



Ventura County LGBTQ+ Resources



Camarillo

Rainbow Cafe Support Groups, CSU Channel Islands (Clinical Support Group):

Clinical support groups for LGBTQ+ CSUCI students

- CSU Channel Islands
 - csuci.edu/caps/
 - 1 University Dr., Camarillo CA, 93012
 - (805) 437-2088
 - Email: caps@csuci.edu

The New Beginnings Center (LGBTQ+ Therapy and Clinical Groups): Offers a wide array of therapeutic services to help you get started on your path to recovery from anxiety, depression, trauma, addiction, body image issues, and beyond. Also provides letters for gender-affirming surgery as a free service

- [Thenewbeginningscenter.com](https://thenewbeginningscenter.com)
 - 155 Granada Street, Suite N, Camarillo, CA 93010
 - (805) 987-3162
 - Email: info@thenewbeginningscenter.com

- **Support Group (Clinical-based):**

- **Rainbow Resilience:** Clinically-based, DBT-Informed support groups for LGBTQ+ teens (12+) and adults (18+) to create communities of support, learn how to identify, address, and process the challenges of identifying as LGBTQ+, and embrace your authentic self. Call for more info.
 - (805) 987-3162 ext 14
 - Email: Alisonhtherapy@gmail.com

Fillmore

One Step A La Vez: A teen center that provides a safer environment for 13-19-year-olds and prepares informed, empowered youth who are equipped with the tools to lead; cultivate cultural awareness; bridge the gaps of inequality; and advocate for fair, just, and healthy individuals and communities.

- [Osaly.org](https://osalv.org)
 - 421 Sespe Ave., Fillmore, CA 93015
 - (805) 625-7067
 - Email: info@myonestep.org

- **Project Pride:** an activities-based support group for LGBTQ+ teens and young adults to meet and be themselves. Project Pride was created in response to youth's need for more supportive spaces outside of school. Allies are welcome.
 - CURRENTLY ON HOLD



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Oxnard

Coalition for Family Harmony: Free counseling sessions and clinical support groups for victims of sexual assault and intimate partner violence.

- [TheCoalition.org](https://www.thecoalition.org)
 - 1000 Town Center Drive, Suite 500, Oxnard, CA 93036
 - 24-hour bilingual hotline: 1-800-300-2181 (free, confidential)
 - Email: gethelp@thecoalition.org
- **Clinical Support Groups:**
 - **Transgender and Non-binary Clinical Adult Support Group:** Clinical support group for gender-diverse adults ages 18+.
 - Meets on Mondays from 10-11:30 AM via zoom
 - Phone: (805) 983-6014
 - Email: navigatonteam@thecoalition.org
 - **Sexual Assault Clinical Support Group:** Clinical support group survivors of sexual assault ages 18+.
 - Meets on Mondays from 6 -7:30 PM via zoom
 - Phone: (805) 983-6014
 - Email: navigatonteam@thecoalition.org
 - **Domestic Violence Clinical Support Group:** Clinical support group for survivors of physical, sexual, psychological or financial abuse within an intimate or family-type relationship ages 18+.
 - English Meetings:
 - Mondays from 12-1:30 PM via Zoom
 - Thursdays from 6-7:30 PM via Google Meet
 - Spanish Meetings:
 - Thursdays from 5:30-7 PM via Google Meet
 - Phone: (805) 983-6014
 - Email: navigatonteam@thecoalition.org

California Rural Legal Assistance, Inc.: A nonprofit law firm serving low-income residents of California's rural areas and small cities. Through its LGBTQ+ Program, CRLA offers direct free legal services. They provide trauma-informed services that are culturally sensitive and address the complex legal needs of LGBTQ+ communities in rural California.

- crla.org/es/programs/lgbtq
 - 338 South A Street, Oxnard, CA 93030
 - Phone: (800) 567-5339
 - Email: lgbtq@crla.org



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Oxnard

Oxnard LGBTQ+: Community-based LGBTQ+ organization providing community-affirming spaces all over the city of Oxnard.

- Instagram: [instagram.com/oxnardlgbtq/?hl=en](https://www.instagram.com/oxnardlgbtq/?hl=en)
- Website: oxnardlgbtq.org
 - **Support Group (Peer-based):**
 - **Bilingual (Spanish/English) Familia de Colores: Support Group for Parents/Guardians of LGBTQ+ children/youth:** support group for parents, caregivers, and other loved ones of LGBTQ+ children, youth, and young adults. This will be an ongoing support group offered in Spanish and English.
 - Email: info@oxnardlgbtq.org

Planned Parenthood: A nonprofit organization that provides reproductive health care in the United States and globally. Some locations offer gender-affirming hormone therapy for transgender and nonbinary patients, including puberty blockers and hormone replacement therapy (HRT T&E).

