



Ventura County Resources

| | Organization | Contact Information | What to know |
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| Support & Information | PFLAG | www.pflagventura.wordpress.com 2471 Portola Rd., Ventura (805) 650-3327 *Oak Park: (818)991-4797 ext. 27 | Support for people who are LGBTQ+, their families & allies. Meets 4 th Wed. every month at 7:00pm. |
| | Diversity Collective | www.diversitycollectivevc.org 2471 Portola Rd., Ventura | Promotes advocacy, education, and mental and physical health for the LGBT community in Ventura county. |
| | Families & Friends Living United in Diversity (FFLUID) | www.ffluid.org 370 Royal Ave., Simi Valley (805)285-3006 | Support and resources to members of the LGBTQ+ community, their families and friends. Meets 3 rd Thursday of every month at 7pm. |
| | Transforming Family | transformingfamily.org (323) 361-5372 Los Angeles, CA | <i>A Los Angeles based monthly family support group for families with gender diverse children. Visit transformingfamily.org to learn about support groups for Family/Caregivers (18 and over), Adolescent and Young Adults (14-24), Tween (10-13), Sibling Peers (13-24), and Elementary Play Group (5-11).</i> |
| | Queer Parent Tribe | 1 st and 3 rd Mondays 6pm-7pm 2471 Portola Rd., Ventura, CA | Queer Parent Tribe welcomes parents who identify as LGBTQ+ to join together to build a supportive community, learn from each other, and discuss topics that are unique to our lives. Meetings are for parents only, allowing a space to discuss all the adventures of raising children as an LGBTQ+ parent. |
| | TransAlliance Ventura Support Group | transallianceventura@gmail.com 2471 Portola Rd., Ventura (805)861.4793 | Support for those identifying as transgender, gender no-binary, or questioning their gender. |
| | Trans Lifeline | Translifeline.org 1(877)565-8860 | Hotline for transgender people who are experiencing a crisis. It is staffed by transgender people for transgender people. |



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| | Ventura County Crisis Team | (866)998-2243 | Crisis Intervention services for psychiatric emergencies for all residents of Ventura County. Services are available 24 hours a day, 7 days a week. |
| | 2-1-1 Ventura County Information & Referral | Call 2-1-1 | A free and confidential service hotline. Assists with finding local resources 24 hours a day, 7 days a week. |
| Health Care Services | The Pride Clinic at Santa Paula West | www.santapaulawestmedicalgroup.com/pride-clinic/ 254 W Harvard Blvd Ste B, Santa Paula, (805)229-0200 | Provides a safe zone for members of the LGBTQ+ community. Services include: primary care, hormone replacement therapy, registered dietician, free rapid HIV testing, condom dispensary, PrEP/PEP, & counseling services. |
| | Planned Parenthood California Central Coast – Thousand Oaks & Ventura | www.ppcentralcoast.org 5400 Ralston St. Ventura 1200 W. Hillcrest Dr., Thousand Oaks 1(866)600-1544 | Sexual and reproductive health care services including STI & HIV testing, PrEP/PEP services, wellness exams, cancer screenings & abortion care. Appointments can be made by phone or online. Walk-in hours available. |
| | Ventura County Public Health HIV/AIDS Program | wchca.org/public-health/hiv-aids-center 3147 Loma Vista Rd., Ventura (805)652-6267 | Provides HIV testing, syringe replacement & medical case management to those living with HIV and affected by HIV in Ventura county regardless of ability to pay, sexual orientation, documentation, ethnicity, gender, or religious convictions. Confidential. English and Spanish speaking staff. |
| For LGBTQ youth and young adults | Rainbow Umbrella LGBT Youth Group | ruyouthgroup@gmail.com 2471 Portola Rd., Ventura (805) 836-0099 | Activities based program that provides support & empowerment for LGBTQ+ youth. Meets every Friday 5:30pm to 7:30pm. Open to all youth, ages 13-23. |
| | Thrive LGBTQ+ | Every Thursday @ 7pm 2471 Portola Rd., Ventura, CA LGBTQThrive@gmail.com Facebook.com/thriveigbtqplus | Thrive LGBTQ+ is a fun space for those in the LGBTQ+ community to connect on a weekly bases in a social setting to learn, grow, and play. Ages 21+ |
| | One Step a la Vez | www.myonestep.org 421 Sespe Ave., Fillmore (805)625-7066 | Project Pride LGBTQ+ Support Group. Meets every Wednesday at 7pm. |



