

# 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)

CA Healthy Youth Act, Education Code 51934(a)(8) requires school districts to provide information about local resources for sexual and reproductive health care such as testing and medical care for HIV and other sexually transmitted infections and pregnancy prevention and care, as well as local resources for assistance with sexual assault and intimate partner violence.

## 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

**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**  
805 497-3575  
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**  
805 983-6014  
[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)

### **Harbor House**

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

### **Lutheran Social Services**

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

### **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**

### **Big Brothers Big Sisters**

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

### **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)

### **Conejo Youth Employment**

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

### **Thousand Oaks Library**

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

### **Thousand Oaks Teen Center**

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

### **Department of Rehabilitation**

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

### **Tutoring available.**

Please visit website or call for more information.

## **Hotlines**

**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) 800 273-8255 [suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

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

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

## **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)