


Consumer Family Learning Center

October 2016

We welcome anyone seeking recovery from mental illness and/or substance use.

5121 Stockdale Hwy, Suite 150A
661-868-5074 / www.co.kern.ca.us/kcmh

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>Suicide Survivor Support Group Every 1st & 3rd Tuesday 6-8 pm Call Ellen Eggert 661-868-1552</p>				<p>1 9-11:30 Game Time: Cards 11:30-1 Group Empowerment Drumming</p> <p>SUNDAY</p> <p>2 CFLC WILL BE CLOSED TODAY.</p>
<p>3 9-10 Good Morning CFLC 10-11 Solutions for Wellness 10-12 Beg Folk Guitar (RSVP) 11-12 Learn Basic Spanish 11-12:30 WRAP #6 (RSVP)</p> <p>1-2 Woman to Woman 1:30-2:30 Un Dia a La Vez 2-3 Conflict Resolution/Anger Management 3-4 Creative Writing Workshop 3:30-4:30 Mood Disorder Support Group</p> <p>5-6pm Finding My Strengths (RSVP) 6-7pm Evening Relaxation (RSVP)</p>	<p>4 9-10 Collage for Healing 10-11 Mind-Body Wellness 10-12 Artistic Expressionism 10-12 GED Prep (RSVP) 10-12 RPG (Role-Play) 11-12 Illness Mgmt & Recovery</p> <p>1-2:30 Act 1 1-3 Introduction to Internet (RSVP) 2:30-3 Free-Writing Class 3-4 Low-Impact Zumba</p> <p>5-7pm Art for the Soul (RSVP by 10/3)</p>	<p>5 9-10 Mindfulness & Meditation 10-11 Collage for Healing 10-11 Schizophrenics Anonymous 11-12 Dual Recovery Anonymous 11-12 Reading, Writing, & Math</p> <p>1-2 Quilting Tool Skills 1-3 Creative Expressions (RSVP by 10/4) 2-4 Square Biz (Quilting Club)</p> <p>5-5:30pm Life Skills (RSVP) 5:30-7pm What's In Your Tool Box? (RSVP)</p>	<p>6 9-10 Guided Meditation Yoga 10-11 Dance Therapy 11-12 Laughter Yoga 11-12 Making Time to Talk – Parenting with a Mental Illness</p> <p>1-2 Seeking Safety (Women) 1-3 Board Game Fun 2-3 Overcoming Anxiety 2:30-3:30 Family Support Grp 3-4 LGBTQ Support Group</p> <p>5-7pm Line Dancing (RSVP)</p>	<p>7 CFLC CLOSED ALL DAY DUE TO: Recovery Conference</p>  <p>Sharing our Strengths 10th Annual Recovery Conference</p>	<p>SATURDAY</p> <p>8 9-11:30 Game Time: Cards 11:30-1 Group Empowerment Drumming</p> <p>SUNDAY</p> <p>9 12-1 Spirituality and Mental Health 1-3 Inspirational Movie & discussion</p>
<p>10 9-10 Good Morning CFLC 10-11 Solutions for Wellness 10-12 Beg Folk Guitar (RSVP) 11-12 Learn Basic Spanish 11-12:30 WRAP #7 (RSVP)</p> <p>1-2 Woman to Woman 1:30-2:30 Un Dia a La Vez 2-3 Conflict Resolution/Anger Management 3-4 Creative Writing Workshop 3:30-4:30 Mood Disorder Support Group</p> <p>5-6pm Finding My Strengths (RSVP) 6-7pm Evening Relaxation (RSVP)</p>	<p>11 9-10 Collage for Healing 10-11 Mind-Body Wellness 10-12 Artistic Expressionism 