

# Conejo Valley Community Resources

## January 27, 2021



Brenda Rachels, School Counselor





- Food pick up address and hours:
  - 3020 Crescent Way, Thousand Oaks 91362
  - Phone: (805) 497-4959
  - Tuesday 9:30 am - 2:30 pm
  - Thursday 9:30 am - 3:30 pm
  - Saturday 9:30 am - 12:30 pm
- Be a Conejo Valley resident (picture ID with address)
- Choose your food based on need or what food preference
- 30 days worth of food loaded into a shopping cart
- Checklist for pantry items (Manna will choose), fresh foods (self choose)
- Bring your own grocery bags

***Masks are mandatory***



**EVEN TO DE SPENSA POP-UP DEL  
CONDADO DE VENTURA**  
Semana del 25 de enero de 2021

DATE	TIME*	LOCATION
1/25 (Mon)	10am	<b>OJAI</b> - St. Thomas Aquinas Church 185 St. Thomas Drive
1/25 (Mon)	1pm	<b>VENTURA</b> - CA Works Foundation 1501 Goodyear Avenue
1/26 (Tue)	5pm	<b>EL RIO</b> - Rio Mesa High School 545 Central Avenue
1/27 (Wed)	3pm	<b>OXNARD</b> - College Park 3250 South Rose Avenue
1/30 (Sat)	12.30pm	<b>MOORPARK</b> - RC Charities 5700 Condor Drive (Career Education Center)

Las distribuciones están limitadas a los residentes del Condado de Ventura. Se requiere comprobante de domicilio / domicilio en el Condado de Ventura en todas las distribuciones. La tarjeta ACo está bien. Todas las ubicaciones de distribución son principalmente drive-thru, con acomodaciones en cada sitio. Las cajas de alimentos están limitadas a una caja por ID por orden de llegada. \*Las cajas se distribuirán en cada sitio hasta que se agoten los suministros.

"This institution is an equal opportunity provider"  
"Esta institución es un proveedor que ofrece igualdad de oportunidades"



- Phone: (805) 983-7100
- Drive up Pop-Up Pantries, which change on a weekly basis
- Check website for set locations:  
<https://foodshare.com/findhelp/>
- Food boxes are prepackaged
- Must be a Ventura County resident and show proof of residence/address
- Food box is limited to 1 box per ID on a first-come, first-served basis

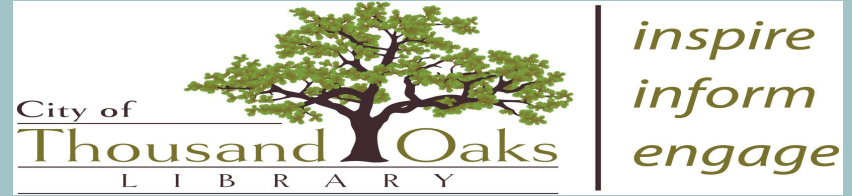


**Download the  
app here!**






- United Methodist Church of Thousand Oaks, 1000 E. Janss Rd., Thousand Oaks 91360  
Phone: (805) 341-8366
- Programs are for uninsured, individuals who are ineligible for other programs (Medi-cal) or can't afford other health care programs
- Food distribution on Wednesdays at 3:00 pm. First come, first serve, no sign-ups. They will give away food until it's gone. Can drive-thru or walk-up. They regularly have free clothing and household items.
- Free medical clinic, chiropractic care, mental health counseling, nutrition counseling, vision care and glasses, immunization, and emergency dental care. Staff will start meeting with individuals at 5:00 pm, but the people start lining up at 4:00 pm. This is also first come, first served.
- STAT - 600+ Uninsured people screened for High Blood Pressure and Diabetes in the community annually. You want to identify while in the early stages. Making lifestyle changes or pharmacological intervention can reverse, prevent, and/or delay these medical conditions.



