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# Ventura County Health and Wellness Resources

A practical guide for individuals and families, with Spanish and Indigenous language access.

**» Start Here**

1. Medical Care and Home Visits
2. Mental Wellness and Substance Use
3. Development, Families and Caregivers
4. Food and Basic Needs
5. Shelter and Safety
6. Transportation
7. Fitness and Recreation
8. Indigenous and Farmworker Families

Emergency: 911 | Mental health crisis: call/text 988.

Call to confirm eligibility and availability. “Ask” indicates language access needs confirmation.

*Scan for online downloads in English and Spanish.*

*Escanee para descargar las guías en inglés y español en línea.*

# Start Here

Not sure where to begin? Choose one of these contacts.

## 211 Ventura County

Free, confidential referrals for anyone: food, shelter, transportation and more. Available 24/7. Text your postal code to 898-211.

**211 / 800-339-9597**

Spanish by phone/text. Ask about your Indigenous language. Web

## Gold Coast Health Plan (GCHP)

For GCHP members: doctors, benefits, interpreters and rides to covered care.

**888-301-1228 | Teletypewriter (TTY): 711**

Spanish and free language assistance; request your Indigenous language. Web

## Ventura County Behavioral Health (VCBH)

Mental health and substance use services: screening, treatment referrals and crisis support. Call 24/7; treatment eligibility is assessed.

**Mental Health: 866-998-2243 | Substance Use: 844-385-9200**

Spanish and free interpreters; request your Indigenous language. Web

## Mixteco/Indígena Community Organizing Project (MICOP)

Health and service navigation for Indigenous migrant families; requirements vary.

**805-483-1166**

Spanish and Indigenous language support; confirm language/variant. Web

## Human Services Agency

Apply for Medi-Cal, CalFresh or cash aid at BenefitsCal.com. Household and program eligibility rules apply.

**888-472-4463**

Spanish materials/phone options; Indigenous languages: ask. Web

## Tri-Counties Regional Center (TCRC)

Developmental delay or disability concerns: ask for Intake. See section 3.

**800-664-3177**

Spanish and Mixteco interpretation; other Indigenous languages: ask. Web

# 1.1 Medical Care and Pregnancy

Start with Gold Coast Health Plan if you are a member, or call a county clinic or Clínicas del Camino Real to establish care.

## Ventura County Health Care Agency (VCHCA) Clinics

Primary, specialty, prenatal, pediatric and dental care across Ventura County. Open to all; appointments, referrals, insurance and fees vary. Ask about financial assistance. Use the online directory for locations, phone numbers and hours.

**805-677-5223**

Spanish and Indigenous-language interpretation available. Request your language and regional variant when scheduling. County Clinic Directory

## Clínicas del Camino Real

Medical, dental, vision, mental health and prenatal care for all ages. Accepts insurance; income-based discounts require an application.

**866-885-7900**

Spanish: yes. Indigenous languages: request an interpreter when scheduling. Web

## Planned Parenthood in Oxnard

Reproductive care, birth control, sexually transmitted infection testing and abortion. No insurance required; ask about income-based fees and financial aid.

**888-898-3806**

Spanish-speaking staff and Mixteco interpretation explicitly available. Confirm the regional variant. Web

## Women, Infants and Children (WIC)

Food, nutrition and breastfeeding support for eligible pregnant/postpartum people and children under 5. California residency and income/program rules apply.

**805-981-5251 / 800-781-4449, Option 3**

Spanish: yes, including breastfeeding support. Indigenous languages: ask. Web

# 1.2 Public Health Home Visits

Call to confirm eligibility, costs and Spanish or Indigenous interpretation. For other home-visiting options: Help Me Grow, 805-244-6911.

## General Field Nursing

Nursing visits and care coordination for all ages; needs assessed.

**805-981-5115**

Web

## Nurse-Family Partnership

First pregnancy: enroll by 28 weeks; eligibility screening. Visits through age 2. Spanish available; Indigenous languages: ask.

**805-981-5115**

Web

## Parents as Teachers

California Work Opportunity and Responsibility to Kids (CalWORKs) families: pregnancy or child under 12 months; parenting and development support.

**805-981-5193**

Web

## Adolescent Family Life Program

Home-based parenting and school support for eligible pregnant/parenting teens.

**805-981-5177**

Web

## Perinatal Substance Use

Home follow-up for eligible pregnant people at risk for substance use.

**805-981-5115**

Web

## Rx for Kids and Families

Health coordination for children involved with the Child Welfare System.

**805-981-5190**

Web

# 2.1 Mental Wellness

Start with Ventura County Behavioral Health: mental health 866-998-2243; substance use services 844-385-9200. Both lines operate 24/7.

