



Support Groups for Families & Support Persons

Just as a loved one needs support as they go through treatment for a mental health issue or substance use disorder, so does the family and friends of that individual.

This brochure contains information on groups available to family members and support persons to educate and support them as their loved one receives treatment for a mental health issue or substance use disorder.

Please visit our website at :
www.KernBHRS.org



BEHAVIORAL
HEALTH & RECOVERY
SERVICES

Revised 8/15/17

Bakersfield

Group Name: Understanding my Loved One

When: Thursdays, 5:00 PM to 6:00 PM

Where: Consumer Family Learning Center (CFLC),
2001 28th Street, South Tower, 1st Floor,
Bakersfield

About: A group designed to educate and offer support for families and friends of individuals with a mental illness. Topics include depression, bipolar disorder, schizophrenia, and borderline personality disorder. For more information, call 661-868-7550.

Group Name: Family Self-CARE Support Group

When: Fridays, 12:00 PM to 1:00 PM

Where: CFLC, 2001 28th Street, South Tower, 1st
Floor, Bakersfield

About: A support group with emphasis on one's own wellness as family members and advocates of loved ones with mental health challenges. For more information, call 661-868-7550.

Group Name: Borderline Personality Disorder (BPD) Family Member Support Group

When: 2nd and 4th Thursday of the month, 5:30
PM to 7:00 PM

Where: CFLC, 2001 28th Street, South Tower, 1st
Floor, Bakersfield

About: The group seeks to provide support and education to loved ones of someone living with BPD. For more information, call Stephanie Heintz at 661-868-1817.

Bakersfield

Group Name: Suicide Survivor Support Group

When: 1st and 3rd Tuesday of the month, 6:00 PM
to 8:00 PM

Where: CFLC, 2001 28th Street, South Tower, 1st
Floor, Bakersfield

About: A peer-led support group for people who have lost someone to suicide. For more information, call Ellen Eggert at 661-868-1719.

Group Name: Apoyo Emocional y Educación-Para Familias

When: Tercer miércoles del mes, 10:30 AM a 11:30
AM

Where: CFLC, 2001 28th Street, Torre Sur, Planta
Baja, Bakersfield

About: Educando a las/los familiares acerca de la salud emocional de sus seres queridos. Para más información, llame al 661-868-7550.

Group Name: Family Education

When: Wednesdays, 3:00 PM to 4:30 PM

Where: 5121 Stockdale Highway, 1st Floor,
Bakersfield

About: Support and psychoeducation for family to better support their loved one. This is for clients in substance use treatment who are Welfare to Work recipients. For more information, call 661-868-5134.



Not only does the Consumer Family Learning Center (CFLC) offer groups for families, they offer many classes and groups for those who have a mental health or substance use disorder.

For more information, call 661-868-7550 or visit the CFLC website at: www.KernBHRS.org/cflc

Kern Behavioral Health & Recovery
Services Family Advocacy
844-360-8250

Laura's Law-Assisted Outpatient Treatment
844-360-8251

NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)

suicidepreventionlifeline.org

RED NACIONAL
de
PREVENCIÓN
del
SUICIDIO
1-888-628-9454

prevenciondelsuicidio.org

Information in this brochure may be changed or updated,
without notice.

Bakersfield

Group Name: NAMI Family Support

When: 2nd and 4th Tuesday of the month, 6:00 PM to 7:30 PM

Where: CFLC, 2001 28th Street, South Tower, 1st Floor, Bakersfield

About: A family support group that is facilitated by trained volunteer family members with lived experience. This group allows family members a safe, non-threatening environment to meet with other family members where they gain support and understanding of what they are going through with their loved ones. For more information, call Cindy Gill at 661-805-6604.

Group Name: Family Orientation Meeting

When: Thursdays, 2:30 PM to 3:30 PM

Where: Mary K Shell Mental Health Center, 2151 College Avenue

About: Orientation meeting to explain the system of care if your loved one needs services, is involuntarily held (5150), inpatient, beginning treatment, or incarcerated. Education, resources, and supportive services will be available. This is not a support group, it is an informational group only. For more information, call 844-360-8250.

Ridgecrest & Wasco

Group Name: NAMI Family Support Group

When: Mondays, 5:00 PM to 6:30 PM

Where: Ridgecrest Regional Hospital, 1081 N. China Lake Boulevard, Ridgecrest

About: A family support group that is facilitated by trained volunteer family members with lived experience. This group allows family members a safe, non-threatening environment to meet with other family members where they gain support and understanding of what they are going through with their loved ones. For more information, call Janet Mulvihill at 760-384-8672.

Group Name: NAMI Parent Support Group

When: Tuesdays, 5:00 PM to 6:30 PM

Where: Gateway School, 501 S. Gateway Boulevard, Ridgecrest

About: This family support group provides support for the parents of children with a mental illness. For more information, call Janet Mulvihill at 760-384-8672.

Group Name: SUD Treatment Family Group

When: Fridays, 2:30 PM to 3:30 PM

Where: West Kern SUD, 928 F Street, Wasco

About: Family members of clients receiving substance use disorder treatment are educated on the treatment process. Videos are in English, but based on staff availability, interpretation services are provided in Spanish.