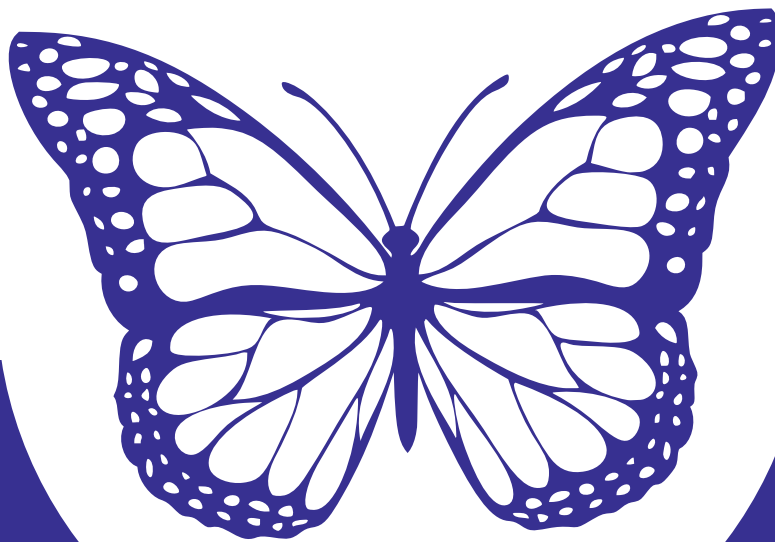


M o o r p a r k C o l l e g e

# MC Dreamers

## Resource Booklet



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# Church Charities

## **Catholic Charities- Moorpark Pantry Plus**

- Food Pantry
- Rental Assistance
- Clothing
- Information & Referral
- Grocery Vouchers
- Utility Assistance
- Diapers
- Holiday Programs
- Taxes
- Oasis
- If enough donations
- Prescriptions, funeral expenses, car repair, and unexpected needs



<https://bit.ly/MoorparkPlus>

## **Hillcrest United Church of Christ**

- Food Room
- Clothing Room



<https://bit.ly/HillcrestUCC>

## **Christian Outreach**

- Clothing Bank
- Household Goods: Furniture



<https://bit.ly/ChristianLongBeach>

## **Trinity Baptist Church of Los Angeles**

- Free Clothing



<https://bit.ly/TrinityLACHurch>

# Food Pantries

## **Ruben Castro Charities**

- Food Bank



<https://bit.ly/3WQnon3>

## **Raider Central (Basic Needs)**

- Moorpark College, Student Services Annex SS-112
- Daily Food items, Hygiene Items, Shower Items, Diapers, Wipes
- **"Special Tuesdays"**: Additional Food Items on top of the daily items



<https://bit.ly/42JVhcX>

## **Samaritan Center of Simi Valley**

- **Client Services Simi Valley Residents:** Hot meals, to-go lunches, food pantry (walk up and drive thru), laundry showers, mail, case management, housing referrals, rental/utility assistance, automotive repair assistance, bikes & repairs, clothing, medical and critical documents assistance
- Dinner Sites
- Food Pantry
- **PADS:** Winter sleep program for homeless, invitation only



<https://bit.ly/41ldzoG>

### **Manna Conejo Valley Food Bank**

- Food Bank



<https://bit.ly/4jLRa5Y>

### **Los Angeles Regional Food Bank**

- Food Bank



<https://bit.ly/3CJ6lMH>

### **Moorpark Pantry Plus**

- Food Pantry
- Back to School Shoe Program
- Birthday and Holiday Programs
- Rent and Utility Assistance
- Clothing/Household Goods (Women Only)



<https://bit.ly/MoorparkPlus>

### **Loaves and Fishes**

- Food Pantry



<https://bit.ly/3Cz5oGV>

### **West Valley Food Pantry**

- Food Pantry



<https://bit.ly/4bbbg65>

**SOVA**

- Food Pantry



<https://bit.ly/4bbbg65>

**MEND**

- San Fernando Valley Food Pantry



<https://bit.ly/4hv0dqr>

# Clothing Resources

## **Children's Resource Network of CA**

- Clothing, shoes, blankets, backpacks, school supplies, books, diapers, toiletries, holiday toys, and specialized items needed
- Mobile Traveling Trailers throughout CA
- Partner with Schools
- Partner with Hospitals
- Partner with Social Services
- Emergency Care Packages
- Teen Talks
- Christmas Toy Drives and Giveaways