## Logrando Bienestar

Mental health education and referrals for Latino and Indigenous Mexican families. Call for intake; treatment programs set their own eligibility.

**805-973-5220 | Lograndobienestar@ventura.org**

Spanish: yes. Current Indigenous-language staffing: ask. Web

## Promotoras y Promotores Foundation

Emotional support and groups for Ventura County's Latino community. Ask about enrollment and fees.

**805-873-4194**

Spanish: yes. Mixteco-speaking staff listed; confirm availability/variant. Web

## MICOP Wellness Programs

Culturally grounded wellness and survivor support for Indigenous families. Requirements vary by program.

**805-483-1166**

Spanish and Indigenous language support; confirm program and variant. Web

## National Alliance on Mental Illness (NAMI) Ventura County

Free mental health education and peer/family support for people affected by mental illness and loved ones. Registration varies.

**805-641-2426 | Info@namiventura.org**

Spanish programs: yes. Indigenous languages: ask. Web

## GCHP Online Wellness Tools

Free public guided meditation and activity-planning tools.

**HealthEducation@goldchp.org**

Guided meditations in Spanish and Mixteco. Web

# 2.2 Addiction Medicine and Substance Use

Call to arrange an assessment. Ask about appointment location, age eligibility, referrals, insurance and financial assistance.

## Ventura County Behavioral Health: Substance Use Services

Free, confidential assessment and referrals 24/7. No-cost or low-cost treatment options; program eligibility is assessed.

**844-385-9200 | SUDServices@ventura.org**

Spanish and free interpretation; request your Indigenous language. Web

## VCHCA / AFMC Addiction Medicine

Medical care for substance use, including medications, counseling and recovery support. Adults and adolescents: call for assessment. Accepts Gold Coast Health Plan/Medi-Cal and most major insurance. AFMC also provides addiction treatment; call its appointment line.

**Recovery Clinic: 805-652-6694 | 3147 Loma Vista Rd., Ventura**
**Academic Family Medicine Center: 805-652-6100**
**300 Hillmont Ave., Bldg. 340, #201, Ventura**

Spanish and Indigenous-language interpretation available; request your language/variant. Web

## Community Memorial Healthcare (CMH) Addiction Medicine Specialty

Outpatient care for opioid, alcohol and tobacco use. Ask for Addiction Medicine at the Ashwood Health Center. Accepts Gold Coast/Medi-Cal and many insurance plans; confirm age, referral and coverage requirements.

**805-948-5800 | 120 N. Ashwood Ave., Ventura**

Request Spanish support and Indigenous-language interpretation when scheduling; confirm availability. Web

# 3.1 Developmental Resources

Start with TCRC. Families may request an assessment directly.

## Tri-Counties Regional Center

Early Start: eligible children under 3 with developmental delays/risks. Other services: qualifying lifelong developmental disabilities beginning before 18; provisional eligibility may apply under 5. Income is not an eligibility criterion.

**800-664-3177 | Oxnard 805-485-3177 | Simi Valley 805-522-8030**

Spanish: yes. Current plan includes Mixteco interpretation; ask about other Indigenous languages. Web

## Amigo Baby

Early intervention, physical, occupational and speech therapy, including home visits. For children under 3 with developmental concerns: contact Amigo Baby or TCRC. Evaluation and authorization determine services and funding.

**805-485-7000 | Venturacountyoffice@amigobaby.com**

Spanish: documented. Mixteco experience documented; confirm current staff/variant. Web

## MICOP ACCESO

Advocacy and service navigation for Indigenous families with children/youth ages 0-25 with intellectual or developmental disabilities.

**805-483-1166**

Spanish and Indigenous-centered language support; confirm language/variant. Web

# 3.2 Family Resource Centers

These programs help with parenting, child development, and navigating disability or school services.

## Rainbow Connection

Parent support, workshops and help with Early Start, school Individualized Education Programs (IEPs) and regional services. For county residents with disabilities and their families.

**Oxnard 805-485-9643 | Simi Valley 805-823-2325**

Spanish groups/resources: yes. Indigenous interpretation: ask. Web

## Help Me Grow Ventura County

Free developmental screening and referrals for ages 0-5; no diagnosis needed. Call or text.

**805-244-6911**

Spanish information available; ask about spoken support and Indigenous interpretation. Web

## First 5 Neighborhoods for Learning

Free parent-child classes, screenings and family support for county families with children ages 0-5. No income or insurance requirement. Call or text.

**805-869-1317 | NfL@first5ventura.org**

English/Spanish classes confirmed. Indigenous languages: ask. Web

## Ventura County Special Education Local Plan Area (SELPA)

Free special education evaluation for eligible students whose disability affects education. Ages 3+: contact your school district. School and TCRC criteria differ.