10-12 GED Prep (RSVP) 10-12 RPG (Role-Play) 11-12 Illness Mgmt & Recovery</p> <p>1-2:30 Act 1 1-3 Introduction to Internet (RSVP) 2:30-3 Free-Writing Class 3-4 Low-Impact Zumba</p> <p>5-7pm Art for the Soul (RSVP by 10/10)</p>	<p>12 9-10 Mindfulness & Meditation 10-11 Collage for Healing 10-11 Schizophrenics Anonymous 11-12 Dual Recovery Anonymous 11-12 Reading, Writing, & Math</p> <p>1-2 Quilting Tool Skills 1-3 Creative Expressions (RSVP by 10/11) 2-4 Square Biz (Quilting Club)</p> <p>5-5:30pm Life Skills (RSVP) 5:30-7pm What's In Your Tool Box? (RSVP)</p>	<p>13 9-10 Guided Meditation Yoga 10-11 Dance Therapy 11-12 Making Time to Talk – Parenting with a Mental Illness 11-12 Group Empowerment Drumming</p> <p>1-2 Seeking Safety (Women) 1-3 Board Game Fun 2-3 Overcoming Anxiety 2:30-3:30 Family Support Grp 3-4 LGBTQ Support Group</p> <p>5-7pm Line Dancing (RSVP)</p>	<p>14 9-10 Tai Chi 10-11 Mavericks (Men's Grp) 10-12 Knitting/Crocheting Class 10-12 A Stitch in Time 10:30-12 Beg. Painting (RSVP) 11-12 Stomp Out Substances</p> <p>1-3:30 Sew Easy 1:30-3 In-the-Kitchen 3-4 Friday Fun & Games</p> <p>5-7pm Karaoke Night (RSVP)</p>	<p>SATURDAY</p> <p>15 8:30-12:30 Out & About NAMI Walks event at The Park at River Walk Event is open to public (RSVP for transportation from CFLC)</p> <p>SUNDAY</p> <p>16 12-1 Spirituality and Mental Health 1-3 Inspirational Movie & discussion</p>
<p>17 9-10 Good Morning CFLC 10-11 Solutions for Wellness 10-12 Beg Folk Guitar (RSVP) 11-12 Learn Basic Spanish 11-12:30 WRAP #8 (RSVP)</p> <p>12-2 Woman to Woman (Special Event) 1:30-2:30 Un Dia a La Vez 2-3 Conflict Resolution/Anger Management 3-4 Creative Writing Workshop 3:30-4:30 Mood Disorder Support Group</p> <p>5-6pm Finding My Strengths (RSVP) 6-7pm Evening Relaxation (RSVP)</p>	<p>18 9-10 Collage for Healing 10-11 Mind-Body Wellness 10-12 Artistic Expressionism 10-12 GED Prep (RSVP) 10-12 RPG (Role-Play) 11-12 Illness Mgmt & Recovery</p> <p>1-2:30 Act 1 1-3 Introduction to Internet (RSVP) 2:30-3 Free-Writing Class 3-4 Low-Impact Zumba</p> <p>5-7pm Art for the Soul (RSVP by 10/17)</p>	<p>19 9-10 Mindfulness & Meditation 10-11 Collage for Healing 10-12 Movie Special Event: (Schizophrenics Anonymous & Dual Recovery Anonymous) 10:30-11:30 Apoyo Emocional y Educaci3n – Para Familias 11-12 Reading, Writing, & Math</p> <p>1-2 Quilting Tool Skills 1-3 Creative Expressions (RSVP by 10/18) 2-4 Square Biz (Quilting Club) 1:30-3 Benefits Workshop (RSVP)</p> <p>5-5:30pm Life Skills (RSVP) 5:30-7pm What's In Your Tool Box? (RSVP)</p>	