

# adult services

**I need help. A family member needs help. A friend needs help. What can I do?**

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## Make the Call

The first step begins with a call to one of our Alcohol & Drug Adult Services Programs. You may be concerned about signs of drug use with someone you know. You may be concerned about yourself. When in doubt, speak to a professional. Just take the first step. Our Centers are open daily, Monday through Friday, from 8 AM to 5 PM. The best time to call is before 2 PM. We'll connect you to a Counselor.

Oxnard Center	(805) 981-9200
Simi Valley Center	(805) 577-1724
Ventura Center	(805) 652-6919
A New Start for Moms	(805) 981-9250

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## Talk to a Counselor

Speak to a Counselor about your options. They will listen to your concerns and can answer your questions. If you are in a crisis situation, a referral will be made. A Counselor is always on call to listen to your concerns.

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## Schedule an Appointment

Get the support you need. As soon as you call us, we can schedule an appointment for you. We can accommodate your schedule. It is as simple and quick as that. Don't wait. The journey of healing begins with this step.

