

WELCOME TO **THE ROCKET LOUNGE**

Frontier High School
545 Airport Way
Camarillo, CA. 93010



WE OFFER:

- Therapy services:
individual & group
- Counseling services:
individual & group
- Classroom
presentations on
mental health topics
- Lunch time activities
- Wellness Peers (teen
support students)
- Resource station
- Calming station
- Wellness library
- Affirmation station
- Rocket closet
- Massage chairs
- & much more

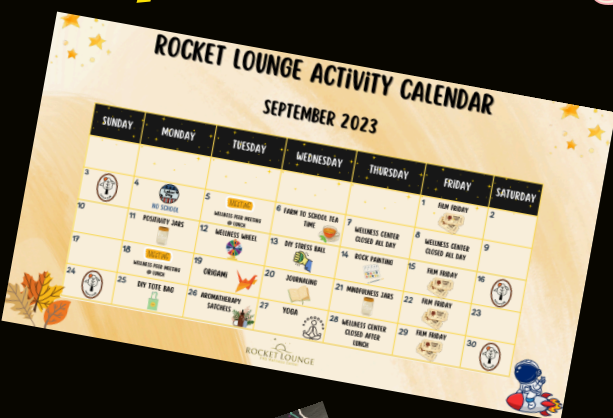
WHAT IS A WELLNESS CENTER?

Our goal is to provide students with a safe space where individualized or group services are utilized to benefit the overall mental health and wellness for all students at Frontier High School.





ACTIVITIES



just breathe



CONNECT WITH US...

Student Wellness Specialist

Elizabeth Tobias

(805)385-2623

elizabeth.tobias@oxnardunion.org

Guidance Technician

Alejandra Aldana

(805)484-6273

alejandra.aldana@oxnardunion.org



SOCIAL MEDIA:



Instagram
[@fhs.wellness](https://www.instagram.com/fhs.wellness)



PARTNERSHIPS

We work with our community resources to bring students & families information during time of need, crisis, or prevention.

*FOR IMMEDIATE HELP, PLEASE CALL 9-1-1

*SUICIDE & CRISIS LIFELINE: 9-8-8.

*VENTURA COUNTY CRISIS TEAM: 1-866-998-2243

*THE CRISIS TEXT LINE: Text "HOME" to 741741

*THE TREVOR PROJECT (LGBTQ+): 1-866-488-7386

or text "START" to 678678

*INTERFACE (HOMELESS/RUNAWAY):

1-805-469-5882

*COALITION HOTLINE (SEXUAL EXPLOITATION):

1-800-300-2181

*ADDITIONAL RESOURCES: call 2-1-1