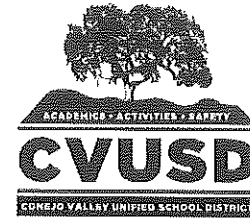


COMMUNITY RESOURCE LIST

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

Rain (Transitional Living Center)
805 383-7505
raincommunities.org

Food Share
805 983-7100
foodshare.com

Many Mansions
805 496-4948
manymansions.org

The Samaritan Center of Simi Valley
805 579-9166
samaritancentersimivalley.org

LGBTQ

PFLAG
818 991-4797 x 27
pflag.org/chapter/pflag-oak-parkconejo-valley

Rainbow Umbrella
805 836-0099
rainbowumbrella.org

Trevor Project
24/7 Trevor Lifeline: 866 488-7386
thetrevorproject.com

Medical

Clinicas del Camino Real
805 498-3640
clinicas.org

Ohana Health
805 373-1222
ohanahealthclinic.com

Westminster Free Clinic
805 241-8366
westminsterclinic.org

Conejo Free Clinic
805 497-3575
conejofreeclinic.org

Mental Health

Action Family Foundation
800 367-8336
actionfamily.org

National Alliance on Mental Illness (NAMI)
Helpline: 805 500-6264
namiventura.org

VCBH Rapid Integration Support and Engagement (RISE)
805 981-4233
vchca.org/county-mental-health-triage-services

CLU Community Counseling
805 493-3390
clucounseling.org

VIPS Telecare
805 477-9848
telecarecorp.com/vips/

Youth Crisis Line—Interface
805 469-5882
icfs.org/services/youth-crisis-intervention/

Interface Children and Family Services
805 485-6114 (Main Number)
805 371-5707 (Thousand Oaks)
icfs.org

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

Parenting

The Parent Project
800 372-8886
parentproject.com

Triple P—Positive Parenting Program
(0-5 years old)
805 485-6114 x 625
icfs.org

United Parents
805 384-1555
unitedparents.org

Substance Abuse

How High Ventura County
howhighventuracounty.org

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/en/
treatment/youth-services](http://venturacountylimits.org/en/treatment/youth-services)

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

Social Services

Community Conscience
805 494-3543
communityconscience.org

Human Services Agency
805 654-5000
ventura.org/human-services-agency/

Kids and Family Together
805 643-1446
kidsandfamilies.org

Lutheran Social Services
805 497-6207
lsssc.org/location/ventura-county

Additional Services

Art Trek
805 499-1700
arttrek.org

PACER-National Bullying Prevention
pacer.org/bullying/

Thousand Oaks Teen Center
805 494-5156
thousandoaksteencenter.com
Tutoring available. Please visit web-
site or call for more information.

Conejo Youth Employment
805 496-6868
conejoyes.com

Straight Up
805 647-4622
straightupvc.org

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

Thousand Oaks Library
805 449-2660
tolibrary.org

12 Step Resources

Alanon—alanonventura.org
Alateen—alanonventura.org/alateen
Alcoholics Anonymous—aaventuracounty.org
Narcotics Anonymous—na.org
NarAnon—nar-anon.org

Hotlines

Ventura County Crisis Team 866 998-2243 or 866 431-2478
Ventura County Suicide Prevention Crisis Center Line (24/7) 877 727-4747
California Youth Crisis Line 800 843-5200 calyouth.org
National Suicide Prevention Hotline 800 273-8255 suicidepreventionlifeline.org
Crisis Text Line (24/7) Text HOME to 741741 crisistextline.org
Dial 211 for additional Ventura County resources