



## 72 Hour Checklist

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 within 24 hours, as ordered by the Court, or as you were previously 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.venturaprobation.org/](http://www.venturaprobation.org/)

#### East County Supervision Office

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

#### Ventura Supervision Office

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

#### Oxnard Supervision Office

Probation and Post Release:  
(805) 204-5901  
Field Services: (805) 204-5900  
1721 Pacific Avenue Suite #140  
Oxnard, CA 93033

#### Juvenile Services

(805) 973-5100  
1911 Williams Drive, Suite 175  
Oxnard, CA 93036

#### Ventura Training Center

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

- 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.
- Take care of any immediate medical or mental health needs, such as prescription refills.
- Take care of your mental health. Reentering the community can be a stressful time. Reach out for help if you need it.
- Contact 211 to be referred for benefits such as General Relief, CalWORKS (TANF), CalFresh (Food Stamps), and Medi-Cal.
- Visit the Tips for Successful Reentry on the 211 Reentry Page to find reentry resources and helpful information or search the 211 resource database to find services ([www.211ventura.org](http://www.211ventura.org)).
- Seek employment opportunities.
- Seek support networks to stay on the right path and to remain sober. Visit supportive people like friends, family, and other helpful people, or attend community support meetings, such as AA, NA, or faith-based community meetings.