

COMMUNITY RESOURCE LIST

Grief and Loss

Cancer Support Community
805.379.4777
cancersupportvvsb.org

Hospice of the Conejo
805-495-2145
hospiceoftheconejo.org



Housing and Food

Area Housing Authority
805-480-9991
ahacv.org

Manna
805-497-4959
mannaconejo.org

Food Share
M & W 10 am—11 am
805-983-7100
foodshare.com

Many Mansions
805-496-4948
manymansions.org

RAIN
General Information: 805-389-3308
Intake Line: 805-383-7505
raincommunities.org

LGBTQ

PFLAG
818-991-4797x 27
Pflag.org/chapter/pflag-oak-parkventura-county

Rainbow Umbrella
rainbowumbrella.org

Trevor Project
866-488-7386
thetrevorproject.com

Medical

Children's Resource Program—VCMRF
805-641-9802
vcmrf.org/childrens-resource-program

Conejo Pregnancy Center
805-373-1222
conejopregnancycenter.com

Westminster Free Clinic
805-241-8366
westminsterclinic.org

Conejo Free Clinic
805-497-3575
conejofreeclinic.org

Mental Health

Action Family Counseling
Intensive Outpatient: 805-584-3258
Hotline: 800-376-8336
actionfamily.org

National Alliance for Mentally Ill—NAMI
Helpline: 805-500-6264
namiventura.org

Ventura County Behavioral Health Care Agency (VCBH)—STAR
866-998-2243
vcbhca.org/behavioral-health

CLU Community Counseling
805-493-3390
clucounseling.org

National Suicide Prevention
800-273-8255
suicidepreventionlifeline.org

Ventura County Crisis Team
866-998-2243

Interface Children and Family Services
805-485-6114
icfs.org

VIPS Telecare
805-526-3539
telecarecorps.com/vips

VCBH Rapid Integration Support and Engagement—RISE
805-981-4233

Parenting

The Parent Project
800-372-8886
parentproject.com

POWER Project
Horizon Hills Parenting Program
818-599-8420
conejoadultschool.org

Triple P—Positive Parenting Program
805-485-6114 x 625
icfs.org

Substance Abuse

Aegis Treatment Centers
805-522-1844
aegismed.com

Not One More
805-242-6662
notonemore.net

Ventura County Alcohol and Drug Program—Teen
T.O. 805-777-3570
Simi 805-577-1724
Venturacountylimits.org/about/youth-services

Social Services

Community Conscience
805-494-3543
communityconscience.org

Kids and Family Together
805-643-1446 By appointment only
kidsandfamiles.org

Youth Crisis Line—Interface
805-469-5882

Human Services Agency
888-472-4463
Ventura.org/human-services-agency

Lutheran Social Services
805-497-6207
lsscommunitycare.org

Additional Services

Art Trek
805-499-1700
arttrek.org

Fit for the Cause
818-783-3307
fit4thecause.org

Thousand Oaks Library
805-449-2660
toaks.org/library
Tutoring available. Please visit website or call for more information.

Conejo Youth Employment
805-496-6868
conejoyes.com

Straight Up
805-647-4622
straightupvc.org

Thousand Oaks Teen Center
805-494-5156
thousandoaksteencenter.org
Tutoring available. Please visit website or call for more information.

Department of Rehabilitation
805-371-6279
dor.ca.gov

12 Step Resources

Alanon—alanonventura.org
Alateen—alateenventura.org
Alcoholics Anonymous—aaventuracounty.org
Narcotics Anonymous—na.org
NarAnon—naranon.org

Hotlines

Dial **211** for Resources

National Alliance for Mentally Ill (NAMI) Helpline 805-500-6264

Ventura County Suicide Prevention Crisis Center Line (24/7) 877-727-4747

California Youth Crisis Line 800-843-5200 youthcrisisline.org

National Suicide Prevention Hotline 800-273-8255 suicidepreventionline.org