- plannedparenthood.org
- (888) 898-3806
 - Oxnard Health Center
 - 2652 S C St Suite 100 Ste 100, Oxnard, CA 93033

Rainbow Cafe, Oxnard College (Clinical Support Group): Clinical support groups for LGBTQ+ Oxnard College students.

- Oxnard College Health Center
 - oxnardcollege.edu/departments/student-services/student-health-center
 - 4000 S Rose Ave., Oxnard, CA 93033
 - (805) 678-5832
 - Email: ochealthcntr02@vccd.edu

Santa Paula

Pride Clinic, Santa Paula West Medical Group: Compassionate, comprehensive, and inclusive LGBTQ+ Healthcare & Counseling. Specializes in gender-affirming primary care.

- vchca.org/lgbt
 - 254 W. Harvard Blvd. Ste. B, Santa Paula, CA 93060
 - (805) 229-0200



Ventura County LGBTQ+ Resources



Simi Valley

Families & Friends Living United in Diversity (FFLUID): LGBTQ+ peer-based support group serving families and individuals who wrestle with gender and sexual orientation

- fffluid.org
 - 370 Royal Ave., Simi Valley, CA 93065
 - (805) 285-3006
 - Email: ask@fffluid.org
 - Facebook Page: [Facebook.com/fffluidvc/](https://www.facebook.com/fffluidvc/)

Spectrum Arts Collaborative: an art program that pairs young people of all gender identities and their allies between the ages of 13-18 years with skilled artists who mentor them in the areas of playwriting, monologue, poetry, dance, visual art, musical composition, photography, film making, podcasting, makeup, dance, and all other arts.

- 2956 School St., Simi Valley, CA 93065
- (805) 285-2730
- Email: spectrum.collaborative@gmail.com
- spectrumcollaborative.org/

Counseling Services

Lynn Comley, PsyD, LMFT

- (805) 583-0821
- lynncomley.com/

Wendy Jones, LCSW

Therapy for trans and other GNC adolescents and adults. Therapy for the parents or guardians of trans and gender-diverse youth of any age.

- 2775 Tapo St, Suite 204, Simi Valley, CA 93063
- (805) 210-0420
- wendyjoneslcsw.com/

Thousand Oaks

LGBT+ Aging Coalition: The LGBT+ Aging Coalition of Ventura County provides education and advocacy to create an LGBT+ friendly Ventura County.

- vcaaa.org/about-us/advocacy/lgbt-aging/
 - 646 County Square Drive, Suite 100, Ventura, CA 93003
 - (805) 477-7300
 - Email: lgbtagingcoalition@gmail.com



Ventura County LGBTQ+ Resources



Thousand Oaks

PFLAG (Parents, Families, Friends & Allies): provides confidential peer support, education, and advocacy to LGBTQ+ people, their parents and families, and allies.

- pflag.org
 - PFLAG Oak Park/Ventura County
 - 5450 Churchwood Drive, Oak Park, CA 91377
 - (818) 991-4797 Ext. 27
 - Email: pflag@tcote.org

Counseling Services

Jessica M. Bernacki, PhD

Therapy for trans and other GNC children, adolescents, and adults. Therapy for the parents or guardians of trans and other GNC youth of any age

- 509 Marin St, Suite 234, Thousand Oaks, CA 91360
- (424) 209-2371
- jessicabernackiphd.com/

Ventura

BRITE (Building Resilience and Inclusion Through Engagement): BRITE focuses on prevention education and on supporting youth and young adults, ages 12-25, in advocacy and action around issues they care about. Programs include alcohol, drug, and tobacco prevention education, youth leadership & advocacy training, social change theatre, diversity & inclusion, mental wellness, suicide prevention, civic engagement, and more.

- **Gender & Sexuality Alliance** (Activities-based):
 - Meets every other Tuesday at 4 PM via zoom
 - Sign up at brite.link/GSA-Signup
 - Phone: (805) 647-4622
 - Email: info@BRITEyouth.org

Diversity Collective Ventura County: A community-based nonprofit organization that provides advocacy, visibility, safety, and wellness for the LGBTQ+ community.

