

RECURSOS COMUNITARIOS

Pérdida De Seres Queridos

Cancer Support Community
805 379-4777
cancersupportvvsb.org

Hospice of the Conejo
805 495-2145
hospiceoftheconejo.org

Vivienda Y Alimentos

Area Housing Authority
805 480-9991
ahacv.org

Human Services Agency
805 385-1800
ventura.org/human-services-agency/homeless-services/

Many Mansions
805 496-4948
manymansions.org

Food Share
805 983-7100
foodshare.com

Manna Food Bank
805 497-4959
mannaconejo.org

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

LGBTQ—Identidad de Género

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

Rainbow Umbrella
805 644-5428
diversitycollectivevc.org/rainbow-umbrella/

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

Servicios Médicos

Clinicas del Camino Real
805 498-3640
clinicas.org/es

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

Westminster Free Clinic
805 241-8366
westminsterclinic.org

Servicios de Salud Mental

CLU Community Counseling
805 493-3390
clucounseling.org/es/

National Alliance on Mental Illness (NAMI)
Línea de Ayuda: 805 500-6264
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/

Coalition for Family Harmony
805 983-6014
thecoalition.org/

Ventura County Behavioral Health (VCBH)
866 998-2243
vchca.org/behavioral-health/

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

Interface Children and Family Services
805 485-6114, opción 2
icfs.org/services/mental-health/

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

Clases de Padres

BrightLife Kids (0-12 años)
hellobrightline.com/es-US/brightlifekids/

Triple P—Positive Parenting Program (0-5 años)
805 485-6114, opción 2
icfs.org/services/mental-health/

United Parents
805 384-1555
unitedparents.org/#

Abuso de Sustancias

BRITE

Educación y prevención del uso de sustancias

805 647-4622

briteyouth.org/

Conejo Health

818 390-9444

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

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

Department of Rehabilitation

805 371-6279

dor.ca.gov

Immigrants Rising

immigrantsrising.org/

Líneas Directas

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

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

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

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

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

Recursos de 12 Pasos

Alanon—al-anon.org/es/

Alateen—alanonventura.org/alateen

Alcoholics Anonymous—aaventuracounty.org/grupos-en-espanol

COAST Ventura County

coastventuracounty.org/prevencion-sobredosis/kit-de-rescate-sobredosis

Not One More

571 666-4357

notonemore.net/

Ventura County Limits

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

Harbor House

855 427-2672

harborhouseto.org/

Laundry Love

laundrylove.org/

PACER-National Bullying Prevention

pacer.org/bullying/

Rainbow Connection

805.485.9643

rainbowconnectionfrc.weebly.com/

Thousand Oaks Police Department

Non-emergency Line

805 654-9511

toaks.org/departments/police

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

Thousand Oaks Teen Center

805 494-5156

thousandoaksteencenter.com

Thousand Oaks Library

805 449-2660

tolibrary.org

Ayuda con la tarea (K-8)

tolibrary.org/kids/homework-help-center

Tri-Counties Regional Center

805 522-8030

tri-counties.org/

Narcotics Anonymous— clana.org/

NarAnon—nar-anon.org