<https://bit.ly/4hpHdcN>

## **Moorpark Pantry Plus**

- Clothing/Household Goods (Women Only)
- Food pantry
- Back to school shoe program
- Birthday and Holiday Programs
- Rent and Utility Assistance



<https://bit.ly/4hOclCE>

## **Family Rescue Center**

- New Clothing Items
- Feminine Hygiene Products
- Diapers
- Food Distribution
- Holiday Food & Toy Distribution
- School Supplies
- Vocational Training Support
- Mentoring
- ESL Classes
- Referrals to Social Services
- Medical Services



<https://bit.ly/413U5Q8>

## **MEND Meet Each Need with Dignity**

- Toiletries & Clothing
- Diapers & Wipes
- Emergency Food Pantry
  - Homeless, transitional housing, risk of homelessness
- Food Bank
  - Vulnerable and low-income individuals throughout the Valley
- Buen Provecho
  - Access to fresh fruits and vegetables through “farmers market” model
  - Homeless, in transitional housing, at risk of homelessness, or financially vulnerable individuals
- Little Health Market
  - Healthy grains, nuts, oils, and low sodium foods
- Homeless Services & Low-Income Seniors
  - Holiday Boxes: food, clothes, blankets, hats, gloves, and toys.
- Activities for a Healthy Lifestyle
  - Light exercise
  - Cooking demonstrations
- Workshops
  - Resume writing
  - Financial Literacy
  - Paid Work Experience
- Connections Resource Coordination
  - CalFresh, WIC, TANF, SoCal Gas, housing, childcare, transportation, etc.
- Mental Health/ Healthcare/Dental
- Referrals to Bill and Rental Assistance
- Family Support Services



<https://mendpoverty.org/>



# Health Resources

## **Westminster Free Clinic, Thousand Oaks**

- Medical
- Teen Healthcare Internship
  - High School Students
  - 2 years
- Healthy Heart Program
  - Nutrition
  - Obesity Prevention
- Mental Health
- Dental Care
- Vision
- Cancer Prevention Program
- Chronic Disease Prevention Program
- Food Pantry
- Healthy Hearts Kids Club
  - Childcare while parents receive care
  - Healthy life-style workshops for the kids



<https://tinyurl.com/3dxt64ch>

## **Conejo Free Clinic**

- Medical
- Dental
- Child & Youth Services
- Breast Cancer Screening
- Women's Health
- **Legal:** Family Law, Immigration, Bankruptcy, Landlord/Tenant Disputes, Criminal, Civil (Donation of \$40)



<https://tinyurl.com/5xrwsu4n>

## **Free Clinic of Simi Valley**

- Medical
- Dental
- Counseling
- **Legal:** Family Law/Divorce, Individual Rights, Landlord-tenant Disputes



<https://tinyurl.com/mpctmwx6>

### **Lestonnac Free Clinic**

- Medical
- Dental Vision
- CRN



<https://tinyurl.com/sp7eh5cr>

### **Free or Low-cost Health Clinics in LA County**

- Multiple Clinic Available
  - Interpreter, other spoken languages, urgent Care, Etc.



<https://tinyurl.com/bdh7nuye>

### **Union Rescue Mission**

- Collaboration for Free Clinics in the Los Angeles Area



<https://bit.ly/4b1klsA>

### **El Centro de Amistad (Children Only).**

- Psychological Assessments



<https://tinyurl.com/ElCentroDA>

### **The Trevor Project**

- LGBTQ+ Undocumented Students
- Confidential & Free mental health support via call, text, or chat for crisis counseling
- Trevor Lifeline: 1-866-488-7386



<https://tinyurl.com/yj3wnsd4>

### **California Mental Health Services Authority**

- Mental health services and support for immigrant communities



<https://www.calmhsa.org/>

### **National Alliance on Mental Illness (NAMI)**

- Mental health services and peer support for immigrants and their families



<https://namica.org/>

# Free Legal Services

## Find Your Ally

- **Legal:** Immigration
- FREE Legal Services to CA Community College Students, Staff, and Faculty
- Education and outreach services, to students, staff, and faculty on California community college campuses statewide
- California Community Colleges Chancellor's Office



<https://bit.ly/4hNjvHn>

## Legal Support Services: CSU

- **Legal:** Immigration
- **Areas:** Legal Consultations, DACA Renewal and DACA Advance Parole, Family Based Petitions, Adjustment of Status, Special Immigrant Juvenile Status, Asylum, U Visa, Naturalization, Removal Defense, Additional Immigration Remedies, Education and Outreach