<p>20 9-10 Guided Meditation Yoga 10-11 Dance Therapy 11-12 Making Time to Talk – Parenting with a Mental Illness 11-12 Smart Money Seminar</p> <p>1-2 Seeking Safety (Women) 1-3 Board Game Fun 2-3 Overcoming Anxiety 2:30-3:30 Family Support Grp 3-4 LGBTQ Support Group</p> <p>5-7pm Line Dancing (RSVP)</p>	<p>21 9-10 Tai Chi 10-11 Mavericks (Men's Grp) 10-12 Knitting/Crocheting Class 10-12 A Stitch in Time 10:30-12 Beg. Painting (RSVP) 11-12 Stomp Out Substances</p> <p>1-3 Wii Gaming 1-3:30 Sew Easy 3-4 Friday Fun & Games</p> <p>5-7 pm Movie Night: "Jungle Book" (RSVP)</p>	<p>SATURDAY</p> <p>22 9-11:30 Game Time: Cards 11:30-1 Group Empowerment Drumming</p> <p>SUNDAY</p> <p>23 12-1 Spirituality and Mental Health 1-3 Inspirational Movie & discussion</p>
<p>24/31 9-10 Good Morning CFLC 10-11 Solutions for Wellness 10-12 Beg Folk Guitar (RSVP) 10-12 October 31: RPG (Role-Play) Special Event (RSVP) 11-12 Learn Basic Spanish</p> <p>1-2 Woman to Woman 1:30-2:30 Un Dia a La Vez 2-3 Conflict Resolution/Anger Management 3-4 Creative Writing Workshop 3:30-4:30 Mood Disorder Support Group</p> <p>5-6pm Finding My Strengths (RSVP) 6-7pm Evening Relaxation (RSVP)</p>	<p>25 9-10 Collage for Healing 10-11 Mind-Body Wellness 10-12 Artistic Expressionism 10-12 GED Prep (RSVP) 10-12 RPG (Role-Play) 11-12 Illness Mgmt & Recovery</p> <p>1-2:30 Act 1 1-3 Introduction to Internet (RSVP) 2:30-3 Free-Writing Class 3-4 Low-Impact Zumba</p> <p>5-7pm Art for the Soul (RSVP by 10/24)</p>	<p>26 9-10 Mindfulness & Meditation 10-11 Collage for Healing 10-11 Schizophrenics Anonymous 11-12 Dual Recovery Anonymous 11-12 Reading, Writing, & Math</p> <p>1-3 Creative Expressions (RSVP by 10/25) 2-4 Square Biz (Quilting Club)</p> <p>5-5:30pm Life Skills (RSVP) 5:30-7pm What's In Your Tool Box? (RSVP)</p>	<p>27 9-10 Guided Meditation Yoga 10-11 Dance Therapy 10:30-12 Understanding Mental Illness: Anxiety</p> <p>1-2 Seeking Safety (Women) 1-3 Board Game Fun 2-3 Overcoming Anxiety 2:30-3:30 Family Support Grp 3-4 LGBTQ Support Group</p> <p>5-7pm Line Dancing (RSVP)</p>	<p>28 9-10 Tai Chi 10-11 Mavericks (Men's Grp) 10-12 Knitting/Crocheting Class 10-12 A Stitch in Time 10:30-12 Beg. Painting (RSVP) 11-12 Stomp Out Substances</p> <p>12-12:30 Birthday Celebration 1-3 Color Me Happy 1-3:30 Sew Easy 3-4 Friday Fun & Games</p> <p>5-7 pm Dominoes Night (RSVP)</p>	<p>SATURDAY</p> <p>29 9-11:30 Game Time: Cards 11:30-1 Group Empowerment Drumming</p> <p>SUNDAY</p> <p>30 12-1 Spirituality and Mental Health 1-3 Inspirational Movie & discussion</p>

