

# 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)**  
805 816-3057  
[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

**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 Clinic & Free Dental**  
805 497-3575—Medical  
805 328-3100—Dental  
[conejofreeclinic.org](http://conejofreeclinic.org)

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

## Mental Health

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

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

**VCBH—Early Detection and Intervention for the Prevention of Psychosis (EDIPP)**  
805 981-8865  
[vcbh.org/en/adult-services-early-intervention](http://vcbh.org/en/adult-services-early-intervention)

**Coalition for Family Harmony**  
800 300-2181—24/7 Hotline  
805 983-6014—Office  
[thecoalition.org/](http://thecoalition.org/)

**Ventura County Behavioral Health (VCBH)**  
866 998-2243  
[vcbh.org/en/programs-services/youth-family-services](http://vcbh.org/en/programs-services/youth-family-services)

**VCBH—Rapid Integration Support and Engagement (RISE)**  
805 981-4233  
[vcbh.org/en/get-help/rise-program](http://vcbh.org/en/get-help/rise-program)

**Interface Children and Family Services**  
805 485-6114 x 662 (Main Number)  
805 371-5707 (Thousand Oaks)  
[icfs.org/services/mental-health/](http://icfs.org/services/mental-health/)

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

## Parenting

**Parent Child Interactive Therapy (PCIT) (2-8 years old)**  
805 485-6114 x 662  
[icfs.org/services/mental-health/](http://icfs.org/services/mental-health/)

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

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

## **Substance Abuse**

### **BRITE**

Substance Use Prevention and Education  
805 647-4622  
[straightupvc.org/](http://straightupvc.org/)

### **Ventura County Limits**

[venturacountylimits.org/en/](http://venturacountylimits.org/en/)

### **Not One More**

805 242-6662  
[notonemore.net](http://notonemore.net)

### **Prescription Drug Disposal**

[venturacountyresponds.org/  
medication-safety/safe-medication-  
disposal](http://venturacountyresponds.org/medication-safety/safe-medication-disposal)

### **VCBH Substance use Treatment Services**

844 385-9200  
[vcbh.org/en/programs-services/  
substance-use-services](http://vcbh.org/en/programs-services/substance-use-services)

## **Social Services**

### **Community Conscience**

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

### **Conejo Closet**

The Conejo Closet seeks to assist CVUSD families in need by providing toiletries, personal care items, school supplies, and clothing, free of charge.  
[conejousd.org/Departments/Student-Services/Student-Support-Services/The-Conejo-Closet](http://conejousd.org/Departments/Student-Services/Student-Support-Services/The-Conejo-Closet)

### **Conejo Community Outreach**

Diaper Bank  
[conejocommunityoutreach.com/  
diaper-bank.html](http://conejocommunityoutreach.com/diaper-bank.html)

### **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**

### **Adelante Comunidad Conejo**

[adelantecomunidadconejo.org](http://adelantecomunidadconejo.org)

### **Big Brothers Big Sisters**

805 484-2282  
[bbsvc.org](http://bbsvc.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/)

### **Thousand Oaks Police Department**

Non-emergency Line  
805 654-9511  
[toaks.org/departments/police](http://toaks.org/departments/police)

### **Thousand Oaks Library**

805 449-2660  
[tolibrary.org](http://tolibrary.org)

**Homework Help available.** Please visit website or call for more information.

### **Thousand Oaks Teen Center**

805 494-5156  
[thousandoaksteencenter.com](http://thousandoaksteencenter.com)

## **Hotlines**

Dial **211** or visit the [211 website](#) for additional Ventura County resources

**Ventura County Crisis Team** (24/7) 866 998-2243 [vcbh.org/en/get-help/mobile-crisis-response-team](http://vcbh.org/en/get-help/mobile-crisis-response-team)

**California Youth Crisis Line** (24/7) 800 843-5200 [calyouth.org](http://calyouth.org)

**National Suicide Prevention Hotline** (24/7) Dial **988** [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

**Crisis Text Line** (24/7) Text HOME to 741741 [crisistextline.org](http://crisistextline.org)

## **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**—[clana.org/index.html](http://clana.org/index.html)

**NarAnon**—[nar-anon.org](http://nar-anon.org)

# RECURSOS COMUNITARIOS

## Pérdida De Seres Queridos

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

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

## Vivienda Y Alimentos

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

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

**Rain (Transitional Living Center)**  
805 816-3057  
[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—Identidad de Género

**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

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

## Servicios Médicos

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

**Conejo Free Clinic and Free Dental**  
805 497-3575—Medical  
805 328-3100—Dental  
[conejofreeclinic.org](http://conejofreeclinic.org)

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

## Servicios de Salud Mental

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

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

**VCBH—Early Detection and Intervention for the Prevention of Psychosis (EDIPP)**  
805 981-8865  
[vcbh.org/es/adultos-servicios-intervencion-temprana](http://vcbh.org/es/adultos-servicios-intervencion-temprana)