**805-437-1560**

Request Spanish or Indigenous interpretation for meetings. Web

# 3.3 Caregiver Support

For a break from caregiving, ask about respite: another person provides approved care while you rest.

## Ventura County Area Agency on Aging (VCAAA)

For caregivers of adults 60+ and grandparents raising grandchildren: support groups, training and possible respite. Eligibility and needs assessed.

**805-477-7300, Option 2**

Local centers: Camarillo 805-388-1952; Senior Concerns (east county) 805-497-0189.

Spanish: La Buena Vida serves Spanish-speaking caregivers countywide. Indigenous languages: ask. Web

## In-Home Supportive Services (IHSS)

For eligible Medi-Cal recipients with age-related or disability care needs, including children. Home assessment determines authorized help; an enrolled relative may be a paid provider.

**805-654-3260 | Simi Valley 805-306-7935**

Spanish materials available. Ask for Spanish / Indigenous interpretation. Web

## TCRC Recreation and Caregiver Support

TCRC participants: ask your coordinator about respite, social recreation and camps. Assessment, an individual plan and authorization are required.

**800-664-3177**

Spanish available; ask about Mixteco and other Indigenous interpretation. Web

# 4. Food and Basic Needs

Start with Food Share for distributions, or 211 for the nearest pantry or meal site. Call ahead for current schedules.

## Food Share of Ventura County

Free groceries through county pantries and distributions; site rules vary. Senior food boxes: age 60+ and income eligibility.

**805-983-7100 | Info@foodshare.com**

English/Spanish resource lists available; spoken services vary by site. Indigenous languages: ask. Web

## CalFresh

Monthly grocery benefits for eligible households. Income, household and student rules apply. Apply at BenefitsCal.com.

**888-472-4463**

Spanish materials/phone options; Indigenous languages: ask. Web

## SPIRIT of Santa Paula

Food assistance and other support for people facing hardship in Santa Paula, Fillmore, and Piru. Ask about current distribution schedules and requirements.

**805-229-7750**

Spanish / Indigenous languages: ask. Web

## Ventura College Basic Needs Center

Free groceries, hygiene items and referrals for enrolled Ventura College students. Emergency grants and other benefits have additional requirements.

**805-289-6583 | Vcbasicneeds@vcccd.edu**

Spanish / Indigenous languages: ask. Web

## Pregnant or Caring for a Child Under 5

Also call WIC at 805-981-5251 for food benefits and nutrition support.

# 5.1 Shelter and Housing

Start with 211. Say, “I need shelter” or “I may lose my housing.” Ask about shelter intake and Coordinated Entry / Pathways to Home. Beds are not guaranteed.

## All Roads Connect to Housing (ARCH) Shelter

Shelter and housing navigation for single adults experiencing homelessness. Entry is through the coordinated-entry process.

**211**

Spanish through 211. Ask about shelter-specific and Indigenous interpretation. Web

## Thrive Grove Navigation Center

Free interim housing for unhoused, long-term Thousand Oaks residents (5+ years). Referral required through a local service provider; no walk-ins. Call about the waitlist.

**818-612-5351 | 211**

Spanish / Indigenous languages: ask about interpretation. Web

## Lighthouse for Women & Children

Oxnard shelter for single women and mothers with children, regardless of religious belief. Call about space and children’s age limits.

**805-385-7200**

Spanish / Indigenous languages: ask. Web

## Gabriel’s House

Shelter and support in Oxnard for women and children experiencing homelessness. Admission depends on program intake and available space.

**805-487-3400**

Spanish / Indigenous languages: ask. Web

## SPIRIT / Harvard Shelter

Year-round shelter for Santa Paula, Fillmore, and Piru residents. Call for assessment and current household eligibility.

**805-229-7750 / 805-229-7760**

Spanish / Indigenous languages: ask. Web

## Before Traveling to a Shelter

Ask about available beds, household size, children’s ages, accessibility, pets, required documents, and any program costs or requirements.

# 5.2 Housing Agencies

For low-income households seeking affordable rentals or rental assistance. Income, household and program rules apply; some programs have immigration-status requirements. Ask which waitlists are open. These agencies do not provide immediate shelter.

## Area Housing Authority of the County of Ventura

Serves Camarillo, Fillmore, Moorpark, Ojai, Simi Valley, Thousand Oaks and unincorporated county areas.

**805-480-9991**

Spanish / Indigenous languages: ask about interpretation. Web

## Ventura Housing

Affordable housing and rental assistance in the City of Ventura.

**805-648-5008 | Section 8: 805-647-5990**

Spanish / Indigenous languages: ask about interpretation. Web

## Oxnard Housing Authority

Public housing and rental assistance in Oxnard. Call the applications office.