- 1375 E. Janss Road, Thousand Oaks 91362  
Phone: (805) 494-5155
- In Person Support during cohort school hours (Cohort A & Cohort B)
  - Middle School Students and High School Students
- Youth Outreach Leaders are facilitating small groups through Zoom with students
- Check the [Conejo Program Guide](#) for additional programs and information

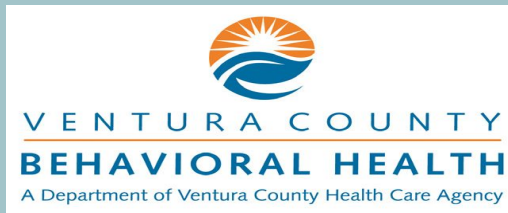
- 1401 E. Janss Road, Thousand Oaks  
Phone: (805) 449-2260
- [Virtual Library](#): Read books, magazines, newspapers. Listen to audiobooks and music. Watch streaming videos. Free En Espanol. [Virtual Library Card](#).
- [Virtual Homework Center](#): For students K-8th grade. Parent/guardian must be present during Zoom session. Parent/guardian must download and agree to [Library Waiver](#) and [Virtual Code of Conduct](#) before submitting registration.
- ESL Conversation Group, Virtual Reading Buddies (1st - 4th grade, etc.), and Virtual Bilingual Storytime.
- City of [TO Library Calendar](#)



**MENTAL HEALTH IS NO DIFFERENT  
TO PHYSICAL HEALTH - IT'S  
IMPORTANT TO LOOK AFTER IT.**

**DITCH THE  
LABEL** YOUR WORLD. PREJUDICE FREE .

*Taking care of your mental health is as important as taking care of your physical health. Mental illness can affect anyone, regardless of their cultural background, level of education, age or income.*



Children's and Teen's mental health is as important to their well-being as their physical health.

Ventura County Behavioral Health  
Mental Health & Substance Use Treatment Services  
Countywide - All Ages

[www.vcbh.org](http://www.vcbh.org)

Crisis and Referral Line

1(866) 998-2243

Medi-cal, Gold Coast Medical Insurance

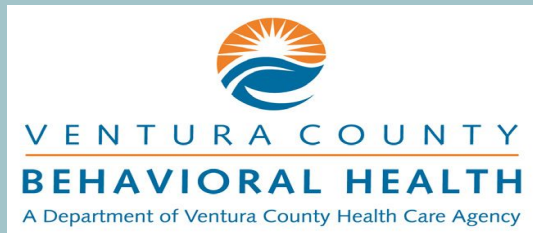
- Youth and Family Services
- Transitional Age Youth (Ages 16-25)
- Outpatient Treatment Services
- Substance Use Services
- Adult Residential Services
- DUI Program





## Community Counseling Centers

- 3416 Agoura Rd. #115 Westlake Village 91361. Phone: (805) 493-3390
- Serves individuals, families, couples, adolescents and children
- Services in English and Spanish
- Currently counseling sessions are through telehealth (phone/video)
- Sliding scale
- [www.clucounseling.com](http://www.clucounseling.com)



## Logrando Bienestar ACHIEVING WELL-BEING

- Phone: (805) 973-5220
- A VCBH program that offers counseling support. Can self-refer
- Focus on Latinx families
- Provides workshops: Healthy Mind-Healthy Body: Anxiety, stress, bullying, child development, substance use
- Will also help families navigate their own insurance
- If family doesn't have insurance, based on sliding scale; honor system
- [lograndobienestar@ventura.org](mailto:lograndobienestar@ventura.org)



COUNTY of VENTURA



# COVID-19 TESTING

The County of Ventura offers no cost COVID-19 testing for residents of Ventura County.

