

# 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)

**Human Services Agency**  
805 385-1800  
[ventura.org/human-services-agency/homeless-services/](http://ventura.org/human-services-agency/homeless-services/)

**Many Mansions**  
805 496-4948  
[manymansions.org](http://manymansions.org)

**Food Share**  
805 983-7100  
[foodshare.com](http://foodshare.com)

**Manna Food Bank**  
805 497-4959  
[mannaconejo.org](http://mannaconejo.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/oak-park-conejo-valley/](http://pflag.org/chapter/oak-park-conejo-valley/)

**Rainbow Umbrella**  
805 836-0099  
[diversitycollectivevc.org/rainbow-umbrella/](http://diversitycollectivevc.org/rainbow-umbrella/)

**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—Ventura County Power Over Psychosis (VCPOP)**  
866 998-2243 (request referral to VCPop)  
[vchca.org/behavioral-health/adult-services-overview/early-intervention/](http://vchca.org/behavioral-health/adult-services-overview/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, Option 2  
[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

**BrightLife Kids (0-12 years old)**  
[hellobrightline.com/brightlifekids/](http://hellobrightline.com/brightlifekids/)

**Triple P—Positive Parenting Program (0-5 years old)**  
805 485-6114, Option 2  
[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  
[briteyouth.org/](http://briteyouth.org/)

### **Conejo Health**

818 390-9444  
[conejohealth.com/](http://conejohealth.com/)

## Social Services

### **Assistance League of Conejo Valley**

Clothing/Shoes  
Vision—Eye Exams and Glasses  
Amber Bowman, CVUSD Coordinator of Student Support Services  
[abowman@conejousd.org](mailto:abowman@conejousd.org)

### **Conejo Community Outreach**

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

## Additional Services

**Adelante Comunidad Conejo**  
[adelantecomunidadconejo.org](http://adelantecomunidadconejo.org)

### **Big Brothers Big Sisters**

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

### **Department of Rehabilitation**

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

## Hotlines

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

**Ventura County Mobile Crisis Response 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/](http://clana.org/)

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

### **Coast Ventura County**

[coastventuracounty.org/preventing-overdose/overdose-rescue-kit](http://coastventuracounty.org/preventing-overdose/overdose-rescue-kit)

### **Not One More**

571-666-4357  
[notonemore.net/](http://notonemore.net/)

### **Ventura County Limits**

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

### **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/Page/1753](http://conejousd.org/Page/1753)

### **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/)

### **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 Teen Center**

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

### **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)

### **Kids and Family Together**

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

### **Laundry Love**

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

### **Lutheran Social Services**

805 497-6207  
[lsssc.org/thousand-oaks](http://lsssc.org/thousand-oaks)

### **Thousand Oaks Library**

805 449-2660  
[tolibrary.org](http://tolibrary.org)  
*Homework Help available (K-8)*  
[tolibrary.org/kids/homework-help-center](http://tolibrary.org/kids/homework-help-center)

### **Tri-Counties Regional Center**

805 522-8030  
[tri-counties.org/](http://tri-counties.org/)

# LISTA DE 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)

**Human Services Agency**  
805 385-1800  
[ventura.org/human-services-agency/homeless-services/](http://ventura.org/human-services-agency/homeless-services/)

**Many Mansions**  
805 496-4948  
[manymansions.org](http://manymansions.org)

**Food Share**  
805 983-7100  
[foodshare.com](http://foodshare.com)

**Manna Food Bank**  
805 497-4959  
[mannaconejo.org](http://mannaconejo.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/oak-park-conejo-valley/](http://pflag.org/chapter/oak-park-conejo-valley/)

**Rainbow Umbrella**  
805 836-0099  
[diversitycollectivevc.org/rainbow-umbrella/](http://diversitycollectivevc.org/rainbow-umbrella/)

**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)**  
Línea de Ayuda: 805 500-6264  
[namiventura.org/espanol/](http://namiventura.org/espanol/)

**VCBH—Ventura County Power Over Psychosis (VCPOP)**  
866 998-2243 (solicitar referral de VCPop)  
[vchca.org/behavioral-health/adult-services-overview/early-intervention/](http://vchca.org/behavioral-health/adult-services-overview/early-intervention/)

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

**Ventura County Behavioral Health (VCBH)**  
866 998-2243  
[vchca.org/behavioral-health/](http://vchca.org/behavioral-health/)

**VCBH—Rapid Integration Support and Engagement (RISE)**  
805 981-4233  
[vchca.org/behavioral-health/rise-program/](http://vchca.org/behavioral-health/rise-program/)

**Interface Children and Family Services**  
805 485-6114, opción 2  
[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

**BrightLife Kids (0-12 años)**  
[hellobrightline.com/es-US/brightlifekids/](http://hellobrightline.com/es-US/brightlifekids/)

**Triple P—Positive Parenting Program (0-5 años)**  
805 485-6114, opción 2  
[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

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

### **Conejo Health**

818 390-9444

[conejohealth.com/](http://conejohealth.com/)

## **Servicios Sociales**

### **Assistance League of Conejo Valley**

Ropa/Zapatos

Vision—Examen de la vista/Anteojos  
Amber Bowman, CVUSD Coordinator  
of Student Support Services

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

### **Conejo Community Outreach**

Pañales gratis

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

## **Servicios Adicionales**

### **Adelante Comunidad Conejo**

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

### **Big Brothers Big Sisters**

805 484-2282

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

### **Department of Rehabilitation**

805 371-6279

[dor.ca.gov](http://dor.ca.gov)

## **Líneas Directas**

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

**Ventura County Mobile Crisis Response Team** (24/7) 866 998-2243 [vchca.org/behavioral-health/mobile-crisis-response-team/](http://vchca.org/behavioral-health/mobile-crisis-response-team/)

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

**National Suicide Prevention Hotline** (24/7) Marque **988** [988lifeline.org/es/home/](http://988lifeline.org/es/home/)

**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/](http://clana.org/)

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

### **COAST Ventura County**

[coastventuracounty.org/prevencion-sobredosis/kit-de-rescate-sobredosis](http://coastventuracounty.org/prevencion-sobredosis/kit-de-rescate-sobredosis)

### **Not One More**

571 666-4357

[notonemore.net/](http://notonemore.net/)

### **Ventura County Limits**

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

### **Conejo Closet**

El Conejo Closet busca ayudar a las familias de CVUSD necesitadas, proporcionando artículos de aseo personal, útiles escolares y ropa sin cargo.

[conejousd.org/Page/1753](http://conejousd.org/Page/1753)

### **Harbor House**

855 427-2672

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

### **Laundry Love**

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

### **Thousand Oaks Teen Center**

805 494-5156

[thousandoaksteencenter.com](http://thousandoaksteencenter.com)

### **Prescription Drug Disposal**

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

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

844 385-9200

[vchca.org/behavioral-health/  
substance-use-services/](http://vchca.org/behavioral-health/substance-use-services/)

### **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)

### **Lutheran Social Services**

805 497-6027

[lsssc.org/thousand-oaks](http://lsssc.org/thousand-oaks)

### **Thousand Oaks Library**

805 449-2660

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

### **Ayuda con la tarea (K-8)**

[tolibrary.org/kids/homework-help-center](http://tolibrary.org/kids/homework-help-center)

### **Tri-Counties Regional Center**

805 522-8030

[tri-counties.org/](http://tri-counties.org/)