

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)
805 816-3057
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
<https://www.diversitycollectivevc.org/rainbow-umbrella/>

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

Medical

Clinicas del Camino Real
805 498-3640
clinicas.org

Conejo Free Clinic & Free Dental
805 497-3575—Medical
805 328-3100—Dental
conejofreeclinic.org

Westminster Free Clinic
805 241-8366
westminsterclinic.org

Mental Health

CLU Community Counseling
805 493-3390
clucounseling.org

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

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

Coalition for Family Harmony
800 300-2181—24/7 Hotline
805 983-6014—Office
thecoalition.org/

Ventura County Behavioral Health (VCBH)
866 998-2243
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

Interface Children and Family Services
805 485-6114 x 662 (Main Number)
icfs.org/services/mental-health/

Youth Crisis Line—Interface
805 469-5882
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/

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

United Parents
805 384-1555
unitedparents.org

Substance Abuse

BRITE

Substance Use Prevention and Education
805 647-4622

<https://brite.mykajabi.com/BRITE>

Ventura County Limits

venturacountylimits.org/en/

Not One More

571-666-4357

notonemore.net

Prescription Drug Disposal

venturacountyresponds.org/medication-safety/safe-medication-disposal

VCBH Substance use Treatment Services

844 385-9200

vcbh.org/en/programs-services/substance-use-services

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

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.

<https://www.conejousd.org/Page/1753>

Harbor House

855 427-2672

harborhouseto.org/

Human Services Agency

805 449-7320

ventura.org/human-services-agency/

Conejo Community Outreach

Diaper Bank

conejocommunityoutreach.com/diaper-bank.html

Lutheran Social Services

805 497-6207

lsssc.org/location/ventura-county/

Kids and Family Together

805 643-1446

kidsandfamilies.org

Additional Services

Adelante Comunidad Conejo

adelantecomunidadconejo.org

Big Brothers Big Sisters

805 484-2282

bbsvc.org

Department of Rehabilitation

805 371-6279

dor.ca.gov

PACER-National Bullying Prevention

pacer.org/bullying/

Thousand Oaks Library

805 449-2660

tolibrary.org

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

Conejo Youth Employment

805 496-6868

conejoyes.com

Thousand Oaks Police Department

Non-emergency Line

805 654-9511

toaks.org/departments/police

Thousand Oaks Teen Center

805 494-5156

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

California Youth Crisis Line (24/7) 800 843-5200 calyouth.org

National Suicide Prevention Hotline (24/7) Dial **988** suicidepreventionlifeline.org

Crisis Text Line (24/7) Text HOME to 741741 crisistextline.org

12 Step Resources

Alanon—alanonventura.org

Alateen—alanonventura.org/alateen

Alcoholics Anonymous—aaventuracounty.org

Narcotics Anonymous— <https://clana.org/>

NarAnon—nar-anon.org