<https://bit.ly/4jNRXDp>

## University of California Immigrant Legal Services Center

- **Legal:** Immigration
- Serves undocumented and immigrant students and their immediate family members, as well as mixed-status families
- The program serves students at nine (9) UC campuses: UC Davis, UC Irvine, UCLA, UC Merced, UC Riverside, UC San Diego, UC San Francisco, UC Santa Barbara, and UC Santa Cruz



<https://tinyurl.com/yc2x63b3>

## **Immigrant Legal Resource Center (ILRC)**

- **Legal:** Immigration
- Asylum, Citizenship & Naturalization, Civic Participation, Crimes, Detention, Family-Based, LGBT, Post-Conviction Relief, Public Charge, U Visa, T Visa, VAWA, Community Resources, DACA, Enforcement, Immigrant Youth, Policy Advocacy, Prosecutors, Removal Defense



<https://tinyurl.com/4m9cj8jr>

## **National Immigration Law Center (NILC)**

- **Legal:** Immigration
- Asylum & Border, DACA, Driver's Licenses, Education, Economic Justice, Enforcement, Health Care, Workers' Rights
- Advancing the rights & opportunities of low-income immigrants and their families



<https://www.nilc.org/>

## **Conejo Free Clinic**

- **Legal:** Family Law, Immigration, Bankruptcy, Landlord/Tenant Disputes, Criminal, Civil (Donation of \$40)
- Medical Services, Dental Services, Advocacy Services, Child & Youth Services, Breast Cancer Screening, Private Practice Partners, Women's Health



<https://tinyurl.com/5xrwsu4n>

## **Free Clinic of Simi Valley**

- **Legal:** Family Law/Divorce, Individual Rights, Landlord-tenant disputes
- Counseling, Medical, Dental



<https://tinyurl.com/mpctmwx6>

## **NLSLA**

- **Legal:** Healthcare, Domestic Violence/Family, Public Benefits, Immigration, Clean State Initiatives, Self-Help Centers, Disaster Assistance Project, Education Rights, Resources & Referrals



<https://tinyurl.com/ms7pt4t>

- Free to Residents of LA
  - **Workshops:**
    - Consumer Debt & Bankruptcy
    - Rights for Tenants
    - Last will and testament, Financial power of attorney, Advanced healthcare directive, Living trust, Special needs trust
    - Workers Rights
    - Expunge/seal criminal records

## **Binns Family Law**

- **Legal:** Family Law, Divorce & Legal Separation, Child Custody & Visitation, Child Support, Spousal Support, Property Division, Surrogacy Agreements, Prenuptial Agreements, Restraining Orders
- Free Consultation
- Pro Bono



<https://tinyurl.com/yss832v6>

# Transportation

## Youth Ride Free Promotional Program

- **Participating Buses in VC:** Camarillo Area Transit, Gold Coast Transit District, Kanan Shuttle, Ojai Trolley, Simi Valley Transit, Thousand Oaks Transit, Valley Express, and VCTC Intercity Transit Service
- Anyone under the age of 18 or aged high school students (bring ID)



<https://tinyurl.com/3k5kykza>

## Free Fare Programs (Run through June 2025)

- **Free Bus Day to Anyone Days:**
  - Clean Air Day (October 2)
  - Veteran's Day (November 11) (Veterans and active duty only)
  - Transit Equity Day (February 4)
  - Earth Day (April 22)
  - Dump the Pump Day (June 17)



<https://tinyurl.com/y53z5bu4>

## College Ride Program (Run through June 2025)

- Students enrolled in these colleges will ride bus for free (bring school ID)
  - California Lutheran University
  - California State University Channel Islands
  - Moorpark College
  - Oxnard College
  - Ventura College
  - Santa Barbara City College
  - University of California Santa Barbara
  - Ventura County Adult Education Consortium



<https://tinyurl.com/y53z5bu4>

## **Student Adventure Pass**

- Free Rides for Students via Metrolink (Download App and register with active student email)
- Available until June 30, 2025



<https://tinyurl.com/yb3327xb>

## **MCT On Demand Rideshare Service**

- Everyone traveling within Moorpark for school. Work, appointments, and other local trips
- \$1 each one-way trip
- \$0.50 for seniors 65+
- ADA Compliant, Bikes, and Strollers welcome
- Drivers' background checked and pick-ups/drop offs in safe locations



<https://tinyurl.com/2s3fu65p>

## **Senior & Disabled Transportation Services**

- LA County
- For eligible people with disabilities who are unable to use public route transportation systems
- \$0.50 for fare
- Appointments required