Must be 18 years or older to participate. **New groups/classes in red.** **Evening classes highlighted with yellow.**

All classes at the Consumer Family Learning Center are FREE. We do not have clinicians at the Center. Support groups are peer-led. Attend the group or class that suits you and develop friendships with others who understand what you are going through.

[Support Groups](#)

Dual Recovery Anonymous – The Twelve Steps of Dual Recovery Anonymous are based on the proven principles of the traditional Twelve Steps & include the whole disease of chemical dependency, & our emotional or psychiatric illnesses. (Wed 11 am, Rm 151W)

Family Support Group – A group designed to educate and offer support for families and friends of individuals living with a mental illness. The group will include topics such as depression, bipolar depression, schizophrenia, and borderline personality disorder. The group will offer coping skills and information on medication and treatment. (Th 2:30-3:30 pm, Room 127)

Good Morning CFLC – Morning conversation with a peer staff member to start your week out right. (Mon 9-10 am, Room 127)

LGBTQ Support Group – Lesbian, Gay, Bisexual, Transgender, Questioning - come join us for support in a safe environment. (Th 3-4 pm, Room 129)

Making Time to Talk-Parenting with a Mental Illness – Provides moms with positive encouragement, knowledge, & tools to use as they continue their recovery & move toward being the best mothers they can be; sharing, working together, inspired, & encouraged by each other. (Th 11 am, Rm 129)

Mavericks – A men's support group to provide mutual, non-judgmental support, and to share life experiences. (Fri 10 am, Room 127)

Mood Disorder Support Group – Support group for individuals with depression and/or bi-polar symptoms. (M 3:30 pm, Room 151W)

Overcoming Anxiety – Learn and practice coping strategies, skills, and relaxation exercises. (Th 2 pm, Room 129)

Schizophrenics Anonymous – Support group for individuals with schizophrenia. (Wed 10 am, Room 151W)

Stomp Out Substances – Support group for people who are recovering from a mental illness AND alcohol and/or drug use. (Fri 11 am, Room 127)

Suicide Survivor Support Group – A peer-led support group for people who have lost someone to suicide. This support group is offered from KCMH's Crisis Services Division. For details, [please call Ellen Eggert, 868-1552](#). (1st & 3rd Tues. evening of each month)

Woman-to-Woman – A safe place to share, learn, and build relationships with other women. (Mon 1 pm, Room 151E)

[Grupos De Apoyo en Español](#)

Apoyo Emocional y Educación-Para Familias - Educando a las/los familiares acerca de la salud emocional de sus seres queridos. (Tercer Miércoles 10:30 am, Salón 127)

Un Día a La Vez – Grupo de apoyo para personas que buscan la recuperación del uso de drogas, el alcohol o la salud mental. (Lunes 1:30 pm, Salón 127)

[Recovery Academy](#)

A Stitch in Time – Learn basics of cross stitch or embroidery–teaches setting up a hoop & common stitches. (F 10 am, Room 151W)

ACT 1 – Teaches acting skills through experience. Explore theatre games, “give and take” improv, and acting out small skits. (Tues 1 pm, Room 129)

Art for the Soul – Join us for a fun evening of relaxation through art. (T 5 pm, Room 129) **RSVP required.**

Artistic Expressionism (art class) – Students will use various art mediums, including black and colored pencils, pastels, and acrylic paint. (T 10 am, Room 129)

Beginning Folk Guitar – **RSVP required.** (Mon 10 am, Room 129) – NEW STUDENTS WELCOME.

Beginning Painting – Students who make this 6-week commitment will learn basics and complete an oil painting. **RSVP required.** (Fri 10:30 am, Room 129)

Benefits Workshop-The Truth About SSDI/SSI “Employment Supports”– Workshop covers how working or school affect social security, Medicare, Medi-Cal benefits; difference between the two benefits; & earnings reporting. **RSVP required.** (Every 3rd Wednesday 1:30 pm, Room 127)

Board Game Fun – Join in with your peers to have fun playing games. (Thur 1 pm, Room 151E)

Card-Making (Holidays/Celebrations) – Make your own cards. Supplies provided, you may also bring your own. (As scheduled) **RSVP required.**

Collage for Healing – Get your creativity flowing by expressing yourself through a combination of pictures, words, or phrases that illustrate your story. (Tues. 9 am, Room 129) and (Wed 10 am, Room 129)

