

Conejo Valley Unified School District Community Resource List

Every family can use support at different times. These community resources offer help with everyday needs, health, parenting, and more. Contact each organization to learn about available services, costs, and eligibility.

Category	Organization / Program	Phone / Contact	Website	How They Can Help
Crisis Support & Helplines	211 Ventura County	Dial 211	https://211ventura.org/	Connects callers with local health, housing, food, social service, and community resources.
Crisis Support & Helplines	California Youth Crisis Line	24/7: 800-843-5200	calyouth.org	Crisis support, information, and referrals for youth and families in California.
Crisis Support & Helplines	Crisis Text Line	Text HOME to 741741	crisistextline.org	Text-based crisis support with trained crisis counselors.
Crisis Support & Helplines	National Suicide Prevention Hotline	Call/Text 988	suicidepreventionlifeline.org	24/7 crisis support through the 988 Suicide & Crisis Lifeline.
Crisis Support & Helplines	Ventura County Mobile Crisis Response Team	24/7: 866-998-2243	https://hca.venturacounty.gov/behavioral-health/mobile-crisis-response-team/	Mobile behavioral health crisis assessment, support, and connection to appropriate services.
Community Safety	Thousand Oaks Police Department – Non-emergency Line	805-654-9511	toaks.org	Non-emergency law-enforcement assistance and community safety information for Thousand Oaks.
Grief & Loss Support	Cancer Support Community	805-379-4777	cancersupportvvsb.org	Free support, education, counseling, and groups for people affected by cancer and their families.
Grief & Loss Support	Hospice of the Conejo	805-495-2145	hospiceoftheconejo.org	Hospice-related support, caregiver resources, and support after a loss for individuals and families.
Housing and Food	Area Housing Authority	805-480-9991	ahacv.org	Affordable housing programs, rental assistance, and housing resources for eligible Ventura County residents.
Housing and Food	Human Services Agency	805-385-1800	ventura.org/human-services-agency/homeless-services/	County assistance connecting individuals and families with benefits, homeless services, and other help with everyday needs.
Housing and Food	Many Mansions	805-496-4948	manymansions.org	Affordable housing and supportive services for low-income individuals and families.
Housing and Food	Food Share	805-983-7100	foodshare.com	Regional food bank providing groceries and food assistance through community distribution partners.
Housing and Food	Manna Food Bank	805-497-4959	mannaconejo.org	Local food pantry providing groceries and food assistance to individuals and families who could use additional support.
Housing and Food	The Samaritan Center of Simi Valley	805-579-9166	samaritancentersimivalley.org	Support for people experiencing homelessness or hardship, including basic needs, case management, and referrals.
Housing and Food	Adelante Comunidad Conejo	Visit the website for contact information and next steps.	adelantecomunidadconejo.org	Food pantry
LGBTQ+ Youth & Family Support	PFLAG	818-991-4797 x 27	pflag.org/chapter/oak-park-conejo-valley/	Support, education, and advocacy for LGBTQ+ people, their families, and allies.
LGBTQ+ Youth & Family Support	Rainbow Umbrella	805-644-5428	diversitycollectivevc.org/rainbow-umbrella/	LGBTQ+ youth support, connection, education, and affirming community resources.
LGBTQ+ Youth & Family Support	Trevor Project	24/7 Trevor Lifeline: 866-488-7386	thetrevorproject.org	Crisis support and mental health resources for LGBTQ+ young people.

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Medical & Dental Care	Clinicas del Camino Real	805-498-3640	clnicas.org	Community health centers offering primary care and other medical services, including care for underserved patients.
Medical & Dental Care	Conejo Free Clinic & Free Dental	805-497-3575 Medical; 805-328-3100 Dental	conejofreeclinic.org	Free or low-cost medical and dental services for eligible community members.
Medical & Dental Care	Westminster Free Clinic	805-241-8366	westminsterclinic.org	Free health services and wellness support for uninsured and underserved individuals and families.
Medical & Dental Care	Free Clinic of Simi Valley	805-522-3733	freeclinicsv.com	Free or low-cost medical and related health services for people with limited access to care.
Medical & Dental Care	Vision – Eye Exams and Glasses	Amber Bowman CVUSD Coordinator, Student Support Services 805-497-9511, ext. 3323 abowman@conejousd.org		School-connected assistance for students who need access to eye exams and glasses.
Mental Health & Counseling	CLU Community Counseling	805-493-3390	clucounseling.org	Low-cost community counseling services provided through California Lutheran University's counseling program.
Mental Health & Counseling	Ventura County Behavioral Health (VCBH)	866-998-2243	hca.venturacounty.gov/behavioral-health/	County mental health and substance use services, assessments, treatment, crisis support, and referrals.
Mental Health & Counseling	Youth Crisis Line – Interface	805-469-5882	icfs.org/services/youth-crisis-homeless-services/	Crisis support and services for youth, including help for young people experiencing unstable housing or a risk of losing housing.
Mental Health & Counseling	Coalition for Family Harmony	800-300-2181 (24/7 Hotline); 805-983-6014 (Office)	thecoalition.org	Support for survivors of domestic violence and sexual assault, including crisis services, advocacy, and counseling.
Mental Health & Counseling	National Alliance on Mental Illness (NAMI)	805-500-6264	namiventura.org	Mental health education, support for individuals and families, advocacy, and community resources.
Mental Health & Counseling	Interface Children and Family Services	805-485-6114, Option 2	icfs.org/services/mental-health/	Counseling, family support, crisis response, and behavioral health services for children, youth, and families.
Parenting & Family Support	Child Development Resources	805-485-7878	cdrv.org	Child development, early childhood, family support, and parenting resources.
Parenting & Family Support	Ventura County Public Health Breakthrough Parenting Program	805-981-5115	https://s47353.pcdn.co/public-health/wp-content/uploads/sites/3/2026/04/Breakthrough-Parenting-General-Flyer.pdf	Parenting education program focused on practical skills, communication, and strengthening family relationships.
Parenting & Family Support	United Parents	805-384-1555	unitedparents.org	Support, education, and help finding and accessing services for families raising children with emotional, behavioral, or mental health needs.
Parenting & Family Support	Kids and Family Together	805-643-1446	kidsandfamilies.org	Counseling, family support, foster/adoptive family services, and other child and family programs.
Parenting & Family Support	Rainbow Connection	805-485-9643	rainbowconnectionfrc.weebly.com/	Family resource and support services, including help finding and accessing programs for children and families.
Recovery & Family Support Groups (12-Step)	Al-Anon	Visit the website for contact information and next steps.	alanonventura.org	Peer support for people affected by someone else's alcohol use.