<https://tinyurl.com/yc3ct8jt>



# Free/ Low-Cost Laptops

## **PCs for People**

- Low-cost quality computers and internet to individuals, families, and nonprofits with low income
- Recycled and Refurbished
- E-Waste Recycling for Businesses
- Digital Learning Center
- Certified Data Destruction
- Partnership Opportunities



<https://tinyurl.com/bdh6s77w>

## **Computers With Causes**

- Apply for a free laptop for college and other education
- Students, teachers, low-income families/individuals, foster families, veterans with disabilities, and other vulnerable populations
- Free Reburnished Computers, Laptops, Tablets, Servers, and Gadgets



<https://tinyurl.com/5n8zcvuj>

## **Dell Scholars**

- **Laptop Scholarship Program:** 500 annual undergraduate recipients get \$20,000, a free computer, textbook credits, and ongoing support through teletherapy and other resources



<https://tinyurl.com/5arx5c43>

- The money can be applied to tuition, loans, internship expenses, and study-abroad programs
- **Requirements:** enrolled in an approved college readiness program in 11th and 12th grade, GPA 2.4 and above, Pell Grant during 1st year of college (The semester following high school graduation, usually Fall Semester)

### **On It Foundation**

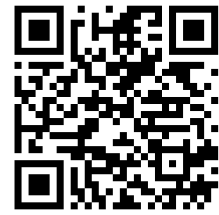
- Laptops for K-12 students at public schools in the U.S.
- Recipients must qualify for free or reduced-cost lunch to receive computers
- Serves high schoolers, who can later bring their laptop to college



<https://tinyurl.com/2sdv389j>

### **Connect All**

- Discounted laptops to students and professionals who meet eligibility (housing assistance, disability insurance, veterans' benefits, food support, etc.)
- Discounted desktop computers, monitors, keyboards, and other accessories



<https://tinyurl.com/bdhszxb6>

### **Notebooks For Students**

- Discounts on Apple, MacBooks, Dell Latitude Laptops, HP EliteBook, and two-in-one tablet/laptop devices



<https://tinyurl.com/yd34rvwr>

- **Every grade level:** college, primary school, homeschool, and trade school
- FREE 4-year warranty for viruses, hardware issues, damage, etc.

## Retailers Offering Student Laptop Discounts

- [ACER](#)



<https://tinyurl.com/yc2y54yx>

- [APPLE](#)



<https://tinyurl.com/2axd53xc>

- [DELL](#)



<https://tinyurl.com/47p5vu2v>

- [HP](#)



<https://tinyurl.com/2ujhfr6y>

- [LENOVO](#)



<https://tinyurl.com/2wcpap3k>

- [MICROSOFT](#)



<https://tinyurl.com/2w54xnny>

# Immigrant Resources

## VCCCD Student Resources

### Student Health Centers:

- Students can access free mental health counseling at any of our campus Student Health Centers. These centers are open for both walk-ins and scheduled appointments



<https://tinyurl.com/VCCCDMH>

### Dream Centers

- Available on each VCCCD Campus, Dream Center offer a safe and supportive space for dreamers, DACA recipients, and all undocumented students. Our staff is here to offer guidance, resources, and support tailored to their unique needs.



<https://tinyurl.com/VCCCD DREAM>

## Other Community Resources

### Judicial Branch of California

- Basic Rights
- Help for Children and Families
  - Detained or deported: What about my Children
  - Caregiver's Authorization Affidavits
  - Consent for Minor Child to Live with Non-parent Form
  - If Parent is Separated from Child
  - If a Child has been Abused or Abandoned
- Enforcement and Court Cases
- Legal Help



<https://tinyurl.com/JBCIMMIG>

## UFW

- UFW Foundation immigration attorneys and DOJ Accredited Representatives are available to provide culturally competent, trauma-informed, and reliable expertise to the Bakersfield, Fresno, Oxnard, and Salinas communities. We can serve people in multiple languages, including English, Spanish, Mixteco, and Mandarin; simply indicate your language preference.



