

Healthcare Services

May provide emergency care, counseling, physicals, birth control, sexually transmitted diseases/HIV testing, immunizations, nutrition education, eating disorders, prenatal care, alcohol and tobacco cessation. Inquire about sliding scale cost availability. **Check and confirm services covered under your insurance.**

Healthcare Services

Community Memorial Hospital	805-652-5011
Center for Family Health	805-667-2850
Clinicas Del Camino Real	805-647-6322
Public Health Clinics - Appointment Desk	805-981-5221
VCHCA Adolescent Family Life Program	805-981-5177
Oxnard Dental Hygiene Department	805-986-5823
Planned Parenthood	888-898-3806
VCOE Hearing Conservation	805-437-1380
Ventura County Medical Center	805-652-6000
West Ventura Medical Clinic	805-641-5600
WIC Nutrition Program	805-981-5251

Clothing, Food, Shelter

American Red Cross	805-987-1514
Catholic Charities	805-643-4760
Community Action of Ventura County	805-436-4000
Food Share Bank of Ventura County	805-983-7100
Interface - Ventura County	800-636-6738
Project Understanding	805-652-1326
Salvation Army	805-648-4977
Turning Point Foundation	805-652-0000
Ventura Housing Authority	888-472-4463
Ventura County - Human Services <i>Cal Works, Cal Fresh (food stamps), Homeless Services Program, Job Center</i>	805-658-4100



For Emergency Situations Dial 911

Suicide Prevention Dial 988

Help Line of Ventura County Dial 211

24 Hour Hot Line Numbers

Food, Health, Shelter, Financial Assistance	800-339-9597
American Red Cross	866-998-2243
Ventura County Behavioral Health Crisis Team - Adult & Children	866-998-2243
Kick It California - Smoking Cessation	800-300-8086
Ventura County Substance Use Treatment Access Line	844-385-9200
Ventura County Healthcare Agency	805-201-7867
Coalition for Family Harmony	800-300-2181 805-983-6014
Shelter for Domestic Violence	805-654-1111
Drug Help Line	800-786-2929
Human Services Agency - Adult and Child Abuse Reporting	805-654-3200
National Runaway Switchboard	800-786-2929
Poison Control	800-222-1222
The Trevor Lifeline - Suicide Prevention for LGBTQ Youth	866-488-7386
National Suicide Prevention Lifeline	988
National Domestic Violence Hotline	800-636-6738
Safe Haven - Emergency Assistance/ Shelter for Domestic Violence Victims	800-636-6738

Low or No-Cost Health Insurance for Children

Gold Coast Health Plan - MediCal	888-301-1228
CHDP Program	805-981-5291

Counseling

Contact Interface for additional community Resources at 800-339-9567

Aurora Vista del Mar Behavioral Health Care	800-766-0040 or 805-653-6434
CLU Community Counseling Services	Westlake 805-493-3390 Oxnard 805-493-3059
City Impact	805-983-3636
Coalition for Family Harmony	805-983-6014
Interface Children & Family Services	Camarillo 805-485-6114 Oxnard 805-604-1977
Livingston Memorial Grief Counseling	800-223-4862 805-642-1078
Ventura County Behavioral Health	805-981-6830 Referrals 805-981-4233
VIPS - Ventura Early Intervention Prevention Program (Mental Health)	805-642-7033

Family Support

Big Brothers/Big Sisters	805-484-2282
Kids & Families Together	805-643-1446
Nat'l Alliance on Mental Health	805-500-6264
Social Security	800-772-1213
United Parents	805-384-1555



Health Information

American Cancer Society	800-227-2345
American Diabetes Association	800-342-2383
American Heart Association	800-242-8721
American Lung Association	800-586-4872
Autism Research Institute	833-281-7165

Teen Services

Friday Night Live/Club Live <i>Youth driven, youth led, leadership development</i>	805-437-1367
Grizzly Youth Academy <i>California National Guard Youth Challenge Program</i>	800-926-0643
Segue Career Guidance Program	805-643-3444
Ventura County Probation Agency <i>Juvenile Probation Services 1911 Williams Drive, Suite 175 Oxnard, CA 93036 www.probation.countyofventura.org</i>	805-662-6901
Ventura Job & Career Center	805-654-3434
Pathpoint <i>Jobs for youth 15-21 with disability</i>	805-654-5297
Crisis Text Line - 24 Hours	Text "Home" to 741741
Teen Line - 6:00 -10:00 PM	800-TLC-TEEN Text "TEEN" to 839863