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| | Pride Family Youth Group – Coalition for Family Harmony | www.thecoalition.org 1030 N. Ventura Rd. (805)983-6014 | LGBTQ+ youth group for ages 12-18. Meets Wednesdays from 5:30pm to 7:00pm. |
| | Interface Children & Family Services | lcfs.org/youth.html (805)469-5882 | Runaway & homeless youth shelter services (ages 12-21). |
| | Pacific Clinics - Tay Tunnel | 141 West Fifth Street, Suite D Oxnard, CA 93030 (805)240-2538 | Transitional Age Youth program, ages 18-24, for youth recovering from mental illness or co-occurring mental illness and substance abuse. |
| | The Trevor Project | www.thetrevorproject.org 1(866)488-7386 Text TREVOR to 1-202-304-1200 | Provides Crisis intervention and suicide prevention for LGBTQ+ youth. |
| | California Youth Crisis Line | Youthcrisisline.org 1(800)843-5200 | Help with issues including medical care, dating violence, sexual assault, runaway resources and homelessness |
| For Older Adults | National Resource Center on LGBT Aging | Lgbtagingcenter.org | Technical assistance resource center. |
| | SAGE (Services & Advocacy for Gay, Lesbian, Bisexual and Transgender Elders) | Sageusa.org (888)234-SAGE | Offers supportive services and consumer resources to LGBT older adults and their caregivers, including cultural programs, employment and health services. |
| Mental Health Services | Coalition for Family Harmony – LGBTQ Program | www.thecoalition.org 1030 N. Ventura Road, Oxnard (800)300-2184 (24/7 Hotline) (805)983-6014 ext. 106 (LGBTQ Program) | Services for victims of domestic violence and sexual assault. Free counseling sessions for LGBTQ adults & youth. Services available in English and Spanish. |
| | HOPE Counseling | counselinghope.info/index.html 2471 Portola Rd., Ventura (805)890-2289 | Individual and family counseling, domestic violence & bullying counseling and transgender & gender expansive services. |
| | Beverly Januszewski, Ph.D. | www.drjanuszewski.com 1280 S. Victoria Ave, Ste 230, Ventura (805)642-3648 | Psychological evaluations and psychotherapy for children, adolescents, young adults and adults. Specialties include: attention problems/ADHD, adoptions, anger management, anxiety disorders & stress, LGB issues, gender issues, learning disabilities, marriage/relationships, parenting, PTSD, women's issues. |



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| | Denise Castro, Psy.D. | www.drdenisecastro.com 260 Maple Court, Suite 130, Ventura (805)881-2001 | Individual, couples and group therapy. Specialties include: depression, anxiety, trauma, eating disorders, relationship problems, grief and loss, gay and lesbian issues. |
| | NAMI Ventura County | Helpline: 805.500.NAMI Phone: 805.641.2426 Email: info@namiventura.org | NAMI Ventura County provides emotional support, education and resources for families affected by mental illness. Visit namiventura.org to find more info on different support group types and meeting locations |
| | Maximilian E. Fuentes Fuhrmann, Ph.D. | gerophd1@verizon.net 141 Duesenberg Drive Suite 5, Thousand Oaks (805) 496-4442 | Consultation, psychological assessment and psychotherapy for adults (18-24) and older adults (65+). Specialties include: LGBTQ issues, gender issues, anxiety disorders and stress, depression and mood disorders, family problems grief, marriage and relationship. |
| | Sean Baker, MFT, SEP | sbaker.mft@gmail.com 155 Granada Street, Suite N , Camarillo (805)987- 3162 | Individual, family and group therapy. Specialties include: somatic experiencing, Gestalt Therapy Trauma, eating disorders, medical conditions, self-destructive behaviors, anxiety & depression. |
| | Sharon Beck, LCSW | 215 E. Daily Drive, Suite 12, Camarillo (805)603-0722 | Individual, family and group therapy. Specialties include: LGBTQ issues, trauma and PTSD, and anxiety. |
| | Tania Davidson, PsyD | www.psychologyofstrength.com 1198 Navigator Drive, Suite A1 #103, Ventura (805) 628-2613 | Adolescents, children and women's issues. Specialties include: sexual and other trauma, PTSD, disruptive behavior disorders in children, adolescent depression, self-injurious behaviors. |
| Substance Abuse Services | Al-Anon Ventura County | www.alanonventura.org (805)495-0270 or (805)656-7110 | Support group for relatives and friends of alcoholics. |
| | Alcoholics Anonymous – Ventura County | www.aaventuracounty.org (805)389-1444 321 North Aviator Street, Suite 115, Camarillo | Up-to-date directory of local AA meetings information, AA events and other resources. Cities include: Ojai, Ventura, Oxnard, Port Hueneme, Camarillo, Santa Paula, and Fillmore. |



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| | DrugRehab.com | drugrehab.com (805)625-9010 | Provides resources for the treatment of addiction, substance abuse, eating disorders and mental health issues. |
| | Narcotics Anonymous | www.gcana.org (888)817-7425 | Up-to-date directory of local NA meetings information, NA events and other resources. Cities include: Ojai, Ventura, Oxnard, Port Hueneme, Camarillo, Santa Paula, and Fillmore. |
| | Ventura County Behavioral Health Alcohol and Drug Program | http://venturacountylimits.org/en/ (805)981-9200 1911 Williams Drive, Oxnard | Provides a broad range of services for alcohol and drug-related problems which include prevention services, assessment, treatment, crisis intervention and referral services. Specialized programs provide services for pregnant and parenting people, adolescents, and persons dually diagnosed with substance use and mental health problems. Fees are based on ability to pay. |