<https://tinyurl.com/UFWIMRE>

## IRLC

- Working with and educating immigrants, community organizations, and the legal sector to help build a democratic society that values diversity and the rights of all people **Red Card Templates**



<https://www.ilrc.org/>

## League of United Latin American Citizens

- **Membership:** This one is **NOT** free, you have to pay to be part of the League
- Empower Hispanic Families through direct service programs and advocacy in 35 states, the District of Columbia, and Puerto Rico
- Education Programs, Civic Engagement Programs, Health Programs, Technology Programs, Women's Empowerment Programs, Civil Rights, Economic Empowerment, Housing, Immigration, and Public Service



<https://tinyurl.com/dy8a8s7t>

# Resources for Parents/Youth

## **Department of Social Services**

### **California Parent and Youth Helpline**

- Parents and Youth call, text, chat 1-855-427-2736 for emotional support and referrals in English, Spanish, and other languages
- Every day 8am-8pm
- School lunch programs during closures
- Parent Hotlines
  - National Hotline: 1-800-4-A-CHILD
  - Alameda County, San Francisco, Santa Clara County, Santa Cruz, and Sonoma County
- CalFresh
- CalWORKs
- CalWORKs Child Care
- Electronic Benefits Transfer (EBT)
- Text4baby
- Family Resource Centers
- Child Abuse Prevention Councils (CAPC)
- Spanish and Immigrant/Refugee Resources Available
- Report Child Abuse
- The National Center for Missing & Exploited Children



<https://tinyurl.com/y422fjfr>

## **California Department of Education**

- Resources for parents and families regarding early childhood education
- Free PDFs and quick links to resources



<https://tinyurl.com/3u6azrny>

## **Positive Promotions**

- Free resources for parents/caregivers & k-2 – 6 years old students
- Free downloads about healthy habits/ skills/ school
- English & Spanish



<https://tinyurl.com/2c7c9jhj>

## **Alison Empower Yourself**

- Free Online Parenting Courses
- Certifications



<https://tinyurl.com/3nftvrkj>

# Affordable Child Care

## **Child Care Payment Program**

- **This program pays for ALL or PART OF childcare expenses**
- Alternative Payment Program
- CalWORKs
- Family Child Care Home Education Network
- CARECONNECT



<https://tinyurl.com/5n8nhjx5>

## **Child Care Financial Assistance Options**

- Government Programs: vouchers, state-funded, military
- Local and Provider-Specific Assistance and Discounts: scholarships, sibling discounts, military
- Work- and School- Related Programs: employer sponsored, employer resources, college or university
- Native Hawaiian, Native Alaskan, and American Indian Programs: tribal care, indigenous preschool programs



<https://tinyurl.com/5d5d8uca>

## **Child Care and Development Programs**

- Voucher-based childcare: CW, CAPP, CMAP, Bridge Program
- Direct contracts- subsidized: CCTR, CMIG, CHAN, CFCC, CSPP



<https://tinyurl.com/2xuj5stj>

## **Free Childcare in Ventura**

- Free childcare in Ventura for children 6 weeks (about 1 and a half months) to 3 years old in Low-Income Families



<https://tinyurl.com/5f5zbfta>



# Free/Low-Cost Activities for Children

## **Educational Websites**

- 10 best educational websites teachers and parents will love
- Classroom technology, parent involvement, summer learning, teaching strategies
- Brain stimulation, art, digital learning, etc.



<https://tinyurl.com/3a4r32fd>

## **Museums for All**

- Free or Reduced Admission to a variety of museums in the US
- If have SNAP Benefits or EBT, show Photo ID



<https://tinyurl.com/y7jbytx5>

## **Free Online Learning**

- Learning Library
- Lesson Plans
- Worksheets
- Games
- Activities



<https://tinyurl.com/bdfbsmyc>

## **Chuck E. Cheese Fun Pass**

- Unlimited Visits all year \$7.99/MO
- Gameplay, discounts on food, exclusive bonus benefits for the family



<https://tinyurl.com/jfy8a23d>

## **Free Online Worksheets**

Learning worksheets. Coloring worksheets, etc.

Grade level, subject, etc.



<https://tinyurl.com/yss6xvn4>

## **Moorpark City Library**

- Children's Programs & Events
  - Reading Buddies: Tuesdays 4-5pm
  - Lego Robotics: Saturdays 11am-12pm
  - Golden Grades Tutoring: Tuesdays & Thursdays 4-6pm
  - Sunshine Storytime: Wednesdays 10:30-11:15am
  - Music Movement: Last Wednesday of every month 10:30am-11:15am
- Monthly Events/Programs



<https://tinyurl.com/yc56x567>

# Domestic Violence Resources

## **National Domestic Violence Hotline**

- Free & Confidential 24/7 live advocates via call, text, or chat
  - 1.800.799.SAFE
- Get help, plan for safety, local resources, identify abuse, support others, or get involved



<https://www.thehotline.org/>

## **California Partnership to End Domestic Violence**

- 180 Domestic Violence Organizations in California
- Domestic Violence, Human Trafficking, Teen Dating Violence, Safety Plans, Etc.