**805-385-8014**

Spanish / Indigenous languages: ask about interpretation. Web

## Port Hueneme Housing Authority

Affordable housing and rental assistance in Port Hueneme; ask about senior/disability housing.

**805-986-6532**

Spanish / Indigenous languages: ask about interpretation. Web

## Santa Paula Housing Authority

Subsidized rental housing programs in Santa Paula.

**805-525-3339**

Spanish / Indigenous languages: ask about interpretation. Web

# 5.3 Safety and Youth Shelter

For immediate danger or a medical emergency, call 911. The hotlines below can help with safety planning and the right shelter or support program.

## Interface Youth Shelter

Free, voluntary, short-term shelter and support for youth ages 12–17 who are experiencing or at risk of homelessness. Hotline available 24/7.

**805-469-5882**

Request Spanish support. Indigenous language availability: ask. Web

## Coalition for Family Harmony

Free support and shelter access for domestic violence/sexual assault survivors, regardless of immigration or insurance status. Shelter requires intake and space.

**800-300-2181**

24/7 bilingual Spanish/English hotline. Indigenous interpretation: ask. Web

## Interface Domestic Violence & Human Trafficking

Crisis response and connection to confidential shelter and support programs for survivors. Ask the hotline about the appropriate program, eligibility, and intake.

**800-636-6738**

24/7. Request Spanish support; Indigenous interpretation needs confirmation. Web

## Mental Health Crisis

Call VCBH at 866-998-2243 or call/text 988. Both are available 24/7.

# 6. Free Transportation

Start with Ventura County Transportation Commission (VCTC) for buses or Gold Coast Health Plan for rides to covered care. Confirm the route, pass, and eligibility before traveling.

## Youth Ride Free

Free participating buses for ages 18 and under, or older students still in high school. High-school-age riders should carry identification. Funded through June 2027.

**800-438-1112**

Bilingual transit operators available. Indigenous languages: ask. Web

## College Ride / VCcollegepass

Free buses for enrolled students at participating colleges/adult schools. Includes Moorpark, Oxnard, Ventura College, California State University Channel Islands (CSUCI) and Santa Barbara City College (SBCC). Ask your campus how to activate your pass.

**800-438-1112**

Bilingual transit information available. Indigenous languages: ask. Web

## Gold Coast Health Plan Transportation

No-cost rides for eligible members to covered care or prescriptions when no other ride is available. Request 2 business days ahead. Specialized medical transport requires authorization.

**855-628-7433**

Spanish information and plan language assistance available. Request your Indigenous language. Web

## College Pass Change

Students transition to VCcollegepass October 19, 2026. CSUCI students continue using their existing transit-enabled ID. Ask your campus about activation.

# 7. Fitness and Recreation

Ask about financial assistance and program eligibility before paying. Free and discounted programs can have different rules.

## Public Health Activity Classes

Free Zumba and seated Tai Chi for adults. Call for current locations and registration.

**805-981-6634**

Spanish / Indigenous languages: ask. Web

## Southeast Ventura County: Fitness Assistance

Young Men’s Christian Association (YMCA). Discounted memberships/programs for financial need; income documents required. Not an automatic free membership.

**Info@sevymca.org**

Spanish / Indigenous languages: ask. Web

## Planet Fitness High School Summer Pass

Seasonal free gym for ages 14-19; parent registration if under 18. The 2026 pass ended August 31. Future dates unconfirmed.

**PlanetFitness.com/SummerPass**

Spanish varies by club. Indigenous language support not confirmed. Web

# 8. Indigenous and Farmworker Families

Spanish support does not necessarily include Indigenous languages. Name the language and your hometown or regional variant when asking for an interpreter.

## MICOP Indigenous Language Services

Ask your provider to arrange an interpreter. Confirm language, regional variant, availability and who pays.

**805-270-9483 | Javier.garcia@mixteco.org**

Specialized Indigenous language coordination. Web

## Farmworker Resource Program

Help with services, public agencies and workplace concerns for county agricultural workers. Referred programs have separate eligibility.

**805-385-1899 | HSA-AGFRP@ventura.org**

WhatsApp: Spanish 805-665-0986; Mixteco 805-665-0980; Zapoteco 805-626-4436.

Spanish, Mixteco, and Zapoteco confirmed. Web

## Friends of Fieldworkers / Amigos de Campesinos

Food, essentials, emergency aid and free laundry events for Ventura County farmworker families. Ask about program requirements and availability.

**805-399-0030 | Info@friendsoffieldworkers.org**

Spanish resources available; spoken Spanish / Indigenous languages: ask. Web

## When Calling

Ask: Am I eligible? Is there a cost? What documents do I need? Can you arrange an interpreter in my language and regional variant?