Tutoring

Academic help for students of all ages. Contact your local school for possible after-school tutoring programs

Educational Assistance Center <i>Ventura College, 4667 Telegraph Road (For VC Students with physical or learning disabilities)</i>	805-289-6300
Project Understanding	805-652-1326
Ventura College Tutoring Center	805-289-6026

After School Childcare/Activities

Boys & Girls Clubs	805-641-5588
Extended Learning Opportunity Programs (ELOP) <i>This includes PEAK & ASES</i>	805-641-5000 Ext. 1370

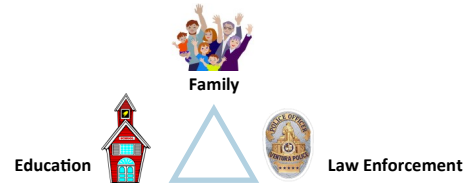
Alcohol, Tobacco, Other Drugs

Action Family Counseling, Inc.	800-367-8336
Alternative Action Programs	805-988-1112
Aurora Vista del Mar Hospital	805-653-2596
Call It Quits <i>VCPH Tobacco Cessation Program</i>	805-201-7867
Khepera House <i>Treatment for Males 18+</i>	805-653-2596 Ext.100
Prototypes <i>Treatment for females 18+</i>	805-382-6296
Narcotics Anonymous	888-817-7425
Nicotine Anonymous	877-879-6422
Palmer Drug Abuse Program (PDAP)	805-482-1265
National Drug and Alcohol Abuse Helpline	844-289-0879
VC Alcohol & Drug Programs	Oxnard 805-981-9200 Ventura 805-652-6919

Local Alcohol & Drug Intervention List

Call to verify dates, times and locations.

Al-Anon <i>For family & friends of people with alcohol/drug problems</i>	805-253-7188
Alateen & Pre-Teen Meetings <i>For students who have family & friends who are using alcohol/drugs</i>	805-253-7188
Alcoholics Anonymous - Young Peoples Meetings <i>For students who have a problem abusing alcohol/drugs</i>	805-389-1444
Palmer Drug Abuse Program (PDAP) <i>For students grades 6-12-Prevention, education, support groups</i>	805-482-1265
Parent Project <i>Parent Education program teaching parenting strategies for adolescent behavior.</i> <i>Free 10 week class for parents of students in grades 6-12</i>	www.parentproject.com
Tobacco Cessation Groups <i>Contact VUSD Health Services & Prevention Programs or you can call Ventura County Public Health</i>	641-5000 ext. 1136 or 805-201-STOP (7867)



School Law Partnership

In a continuing effort to increase student safety and school security, the Ventura Unified School District and the Ventura Police Department combine resources to develop an intensive, proactive, safety program. This ongoing school – law partnership effort is part of Ventura’s Safe School/Healthy Student Initiative.

City of Ventura Police Department
Business Non-Emergency Calls
805-339-4400

In case of emergency call 911

Services for Homeless and those at Risk of Homelessness

One Stop Center

10:00 AM - 12:30 PM Every Tuesday
Ventura Public Health Building
3147 Loma Vista Road

12:30 PM - 3:30 PM Every Monday
River Haven

- MediCal Assistance
- Veterans Assistance
- Hot Coffee & Sack Lunches
- VCMC Ace Program
- TB & HIV Testing
- Legal Services
- Behavioral Health Outreach
- Substance Abuse Services
- Food Stamps & General Relief
- Housing Information
- Medical Care
- Help Obtaining Medications
- Help Obtaining Medications
- Application Assistance

Transportation

Greyhound Bus Lines	800-231-2222
Vista	800-438-1112
Gold Coast Transit	805-487-4222

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Healthy, Safe and Supportive Schools Collaborative
Additional copies available through Health Services
& Prevention Programs Office
805-641-5000 ext. 1136



For the future of every student

COMMUNITY RESOURCE GUIDE

2022 - 2023

- Hot Line Numbers
- Healthcare
- Health Notifications
- Counseling
- Clothing, Food, Shelter
- Transportation
- Family Support
- Alcohol, Tobacco, Other Drugs
- Low or No-Cost Health Insurance for Children
- Confidential Teen Services
- After School Childcare & Activities
- Tutoring
- Student Assistance/Support
- Local Alcohol & Drug Intervention Information
- School-Law Partnership
- Educational Resources
- Homeless Services
- 24 Hour Hotline Numbers
- Teen Services