<https://www.cpedv.org/>

## **Emergency Shelters for Survivors of Domestic Violence**

- Coalition for Family Harmony, Oxnard
  - 805-654-1111
- Interface Children and Family Services, Camarillo
  - 800-636-6738



<https://tinyurl.com/VCSshelter>

## **Rape Treatment Center**

- The Rape Treatment Center provides comprehensive treatment for sexual assault victims and their families, including 24-hour emergency medical care, forensic examinations and crisis counseling (Santa Monica)



<https://tinyurl.com/UCLARTC>

**1736 Family Crisis Center**

- 1736 Family Crisis Center is a 501(c)(3) nonprofit organization dedicated to serving vulnerable community members in the greater Los Angeles area.



<https://tinyurl.com/1736CCDV>

# Veterans Resources

## **MC Veterans Resource Center (VRC)**

- Support services at Moorpark College for military veterans, active-duty service members, and dependents
- **Services Include:**
  - GI Bill Enrollment Certifications- free reimbursement, housing allowance (if applicable), & pre-enrollment guidance
  - Priority Registration for veterans (even if you're not using your educational benefits)
  - Individualized, 30-minute counseling appointments to assist in developing your educational plan
- **Other Resources**
  - Mental Health
  - GI Bill
  - Eligibility, Benefits, Verifications
  - Military Transcripts
  - VA Regional Offices
  - Veterans and Veteran Dependents
  - Mesothelioma Support



<https://tinyurl.com/42z43ce5>

## **U.S. Department of Veterans Affairs**

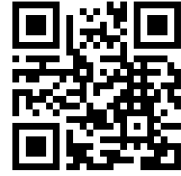
- Get answers about VA Benefits and Services
- Contact Online, Chatbot
- Main Information Line 24/7 @ 800-698-2411
- Telecommunications Relay Services (Using TTY) 24/7 @ 711
- VA Benefits Hotline Monday-Friday 8am-9pm ET @ 800-827-1000
- GI Bill Hotline Monday-Friday 8am-7pm ET @ 888-442-4551
- National Call Center for Homeless Veterans 24/7 @ 877-424-3838
- VA Health Benefits Hotline Monday-Friday 8am-8pm ET @ 877-222-8387
- My HealtheVet Help Desk Monday-Friday 8am-8pm ET @ 877-327-0022



<https://tinyurl.com/4j3vbpcv>

## **CalVet**

- Benefits and Services for Veterans and their Families
  - Education, Employment, Healthcare, Home Loans, Housing, Advocacy, VA Claims
- Contact CalVet @ 1-800-952-5626
- College Fee Waiver Plans
- Women Veterans Resources
- Minority Veterans Resources
  - LGBTQ, Hispanic/LatinX, Native American, Citizenship, Black/African American, Asian and Pacific Islander



<https://tinyurl.com/5e4rett6>

## **National Veterans Outreach Program**

- Employment, Housing, & Mental Health Counseling Services
- Veterans Service Center
- Residential Center for Veterans
- Veteran Family Wellness Program
- Employer and Community-Based Organization Partnerships Initiative
- Veterans Enterprises of Taxes (VETS)
- Supportive Service for Veterans Families (SSVF)
- Rapid Rehousing (RRH)



<https://tinyurl.com/46a326pm>

## **Veterans Crisis Line**

- 24/7, confidential crisis support
- For veterans and their loved ones
- You do not have to be enrolled in VA Benefits or Health Care to connect
- Dial 988 then press 1
- Chat Online or Text 838255



<https://tinyurl.com/HotlineVC>

## **Vet Centers (Readjustment Counseling)**

- Confidential call center where combat veterans and their families can call to talk about their military experience and any other issues in readjusting to civilian life
- 877-927-8387



<https://www.vetcenter.va.gov/>

## **Wounded Warrior Project**

- Mental Health Services for Veterans
- **Warrior Care Network**
  - 2-week mental health programs to help manage challenges like PTSD, TBI, MST, and more
- Virtual Counseling Group
- Veteran PTSD Treatment and Support Resources
  - Symptoms and treatments
  - Combat stigma
  - Traumatic Brain Injury (TBI)
  - Mental Health Resources
  - Suicide Prevention



<https://tinyurl.com/4xx5xbxj>

## **12 South Recovery**

- Nationwide Service Area
- Covered by TriWest & TriCare
- Addiction Treatment for Veterans
  - Alcohol, Opiates, Prescription Medications, Cocaine, Designer Drugs
- Mental Health Treatment for Veterans
  - Anxiety, Depression, Bipolar Disorders, Personality Disorders, Obsessive Compulsive Disorder (OCD), Trauma Disorders
- Additional Resources
  - Overcoming Addiction, Relationships and Codependency, Anger Management and Trauma, Legal Issues, Relapse Prevention, Coping Skills, Life Skills, Aftercare Planning
- **24/7 Addiction Hotline: 866-311-4524**



<https://tinyurl.com/3prhsdb5>

## **SAMHSA**

- Veteran's Affairs (VA) can connect you with mental health and substance use care—no matter your discharge status, service history, or eligibility for VA health care.