Color Me Happy – From choosing colors to the repetitive motion of your hands, coloring can help you achieve a deeply relaxed state. Enjoy music and conversation in a relaxed atmosphere. (Friday as Scheduled, 1 pm, Room 129)

Conflict Resolution/Anger Management – Designed to assist individuals with communicating effectively, setting boundaries, building healthy relationships, and stopping the anger cycle. (Mon 2 pm, Room 151W)

Creative Expressions – An arts and crafts class designed to bring out the artist in all of us. **RSVP required.** (Wed 1 pm, Room 129)

Creative Writing Workshop – Includes instruction and practice of free writes, journaling, poetry, and report writing. (Mon 3 pm, Room 129)

Dance Therapy – Regardless of your fitness level, beginning or advanced – everyone will benefit from this fun class. (Thur 10 am, Room 151)

Evening Relaxation – Learn to incorporate relaxation as a healthy, daily habit. (Mon 6 pm, Room 127) **RSVP required.**

Finding My Strengths – Look for clues that reveal your own hidden strengths and positive possibilities. (Mon 5 pm, Room 127) **RSVP required.**

Free-Writing Class – Join this creative writing class where you can express your emotions through personal short stories, essays, or poems. Weekly topics are provided to kick-start your creativity. You have an opportunity to share your creative work at the end of each class. (Tue 2:30 pm, Room 129)

Friday Evening Events – Join us for a night of Bingo, dominoes, a movie, dance, or other event. For Open Mike Night – read poetry (your own or your favorite writer), sing, tell jokes, play guitar, play keyboard, or other talent. Check calendar for specific activity. (Fri 5 pm, Room 151) **RSVP required.**

Friday Fun & Games – Start your weekend off right. Activities include Pictionary, Scattergories, Toss Across, and board games. (Fri 3 pm, Room 129)

Game Time: Cards – Join in with your peers to have fun playing card games. We will mix it up (Hearts, Uno, Snap, War, Phase 10, Kings Corners, Spades, etc.). If you have a favorite card game that you would like to play, let us know. (Sat 9 am, Room 151W)

GED Prep – Assists you in obtaining your GED (*General Education Development*). Classes are small. (Tue 10 am, 151E) **RSVP required – ask for Maricruz.**

Group Empowerment Drumming (Formerly called Drum Circle) – Some of the healing benefits of group drumming include stress relief, self-expression, unity, support, boosted immune system, exercise, and the joy of making music. (Sat 11:30 am, Room 151W and special events as scheduled)

Guided Meditation/Yoga – Offers a time for soft music and deep breathing or learning poses and stretches to create balance in the body through developing both strength and flexibility. Physical benefits can lead to better mental health. (Th 9 am, Room 151E)

“I AM” workshops – Dynamic and interactive workshops on a variety of topics related to recovery. Each workshop is stand alone and may be taken separately. (As scheduled: see calendar and flyer for dates, times, and topics; Room 127). **RSVP Required.**

Illness Management & Recovery Group – Peer-led group will teach methods to manage your mental illness & enhance your recovery. (Tue 11 am, 151W)

In-The-Kitchen – A fun blend of cooking, baking, & kitchen basics. Participation & eating the finished product is a must! YUM! (Fri 1:30 pm as Scheduled, Kitchen)

Inspirational Movie & Discussion – We all love inspirational movies. They make us laugh. They make us cry. They make us cheer. Inspirational films are about finding strength within ourselves and from the support of others that help us to get through difficult times. (Sun 1 pm, Room 151)

Introduction to Internet – Learn to search Internet; use different search engines, & establish an e-mail account. (Tue 1 pm, Computer Lab) **RSVP required.**

Knitting & Crocheting Class – Learn the art of knitting &/or crocheting while making new friends & enjoying the company of others. (Fri 10 am, 151W)

