



72 Hour Checklist

Your Checklist for Success!

The first 72 hours after release are the most critical to your success.
You can use this checklist as you begin your transition.

Upon release from custody, report to the Parole or Probation office as ordered by the Court or as you were instructed. If you have questions regarding whether you are under supervision or you don't know where to report, it is your responsibility to contact either Probation or Parole and confirm your supervision status.

Ventura County Probation Agency

Website: www.venturaprobatation.org/

East County Supervision Office

3855 Alamo Street, Bldg. F
Simi Valley, California 93063
East County Probation and Post Release
(805) 582-8032

Ventura Supervision Office

669 County Square Drive
Ventura, California 93003
Ventura Field Services (805) 662-6900
Ventura Probation and Post Release (805) 662-6901

Oxnard Supervision Office

1721 Pacific Ave. Suite #140,
Oxnard, CA 93033
Oxnard Field Services, First Floor
(805) 204-5900
Oxnard Probation and Post Release, Second Floor
(805) 204-5901

Division of Adult Parole Operations

Website: [www.cdcr.ca.gov/Parole/Public Officers and Regional Offices](http://www.cdcr.ca.gov/Parole/Public%20Officers%20and%20Regional%20Offices)

Ventura 1 & 2

1555 West 5th Street, Ste. 102
Oxnard, CA 93030
(805) 382-8151

Ventura Training Center

2800 Wright Road
Camarillo, CA 93010
(805) 983-1332

Address your food needs at a food pantry or a soup kitchen that serves your area. Expedited CalFresh (Food Stamps) benefits may also be available.

Resolve any immediate medical or mental health needs, such as prescription refills.

Contact 211 to be referred for benefits such as General Relief, CalWORKS (TANF), CalFresh (Food Stamps), and Medi-Cal.

Visit the 211 Reentry Page to find reentry resources and helpful information or search the 2-1-1 resource database to find a range of health & human service options.

Seek employment opportunities.

Seek support networks. Visit supportive people like friends, family, and other helpful people; or attend community support meetings, such as AA, NA, or faith community meetings