<https://tinyurl.com/yc5u69p3>

## **U.S. Vets**

- Free Counseling and Treatment Services
- Contact 877-548-7838
- **Outside the Wire:** Preventative and mental health treatment to veterans returning from Iraq and Afghanistan; Individual and Group Therapy to student veterans and families
- **Women Vets on Point:** Mental health counseling and wellness tools to overcome emotional barriers
- Treatment for trauma, sexual assault, and mental health concerns
- **Substance Use Treatment:** Safe, sober, therapeutic environment to overcome addiction
  - Peer-to-peer outreach, support groups, and one-on-one assistance
- **Individual and Group Counseling:** licensed clinicians use evidence-based practices and therapies, coordinating with the local Veterans Administration Medical Center (VAMC) and local Crisis Intervention Response Team
- **Wellness Activities:** Physical, social, and mindfulness activities. Life Skills Groups and Classes.



<https://usvets.org/>



## **Center for Women Veterans (CWV)**

- Equitable outcomes and access to VA benefits, services, and opportunities for women Veterans through education, outreach, and collaboration



## **Women Veterans Health Care**

<https://www.va.gov/womenvet/>

- General health care, wellness checks, routine screenings, reproductive health (birth control) (menopause), long-term conditions (heart disease) (diabetes), pain management for musculoskeletal injuries, mental health services including medications/counseling/referrals, treatment for conditions related to military sexual trauma
- Gynecologic and fertility treatment, sensory aids and prosthetics, gender specific items like post-mastectomy needs
- Radiology, neurology, cardiology, orthopedics, rheumatology, oncology, and endocrinology



<https://tinyurl.com/mr2xsxfm>

## **Hispanic Veterans Leadership Alliance**

- Alliance to enhance military mission readiness
- Advocate for policies, processes, and programs across all level military and civilian leadership, especially as senior levels within Department of Defense



<https://hvlavets.org/>

## **Women Veterans Alliance**

- **Resources**
  - Career, Education & Training, Entrepreneurship, Financial Aid, Global Resources, Health & Wellness, Housing, Legal, LGBTQ, Non-Profit, State Benefits & Groups, VA Benefits, Veterans Data



<https://tinyurl.com/4w86rpj8>

# Housing Resources

## Low-income Housing

### Many Mansions

- Many Mansions is a non-profit organization that provides well-managed, service-enriched, affordable housing to low-income residents of Southern California.



<https://tinyurl.com/3mhe9tyr>

### Alamo Street Apartments

- Our brand new affordable apartment homes will be reserved for households that qualify between 30%-80% of area median income.



<https://tinyurl.com/AlamoASV>

## Housing/Transitional Assistance Ventura County 2-1-1 Referral Service

- Housing
- Food
- Health Care
- Shelter
- Utilities



<https://211ventura.org/>

## Area Housing Authority of the County of Ventura

- The Area Housing Authority of the County of Ventura (AHACV) is an independent, non-profit agency serving the residents of Camarillo, Fillmore, Moorpark, Ojai, Simi Valley, Thousand Oaks, and the unincorporated areas of Ventura County.



<https://www.ahacv.org/>

# Housing/Transitional Assistance

## **San Fernando Valley Rescue Mission Alliance**

- Every day as the sun rises and sets over the valley, the Rescue Mission Alliance San Fernando Valley is changing lives for good.



<https://tinyurl.com/ytmehphf>

## **Salvation Army**

- Transitional Housing
- Shelter
- Permanent Supportive Housing
- Rent Assistance
- Utility Assistance



<https://tinyurl.com/HOUSESA1>

## **Starting Over INC**

- While being homeless or in need of transitional housing speaks of an immediate need, transitional housing can also be a place to call home while you're there. Our housing services are available to anyone who needs a place to stay, whether you need a place to stay after release from jail or prison, are homeless, or are dealing with a substance use disorder.



