

Community Resources*

*These phone numbers and websites are accurate as of December 2008. While we update them periodically, neither Congregation Or Ami and its Clergy/staff, nor Board Members or congregants can be held liable for their accuracy, functionality, responsiveness, or information/services provided. Congregation Or Ami provides this only for its information value and that does not suggest any endorsement of these agencies.

Social Services: Dial 211

Jewish Family Service, Los Angeles (323) 761-8800

<http://www.jfsla.org/>

Jewish Family Service of Los Angeles offer counseling and support for families, individuals and seniors. We provide food and shelter, help resettle recent immigrants, connect people with disabilities to vital resources, assist relatives and friends with care for loved ones (senior care services), and so much more.

Mental Health Services/Counseling

Los Angeles County Department of Mental Health ACCESS CENTER (800) 854-7771

<http://dmh.lacounty.gov/>

The Los Angeles County Department of Mental Health (DMH) directly operates more than 50 program sites throughout the County, and contracts with over 1,100 other providers, including non-governmental agencies and individual practitioners. We provide a diverse spectrum of mental health services to all ages, including mental health assessments, crisis intervention, case management, and medication support in both residential and outpatient settings. For free, confidential mental health information, referrals to service providers, and crisis counseling at any day or time, call our 24/7.

The outcomes we aim to achieve for our consumers are:

safe place to live;

- meaningful way to use one's time;
- relationships;
- ability to get the assistance needed;
- ability to weather crises successfully; and
- health.

(Possible congregant who can offer guidance: Laurie Tragen-Boykoff)

Ventura County Behavioral Health Department (805) 981-6830

1911 Williams Drive, Suite 200
Oxnard CA 93036

http://portal.countyofventura.org/portal/page?_pageid=953,1293790&_dad=portal&_schema=PORTAL

Program services are delivered from regionally based Behavioral Health Centers for women with children, women, adolescents, youth between the ages of 18 to 25, adults and seniors. Specialized services are also provided in partnership with city and county agencies, courts, local law enforcement, schools and community based coalitions.

Substance Abuse

Beit Tshuva (310) 204-5200

<http://www.beittshuvahla.org/index.php>

Addiction is a symptom of divided self; an unhealthy dependence on substances or compulsive activities to provide a temporary sense of wholeness and well-being. It is a "dis-ease" of body, mind, soul and spirit. Recovery therefore requires an integrative approach. The Integrative Recovery Model at Beit T'Shuvah is a unique blend of Jewish spirituality, cognitive behavioral therapy, 12-step philosophy and the creative arts. The ambiance of the residential setting is a both therapeutic and residential community.

See Rabbi Paul for information.

Veterans Services

Department of Military and Veteran Affairs

<http://dmva.co.la.ca.us/>

Los Angeles County Veteran Organizations

<http://www.at-la.com/@la-vet.htm>

Los Angeles County Department of Military and Veterans Affairs

<http://www.cacvso.org/contentpage.asp?ContentID=117>

County of Ventura

Adult & Family Services (805) 385-6366

Veterans Services Office 1701 Pacific Avenue, Suite 110 Oxnard, CA 93033 9:00 a.m. - 4:00 p.m. Wednesdays

Simi Valley JCC 980 Enchanted Way, Simi Valley (8:00-11:00 a.m.) Wednesdays -

Sup. Linda Parks Office 2967 Thousand Oaks Blvd, Thousand Oaks (1:00-3:00 p.m.)

http://portal.countyofventura.org/portal/page?_pageid=884,1129566&_dad=portal&_schema=PORTAL

Food Services

Food Stamps

- Los Angeles County Department of Public Social Services (818) 718-5000
http://dpss.lacounty.gov/new_portal/dpss_foodstamps.cfm
- County of Ventura Assistance Programs (866) 904-9362
http://portal.countyofventura.org/portal/page?_pageid=884,1129575&_dad=portal&_schema=PORTAL

Food Pantrys

- Los Angeles Regional Food Bank
www.lafoodbank.org
- Prince of Peace Coalition (818) 346-5554
5700 Rudnick Avenue
Woodland Hills, CA 91367

Serves West Valley, Mon - Thu; 10a - 3p & Fri; 10a - 12p

- MANNA (805) 497-4959
3020 Crescent Way
Thousand Oaks
<http://www.mannaconejo.org/>

Serves Conejo Valley (From Camarillo to Calabasas), Tuesday from 1:00 P.M. to 4:00 P.M. Friday from 10:00 A.M. to 4:00 P.M. and Saturday from 10:00 A.M. to 1:00 P.M.

Meals-on-Wheels and Senior Meal Programs

- Goebel Senior Center (805) 381-2744
1385 E. Janss Road
Thousand Oaks, CA 91362
- Meals-on-Wheels Conejo Valley (805) 496-2009
401 Hodencamp Road
Thousand Oaks
<http://www.seniorconcerns.org/>
- Los Angeles County Community & Senior Services
Nutrition 213-739-7386
<http://css.lacounty.gov/Aaa/Nutr/Nutrition.html>

Whether at a [congregate meal site](#) or [in the home](#), the elderly are given the opportunity to obtain a nutritious noontime meal funded by the [Older Americans Act](#), thereby improving their quality of life.