**Coalition for Family Harmony**  
805 983-6014  
[thecoalition.org/](http://thecoalition.org/)

**Ventura County Behavioral Health (VCBH)**  
866 998-2243  
[vcbh.org/es/programas-y-servicios/servicios-para-jovenes-y-familias](http://vcbh.org/es/programas-y-servicios/servicios-para-jovenes-y-familias)

**VCBH—Rapid Integration Support and Engagement (RISE)**  
805 981-4233  
[vcbh.org/es/consiga-ayuda/programa-rise](http://vcbh.org/es/consiga-ayuda/programa-rise)

**Interface Children and Family Services**  
805 485-6114 x 662 (Main Number)  
805 371-5707 (Thousand Oaks)  
[icfs.org/services/mental-health/](http://icfs.org/services/mental-health/)

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

## Clases de Padres

**Parent Child Interactive Therapy (PCIT) (2-8 años)**  
805 485-6114 x 662  
[icfs.org/services/mental-health/](http://icfs.org/services/mental-health/)

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

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

## **Abuso de Sustancias**

### **BRITE**

Educación y prevención del uso de sustancias  
805 647-4622  
[straightupvc.org/](http://straightupvc.org/)

### **Ventura County Limits**

[venturacountylimits.org/es](http://venturacountylimits.org/es)

## **Servicios Sociales**

### **Community Conscience**

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

### **Conejo Closet**

El Conejo Closet busca ayudar a las familias de CVUSD necesitadas, proporcionando artículos de aseo personal, útiles escolares y ropa sin cargo.  
[conejouisd.org/Departments/Student-Services/Student-Support-Services/The-Conejo-Closet](http://conejouisd.org/Departments/Student-Services/Student-Support-Services/The-Conejo-Closet)

## **Servicios Adicionales**

### **Adelante Comunidad Conejo**

[adelantecomunidadconejo.org/espanol](http://adelantecomunidadconejo.org/espanol)

### **Big Brothers Big Sisters**

805 484-2282  
[bbsvc.org](http://bbsvc.org)

### **Conejo Youth Employment**

805 496-6868  
[conejoyes.com](http://conejoyes.com)

### **Not One More**

805 242-6662  
[notonemore.net](http://notonemore.net)

### **Prescription Drug Disposal**

[venturacountyresponds.org/medicamentos-seguros/eliminacion-segura](http://venturacountyresponds.org/medicamentos-seguros/eliminacion-segura)

### **Conejo Community Outreach**

Pañales gratis  
[conejocommunityoutreach.com/diaper-bank.html](http://conejocommunityoutreach.com/diaper-bank.html)

### **Lutheran Social Services**

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

### **Department of Rehabilitation**

805 371-6279  
[dor.ca.gov](http://dor.ca.gov)

### **PACER-National Bullying Prevention**

[pacer.org/bullying/](http://pacer.org/bullying/)

### **Thousand Oaks Police Department**

Non-emergency Line  
805 654-9511  
[toaks.org/departments/police](http://toaks.org/departments/police)

### **VCBH Substance use Treatment Services**

844 385-9200  
[vcbh.org/es/programas-y-servicios/servicios-por-el-uso-de-sustancias](http://vcbh.org/es/programas-y-servicios/servicios-por-el-uso-de-sustancias)

### **Harbor House**

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

### **Human Services Agency**

805 449-7320  
[ventura.org/human-services-agency/#googtrans\(en|es\)](http://ventura.org/human-services-agency/#googtrans(en|es))

### **Kids and Family Together**

805 643-1446  
[kidsandfamilies.org](http://kidsandfamilies.org)

### **Thousand Oaks Library**

805 449-2660  
[tolibrary.org](http://tolibrary.org)

**Ayuda con la tarea**, visite el sitio web.

### **Thousand Oaks Teen Center**

805 494-5156  
[thousandoaksteencenter.com](http://thousandoaksteencenter.com)

## **Líneas Directas**

Marque **211** o visite [el sitio web del 211](#) para obtener recursos adicionales del Condado de Ventura

**Ventura County Crisis Team** (24/7) 866 998-2243 [vcbh.org/es/consiga-ayuda/equipo-movil-de-respuesta-a-crisis](http://vcbh.org/es/consiga-ayuda/equipo-movil-de-respuesta-a-crisis)

**California Youth Crisis Line** (24/7) 800 843-5200 [calyouth.org](http://calyouth.org)

**National Suicide Prevention Hotline** (24/7) Marque **988** [988lifeline.org/help-yourself/en-espanol/](http://988lifeline.org/help-yourself/en-espanol/)

**Crisis Text Line** (24/7) Text HOME to 741741 [crisistextline.org/es/](http://crisistextline.org/es/)

## **Recursos de 12 Pasos**

**Alanon**—[al-anon.org/es/](http://al-anon.org/es/)

**Alateen**—[alanonventura.org/alateen](http://alanonventura.org/alateen)

**Alcoholics Anonymous**—[aaventuracounty.org/grupos-en-espanol](http://aaventuracounty.org/grupos-en-espanol)

**Narcotics Anonymous**—[clana.org/index.html](http://clana.org/index.html)

**NarAnon**—[nar-anon.org](http://nar-anon.org)