<https://tinyurl.com/SOVERINC>

## **Gabriel's House-The Kingdom Center**

- End the cycle of homelessness by encouraging, equipping, and empowering the women and children residents of Gabriel's House.



<https://gabriels-house.org/>

## **Department of Public Social Services**

- Housing
- Cash Assistance
- Food
- Health Care
- Homeless services



<https://dpss.lacounty.gov/en.html>

## **Homeless Agencies | Shelters**

### **National call center for Homeless Veterans**

- Veterans who are homeless or at risk of homelessness—and their family members, friends and supporters—can make the call to or chat online with the National Call Center for Homeless Veterans, where trained counselors are ready to talk confidentially 24 hours a day, 7 days a week.
- 877.424.3838



<https://tinyurl.com/VAHOME1>

### **Salvation Army Bell Center(LA)**

- The Salvation Army Bell Shelter provides a supportive, safe, and nurturing environment for adults who are experiencing homelessness



<https://tinyurl.com/BELLSA>

### **New Image Emergency Shelter(LA)**

- NEW IMAGE EMERGENCY SHELTER FOR THE HOMELESS, INC. (New Image) opened on March 9, 1989.
- New Image operates exclusively as a Charitable Organization servicing homeless and low-income individuals and families with children.



<https://www.newimageshelter.com/>

### **Foul Weather Shelter(Ventura)**

- The Program has been launched in partnership with the River Community Church and provides stay warm packs and temporary shelter to individuals experiencing homelessness during severe weather events such as severe rain, wind, or low temperatures.



<https://tinyurl.com/VenturaShelter>

### **Our safe place Haven(Ventura)**

- Offers a 18-bed shelter housing program for adults who struggle with mental illness and homelessness. Services include case management, individual and group counseling, and substance abuse recovery support. Case management provides resources for housing, psychiatric referrals, health navigation, and more.



<https://tinyurl.com/SafeHavenV>

# Recovery Resources

## **Midnight Mission**

- Thanks to caring donations, we are able to provide individuals and families experiencing homelessness with a secure place to sleep and three nutritious meals a day. Our job training classes, medical services, addiction recovery program, domestic violence counseling, and the wide range of other essential services that we provide are designed to get people off the streets and into productive new lives.



<https://tinyurl.com/MIDMISS>

## **A New Way of Life**

- A New Way of Life Reentry Project provides housing, case management, pro bono legal services, advocacy, and leadership development for people rebuilding their lives after incarceration.



<https://anewwayoflife.org/>

## **Lighthouse for Women**

- The Lighthouse provides a fresh start to women and children who are experiencing homelessness by offering shelter and recovery programs in a comfortable, home-like setting.



<https://tinyurl.com/VCLighthouse>

## **Dream Center**

- Empowering lives and communities through the transforming love of Christ; body, soul and spirit.



<https://www.dreamcenter.org/>

## **LA Mission**

- Los Angeles Mission breaks the cycle of homelessness and poverty, by stabilizing people in a safe and spiritual environment, connecting them to solutions and walking with them on their journey.



<https://losangelesmission.org/>

## **Ventura Co Rescue Mission**

- The Ventura County Rescue Mission offers an extensive drug and alcohol recovery program. It is a free, 10-month, Christian-based, residential recovery program that provides Biblically-based structure and applied discipline for living an overcoming life.



<https://tinyurl.com/VCRescueMission>

**For Men only**

## **Victory Outreach**

- Victory Homes International has over 300 live-in recovery homes in the U.S. and around the world. There are as many as 10,000 residents (men and women) in our recovery homes at one time. Their lodging, food, and clothing is provided at no charge.

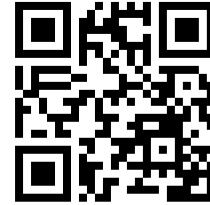


<https://tinyurl.com/VictoryValleyHome>

# Employment Resources

## **Employment Development Department**

- EDD Offers support for job seekers, Claims employers, and more.
- Specific benefits are available for undocumented students



<https://edd.ca.gov/>

## **Economic and Workforce Development Department**

- Have you been laid off or furloughed, or had your hours been reduced recently? The EWDD Rapid Response Team is here to help you through this transition process by providing virtual orientations that will guide you through all available resources, including how to apply for Unemployment Insurance (UI) through CA EDD and health insurance.
- Specific benefits are available for undocumented students



<https://tinyurl.com/bdd2tjcz>



<https://tinyurl.com/ynf9sae7>

## **Higher ED Immigration**

- About DACA and TPS Work Authorization
- Career Pathways for Undocumented Students without DACA or TPS