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Recovery & Family Support Groups (12-Step)	Alateen	Visit the website for contact information and next steps.	alanonventura.org/alateen	Peer support for teens affected by a family member's or loved one's alcohol use.
Recovery & Family Support Groups (12-Step)	Alcoholics Anonymous	Visit the website for contact information and next steps.	https://aaaventuracounty.org/	Peer-led 12-step recovery meetings and support for people seeking help with alcohol use.
Recovery & Family Support Groups (12-Step)	Narcotics Anonymous	Visit the website for contact information and next steps.	clana.org	Peer-led 12-step recovery meetings and support for people seeking recovery from drug use.
Recovery & Family Support Groups (12-Step)	Nar-Anon	Visit the website for contact information and next steps.	nar-anon.org	Peer support for family members and friends affected by another person's drug use.
Social Services	Assistance League of Conejo Valley – Clothing/Shoes	Amber Bowman CVUSD Coordinator, Student Support Services 805-497-9511, ext. 3323 abowman@conejousd.org		Provides clothing and shoes to help local children and families meet basic needs.
Social Services	Conejo Closet	Amber Bowman CVUSD Coordinator, Student Support Services 805-497-9511, ext. 3323 abowman@conejousd.org		Provides CVUSD families who could use additional support with toiletries, personal care items, school supplies, clothing, and other essentials free of charge.
Social Services	Conejo Community Outreach – Diaper Bank	Visit the website for contact information and next steps.	conejocommunityoutreach.com/diaper-bank.html	Provides diapers and related help with everyday needs to local families.
Social Services	Harbor House	855-427-2672	harborhouseto.org	Provides housing-related support, food and help with everyday needs, case management, and services for people experiencing hardship or homelessness.
Social Services	Laundry Love	Visit the website for contact information and next steps.	laundrylove.org	Helps people with limited income access free laundry services through participating community locations.
Social Services	Human Services Agency	805-449-7320	ventura.org/human-services-agency/	County programs for benefits, employment support, family services, and other social-service needs.
Social Services	Department of Rehabilitation	805-371-6279	dor.ca.gov	Employment, training, and vocational rehabilitation services for eligible people with disabilities.
Social Services	Tri-Counties Regional Center	805-522-8030	tri-counties.org	Services and supports for people with developmental disabilities and their families.
Substance Use Prevention, Support & Recovery	BRITE Substance Use Prevention and Education	805-647-4622	briteyouth.org	Youth-focused substance use prevention, education, leadership, and community awareness programs.
Substance Use Prevention, Support & Recovery	Coast Ventura County	Visit the website for contact information and next steps.	https://coast.venturacounty.gov/preventing-overdose/overdose-rescue-kit	Overdose prevention education and information about obtaining and using overdose rescue resources.
Substance Use Prevention, Support & Recovery	Medication and Sharps Disposal	Visit the website for contact information and next steps.	https://toaks.gov/index.php?section=medsandsharps	Information on safe disposal locations and practices for unused or expired medication and sharps.
Substance Use Prevention, Support & Recovery	Conejo Health	818-390-9444	conejohealth.com	Behavioral health and substance use support services for individuals and families.
Substance Use Prevention, Support & Recovery	Not One More	571-666-4357	notonemore.net	Education, support, and advocacy related to substance use, overdose prevention, and families affected by addiction.

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Substance Use Prevention, Support & Recovery	VCBH Substance Use Treatment	844-385-9200	hca.venturacounty.gov/behavioral-health/substance-use-services/	Ventura County assessment, referral, and treatment services for substance use concerns.
Substance Use Prevention, Support & Recovery	Ventura County – Positive Paths	Visit the website for contact information and next steps.	positivepaths.venturacounty.gov/	Information and community resources supporting prevention, recovery, wellness, and healthier choices.
Youth & Family Programs	PACER – National Bullying Prevention Center	Visit the website for contact information and next steps.	pacer.org/bullying/	Bullying prevention education, tools, and resources for students, families, and schools.
Youth & Family Programs	Thousand Oaks Library	805-449-2660	tolibrary.org	Public library offering books, technology, homework help, educational programs, and community resources.
Youth & Family Programs	Big Brothers Big Sisters of Ventura County	805-484-2282	bbsvc.org	Youth mentoring that matches young people with supportive adult mentors.
Youth & Family Programs	Thousand Oaks Teen Center	805-494-5156	thousandoaksteencenter.com	Recreation, activities, programs, and a supervised community space for teens.