

"GOOD TO KNOW" Newsletter

National Art Days

May 5

Cartoonist's Day

Museum Lover's Day

May 6

Free Comic Book Day

May 14

Mother's Day

May 25

Tap Dance Day



May is "Mental Health Awareness" month!

Creative Arts Edition!

Featuring Resident Artists of Many Mansions



By Alana H.
from Richmond Terrace



By Carole K.
a.k.a. Madam Koobla
from Richmond Terrace



A Flower Rose

A rose is a flower,
that stands for Love.
And it was sent,
From God above.
I would send you one each day.
Because it's so special,
in every way.
So when you stop,
And you see a rose,
remember this,
your true friend knows.
I know how much,
the love you share!
So, I write this poem,
With love and care!

By James R.
from Ormond Beach Villas

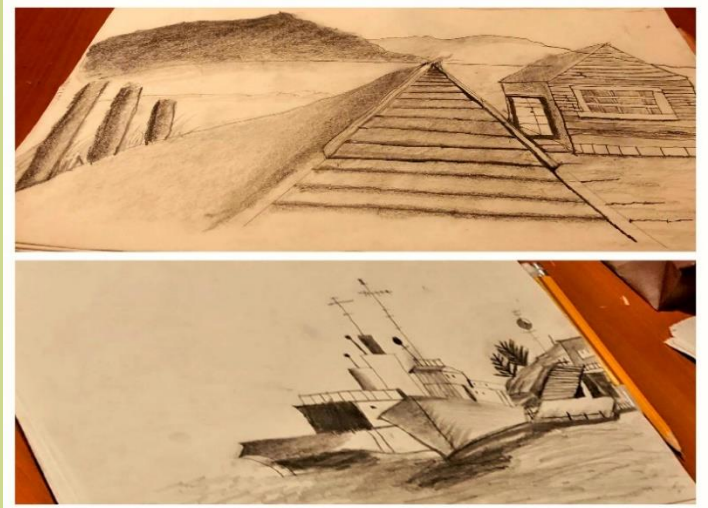
By Gilbert V.
from D-Street



Drinks On Me

Alcohol was my best friend.
When I was sad, he was there.
When I was happy, he'd be there.
Sooner than later, he became my enemy.
Crashed cars.
Broken dreams.
I didn't know when I would black out.
I said "sorry" to friends too many times.
I'd say, "I don't remember".
One day I said no more black out nights.
He turned from my best friend to my worst
enemy.
Finally, I let go, I'm set free.

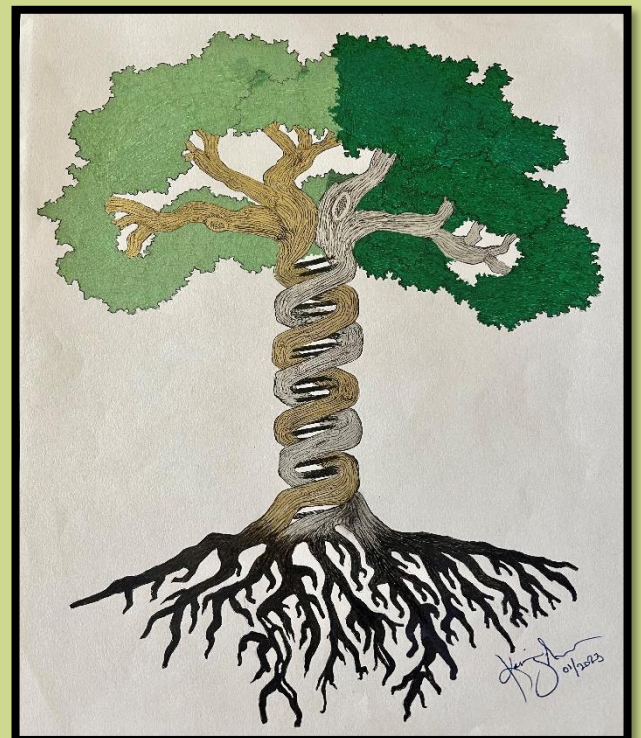
By Destiny C.
from D Street



By David C.
from Casa de Paz



By Teena A.
from Mountain View



By Kevin J.
from Esseff Village

"The Warm Line"

A new peer support phone line for a warm and friendly person to webchat or talk with!

www.mentalhealthsf.org/peer-run-warmline/
Or call: 855-845-7415





Mental Health Resources...

Alcoholics Anonymous

Ventura County A.A. 24/7 Hotline:
(805) 389-1444

24 Hour Phone Line: (888) 817-7425

Al-Anon Central Office: (805) 253-7188

Narcotics Anonymous 24 Hour Phone Line:
(888) 817-7425

Interface Children & Family Services

PH: 805-485-6114 ext. 662

Mental Health and Trauma Treatment /
Interface Children & Family Services (icfs.org)
For youth & family services

Lutheran Social Services of So. California

80 E. Hillcrest STE 101
Thousand Oaks, CA 91362 805-497-6297

Maple Counseling Center

Ventura County 805-669-8846
Maplecounseling.org
For adult, youth, and families
Accepts Medi-cal Gold Coast!

National Alliance on Mental Health

<https://namiventura.org/>



VENTURA COUNTY BEHAVIORAL HEALTH:

Conejo Valley Clinic

805-777-3500

125 W. Thousand Oaks Blvd
Thousand Oaks, CA 91360

Oxnard No. Clinic

1911 Williams Drive - Ste 150
Oxnard, CA 93036

Santa Paula Clinic

725 E. Main Street - 3rd Floor
Santa Paula, CA 93060

Simi Valley Clinic 805-582-4075

1227 E. Los Angeles Ave.,
Simi Valley, CA 93065

Ventura County Human Services Agency

80 E. Hillcrest Dr. Ste. 200
Thousand Oaks, CA 91362
In community conscience
(805) 449-7320

Whole Person Care

Email: Wholepersoncare@Ventura.org
Phone: 805-339-1122