- Diversitycollective.org
 - 2471 Portola Rd UNIT 100, Ventura, CA 93003
 - (805) 644-LGBT (5428)
 - Email: info@diversitycollective.org



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Ventura

- **DCVC Support Groups (Activity Based):**
 - **Little Unicorns Youth Group:** Activities-based support group for young LGBTQ+, questioning, and allies ages 9-12.
 - Email: littleunicorns@diversitycollective.org
 - **Just One Drop:** Offers HIV/AIDS prevention and education through our status-neutral approach. Whether you've screened positive or negative, we can provide you with the resources for quality care for prevention and effective treatment.
 - Diversitycollective.org
 - Appointments: (805) 665-3193
 - bit.ly/2SpZsZk
 - **Outspoken Men's Group:** A social & personal growth group for LGBTQ+ men and their allies, 18+.
 - Meets every Thursday from 7-8 PM
 - Register at Diversitycollective.org
 - **Pride Nook Book Club:** Diversity Collective book club.
 - Meets on the 1st and 3rd Wednesdays of the month from 6 PM via zoom
 - Register at Diversitycollective.org
 - **Rainbow Umbrella:** Activities-based LGBTQ+ youth group in Ventura, California.
 - diversitycollectivevc.org/event/rainbow-umbrella-youth-group/2021-01-01/
 - Email: rainbowumbrellah@diveristycollective.org
 - **Venxs:** Activities-based LBTQ womxn's and allies group.
 - Full moon circles, 7-9 PM
 - Diversitycollective.org

Diversity Toastmasters: LGBTQ+ friendly place to practice and perfect your public speaking, presentation skills, leadership development, and meeting management training.

- Meets on the 1st and 3rd Tuesdays of the month from 6 PM via zoom.
- Register at Diversitycollective.org



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Ventura

Get Loud! Creates platforms for queer artists of all realms to express themselves in their most authentic selves.

- getloudmovement.org/org
 - Email: create@getloudmovement.org
 - Instagram: [instagram.com/getloudmovement/](https://www.instagram.com/getloudmovement/)

HOPE (Holding Our Pride and Equality) Counseling Center, Inc: Counseling dedicated to serving the LGBTQ population of Ventura County.

- 805-890-2289
- Hope@counselinghope.info

Kai Krupa Therapy: Counseling dedicated to serving the LGBTQ population of Ventura County.

- kaikrupatherapy.com
 - (805)500-6928
 - 119 Figueroa St., Suite 15, Ventura, CA 93001
 - Email: kaikrupatherapy@gmail.com

LGBTQ Alcoholics Anonymous

- Meets Sundays from 11 AM- 12 PM via zoom
- Meeting ID: 823 2580 1415
- Password: recovery

PFLAG (Parents, Families, Friends & Allies): Provides confidential peer support, education, and advocacy to LGBTQ+ people, their parents and families, and allies.

- Pflag.org
 - PFLAG Ventura
 - pflagventura.wordpress.com/
 - 2471 Portola Rd., Ventura, CA 93003
 - (805) 765-1672
 - Email: pflag.ventura.ca@gmail.com



Ventura County LGBTQ+ Resources



Ventura

Planned Parenthood (HRT T&E): A nonprofit organization that provides reproductive health care in the United States and globally. Offers gender-affirming hormone therapy for transgender and nonbinary patients, including puberty blockers and hormone replacement therapy (HRT T&E).

- plannedparenthood.org
- (888) 898-3806
 - Ventura Health Center
 - 5400 Ralston St., Ventura, CA 93003

Trans Peer Group: Activities-based LGBTQ+ support group. Meet and make friends with other trans and gender non-conforming folk in Ventura County. (only 18+)

- Meets every other Friday from 6-7 PM via in-person and zoom
- Register at <https://docs.google.com/forms/d/e/1FAIpQLSfx7SKVsvznGgjWJpgvIMrLyhtUlkrvEaxFB5TVIMPqL55JhA/viewform>

The Transverse: An online collective by and for trans creatives. "The Transverse, a safe space for exploring the gender universe."

- thetransverse.net/
- [twitch.tv/thetransverse.](https://twitch.tv/thetransverse)

Ventura County Public Health - HIV/AIDS Center: Provides conventional HIV testing along with STD (Sexually Transmitted Diseases) and medical case management to HIV-infected and affected people.

- vchca.org/hiv-aids-center
 - To Schedule an Appointment: (805) 652-3342
 - More information: (805) 652-6267