

October 2016

CCS Hope Center, 1400 N. Norma, Ste. 137, Ridgecrest, CA 93555
760-446-1597

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 945-1045 Peer Support 11-12 "Extra Activities" 1-2 Stomping Out Addiction 2-3 Get Crafty 3-5 Spirituality and Mental Health	4 9-11 Food Pantry Volunteer Work 11-12 Game On 1-2 Art 2-4 W.R.A.P. 4-5 Reading Club	5 10-11 Ping-Pong 11-12 Computer lab 1-2 Story Sharing 3-5 What would you do? 5-7 Karaoke	6 9-11 W.R.A.P 12-1 POTLUCK 1-2 Beginning Painting 2-3 Depression Support 3-4 Women's Group	7 945-1200 Creative Expressions 1-2 Anger Management 2-4 Movie " " 4-5 Poetry Group	8
9	10 945-1045 Peer Support 11-12 "Extra Activities" 1-2 Stomping Out Addiction 2-3 Get Crafty 3-5 Spirituality and Mental Health	11 9-11 Food Pantry Volunteer Work 11-12 Game On 1-2 Art 2-4 W.R.A.P. 4-5 Reading Club	12 10-11 Ping-Pong 11-12 Computer lab 1-2 Story Sharing 3-5 What would you do? 5-7 Gardening	13 9-11 W.R.A.P 12-1 Music 1-2 Beginning Painting 2-3 Depression Support 3-4 Men's Group	14 945-1200 Creative Expressions 1-2 Anger Mgmt 2-4 Healing Collages 3-5 Poetry Group	15 NAMI Walk 8:30-Registration 9am-Walk begins
16	17 945-1045 Peer Support 11-12 "Extra Activities" 1-2 Stomping Out Addiction 2-3 Get Crafty 3-5 Spirituality and Mental Health	18 9-11 Food Pantry Volunteer Work 11-12 Game On 1-2 Art 2-4 W.R.A.P. 4-5 Reading Club	19 10-11 Ping-Pong 11-12 Tea Party 1-2 Advisory 2-3 Story Sharing 3-5 What would you do? 5-7 Bingo Night	20 9-11 W.R.A.P 12-1 Music 1-2 Beginning Painting 2-3 Depression Support 3-4 Women's Group	21 945-1200 Creative Expressions 1-2 Anger Mgmt 2-4 Journaling 3-5 Poetry Group	22
23	24 945-1045 Peer Support 11-12 "Extra Activities" 1-2 Stomping Out Addiction 2-3 Get Crafty 3-5 Spirituality and Mental Health	25 9-11 Food Pantry Volunteer Work 12-1 Game On 1-2 Art 2-4 W.R.A.P. 4-5 Reading Club	26 Center Closed for Quarterly Meeting	27 9-11 W.R.A.P 12-1 Music 1-2 Beginning Painting 2-3 Depression Support 3-4 Men's Group	28 945-1200 Creative Expressions 1-2 Anger Mgmt 2-4 Healing Collages 3-5 Poetry Group	29
30	31 945-1045 Peer Support 11-12 "Extra Activities" 1-2 Stomping Out Addiction 2-3 Get Crafty 3-5 Spirituality and Mental Health	Hope Center is a Kern County Consumer Family Learning Center funded by the Mental Health Act. New Hours Mon, Tues, Thurs, and Fri 8am-5pm Wed. 10am-7pm. YOU MUST BE 18 YEARS OR OLDER				

**TRANSPORTATION AVAILABLE
 (PLEASE CALL IN ADVANCE)
 Scheduled events are subject to changes or cancellations**

Information about Our Free Groups & Activities

Anger Management: Designed to assist individuals with communicating effectively, setting boundaries, building healthy relationships, and stopping the anger cycle.

Art: Express yourself through various forms of art work.

Assertiveness Group: Join this group and learn to be more assertive in your life and relationships with others.

Beginning Painting: Learn the basics of painting.

Birthday Celebration: Come and share your day with us.

Community Activities: Visit local activities or points of interest.

Creative Expressions: Feel inspired and rediscover your innate creativity.

Depression Support: For those who suffer from depression you're not alone. Talking and listening helps.

Extra Activities: Take this time to do something of your choice.

Game On: Join your peers as we gather together to play games, laugh and have fun.

Get Crafty: Help work on paper mache projects, or create your own form of crafts.

Gardening Group: Start a garden and grow vegetables of your choice.

Healing Collages: Make collages that show your step in your recovery.

Journaling: Get your thoughts out of your head and onto paper.

Karaoke: Come and sing your heart out, and listen to others.

Men's Group: Men come share your interests with other men.

Monthly Movie Night: Snack potluck and movie after hours at

the center and on the first Friday of the month.

Music: Join your peers playing/listening to music and enjoying various genres

Peer Support: Come sit with your peers and discuss your week. Learn new activities and community skills.

Ping-Pong: Join the center members here for a great time playing Ping-Pong.

Poetry group: Bring in your own poetry writings or read others and share interests of Poetry.

Potluck: Bring something to share with everyone or bring \$1.00 and eat as much as you want.

Reading Club: Enjoy reading short stories and having discussions on them.

Roaming Photography: Take a stroll outside, and get some pictures of the beauty that is around us.

Spirituality and Mental Health: Class discusses spirituality as a tool for mental health recovery.

Story Sharing: Share and listen to funny real stories, make up your own stories, or share your story of recovery.

Stomping Out Addiction: Participate in this group to learn strategies to overcome addiction.

Transportation: Available Monday through Friday of each week. A reservation must be made by calling before 8am the day of or placing your name on the transportation list.

Woman's Group: Woman come share your interests with other woman.

WRAP: Join this group to build a Wellness Recovery Action Plan that helps guide you through coping with different struggles.