http://na.org)  
**NarAnon**—[nar-anon.org](http://nar-anon.org)

## **Hotlines**

**Ventura County Crisis Team (24/7)** 866 998-2243  
**California Youth Crisis Line (24/7)** 800 843-5200 [calyouth.org](http://calyouth.org)  
**National Suicide Prevention Hotline (24/7)** 800 273-8255  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)  
**Crisis Text Line (24/7)** Text HOME to 741741 [crisistextline.org](http://crisistextline.org)  
Dial **211** for additional Ventura County resources