**Symptoms of COVID-19 can be:**

- Cough or shortness of breath
- OR other symptoms: fever greater than 100.4°F, chills, muscle pain, headache, sore throat, new loss of taste or smell

**Close contact means:**

- Sharing a home
- Being closer than 6 feet for more than 15 minutes without wearing a mask
- Having contact with the bodily fluids (spit, blood) of the sick person through coughing, sneezing, sharing utensils

### OPTUMSERVE STATE LOCATION

COVID-19 testing for all community members. Please schedule an appointment by calling or registering online.  
**Online:** [www.lhi.care/covidtesting](http://www.lhi.care/covidtesting) • **Phone:** 1-888-634-1123 • **Hours of Operation:** Monday-Friday 8am - 8pm

**Thousand Oaks Library - Newbury Park Branch**  
2331 Borchard Road, Newbury Park, CA 91320

**Oxnard Performing Arts Center**  
800 Hobson Way, Oxnard, CA 93030

### DRIVE-UP TESTING SITES

No appointment necessary

**Moorpark College**  
7075 Campus Rd., Moorpark, CA 93021  
Monday-Friday 10am - 7pm

**Santa Paula** City parking lot located at corner of E. Main Street and N. Ojai Street  
Friday-Tuesday 10am - 7pm  
(Weekend Hours)

**Oxnard College**  
4000 S. Rose Ave., Oxnard, CA 93033  
Friday-Tuesday 10am - 7pm  
(Weekend Hours)

**Fillmore Family Medical Group**  
828 W. Ventura St., Fillmore, 93015  
Tuesday 9am - 4pm

### WALK-UP TESTING SITE

No appointment necessary • **Hours of Operation:** Monday-Friday 9am - 6pm

**Ventura County Fairgrounds** - 10 W. Harbor Blvd in Ventura - Enter at Gate 2

### VENTURA COUNTY URGENT CARE LOCATIONS

Appointments Required. Please call 805-652-7660.

**OXNARD**  
**Las Islas Family Medical Group South**  
325 West Channel Islands Blvd., Oxnard, 93033

**Magnolia Family Medical Center**  
2240 E. Gonzales Rd., Oxnard, 93036

**VENTURA**  
**Academic Family Medicine Center**  
300 Hillmont Ave., Bldg. 340, Ventura, 93003

**West Ventura Medical Clinic**  
133 W. Santa Clara St., Ventura, 93001

**SANTA CLARA RIVER VALLEY**  
**Fillmore Family Medical Group**  
828 W. Ventura St., Fillmore, 93015

**EAST COUNTY**  
**Conejo Valley Family Medical Group**  
125 W. Thousand Oaks Blvd., Suite 200  
Thousand Oaks, 91360

**Sierra Vista Family Medical Clinic**  
1227 East Los Angeles Ave., Simi Valley, 93065

[www.venturacountyrecovers.org](http://www.venturacountyrecovers.org) - Questions? Email [ashley.bautista@ventura.org](mailto:ashley.bautista@ventura.org) or call 805-654-2640

# VENTURA COUNTY

# R E C O V E R S

Ventura County Recovers:

<https://www.venturacountyrecovers.org/>

- Pre registration is required at Moorpark College, Oxnard College, Santa paula and Freedom Park Website to pre register: [www.vccovid.com](http://www.vccovid.com). Will direct you to Fugent booking system.
- At the top of the web page, there is a drop down to change the language information to Spanish. Complete the questionnaire.
- Testing is free. Testing is for Ventura County residents or individuals who work in Ventura County.



# Community Resource List

## [CVUSD Recursos Comunitarios](#) [CVUSD Community Resource List](#)

- Grief and Loss
- Housing and Food
- LGBTQ
- Medical
- Mental Health
- Parenting
- Substance Abuse
- Social Services
- Additional Services
- 12 Step Resources
- Hotlines



- Housing and Homeless Services
- Utility Services
- Employment
- Transportation
- Health Care and Mental Health
- Crisis Intervention: Domestic Violence, Sexual Assault, Human Trafficking, Child Abuse, Crisis Hotlines, etc.
- Legal Assistance
- Substance Abuse
- [www.211ventura.org](http://www.211ventura.org)



Please feel free to contact us if you have any follow-up questions:

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Rebecca (Stelmar) Cook, School Counselor

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Claudia Hughes, Office Manager - bilingual

[chughes@conejousd.org](mailto:chughes@conejousd.org)

Phone: (805) 241- 0259

[www.conejousd.org/Departments/Student-Services/Student-Support-Services/BreakThrough](http://www.conejousd.org/Departments/Student-Services/Student-Support-Services/BreakThrough)