Laughter Yoga – Fun & easy exercise combines deep breathing with intentional laughter. “Instant Stress Buster.” (1st Th 11 am, Rm 151E)

Learn Basic Spanish – A slow paced class for individuals who want to learn a second language. (Mon 11 am, Room 151W)

Life Skills – Explores concepts of recovery (such as resilience & self-esteem) as skills one can learn and utilize. (Wed 5 pm, Room 127) **RSVP required.**

Line Dancing – Line dancing is a great way to get everyone out on the dance floor and have fun. (Th 5 pm, Room 151) **RSVP required.**

Low-Impact Zumba® – A total low-impact workout to Latin & world rhythms. Exercise in disguise because it is so much fun. (Tue 3 pm, Rm 151E)

Mind-Body Wellness – Learn techniques that increase the mind's capacity to affect mental & physical wellness. (Tue 10 am, Rm 151W)

Mindfulness & Meditation – Helps alleviate a variety of mental & physical conditions. Helps reduce depression symptoms, stress, & anxiety. (W 9 am, Rm 151W)

Out and About – A planned field trip where CLFC participants get together and head out into our community to broaden their horizons with enjoyable activities. (As scheduled) **RSVP Required.**

Picture Perfect – We will show you how to use lighting, composition, and settings to take better digital photos. You may use your own camera or borrow one during class. (Thursdays as Scheduled, 11 am, Rm. 127) **RSVP required.**

Quilting Tool Skills – Learn how to cut blocks for quilting and crafting projects. (Wed 1 pm, Room 151E)

Reading, Writing, & Math Skills – Learn and improve basic reading, writing, and math skills. (Wed 11 am, Rm 129)

Recovery Social/Recovery Lunch – Provides an opportunity for individuals to hear inspirational recovery stories with others experiencing recovery. Light refreshments are provided at socials and lunch is provided at luncheons. (As scheduled)

Seeking Safety (Women) – A group to help women attain safety from co-occurring trauma/ PTSD and substance use. (Th 1 pm, Room 129)

Sew Easy – Class to help you become familiar with using a sewing machine & teach you the basic techniques necessary to get you on your way to sewing. Make new friends, enjoy the company of others, and make projects. (Fri 1 pm, Room 151E)

Smart Money Seminar – Learn the importance of money management; creating a budget; and other topics. (Th 11 am, As Scheduled beginning Oct. 20)

Solutions for Wellness – Class offers helpful information and support in the journey to a healthier lifestyle. (M 10 am, Room 151W)

Spirituality and Mental Health – Class discusses spirituality as a tool for mental health recovery. (Sun 12 pm, Room 127)

Tai Chi – A Chinese exercise system that uses slow, smooth body movements that are helpful in achieving a state of physical and mental relaxation while also strengthening the cardiovascular and immune systems. (Fri 9 am, Room 151W)

Understanding Mental Illness – Informational and educational class (specific topics as scheduled). Learn coping skills. (Last Thurs of month, 10:30am-12pm, 127)

What's in Your Toolbox? – Explore and practice a variety of coping skills. (Wed 5:30 pm, Room 127) **RSVP required.**

Wii Gaming – Enjoy friendly competition playing Tennis, Bowling, Golf, Boxing, Basketball, Archery, and other games. (Friday as Scheduled, 1 pm, Rm 129)

WRAP Class – WRAP is a Wellness Recovery Action Plan. Individuals with mental health challenges will develop a wellness plan that is designed to be very unique to only that person. WRAP is about staying well. This group will meet once a week for 8 weeks. (M 11 am, Room 127) **RSVP required.**

Clubs

RPG (Role-Playing Game) – Join a game of imagination & improv. Experienced or not in RPGs. (Tue 10 am-12:30 pm, Room 127)

Square Biz (Quilting Club) – Bring your fabric, thread, and tools to this quilting club. Sewing machines and cutting boards provided. Assistance and instruction is available for your projects. (Wed 2:00 pm, Room 151E)

The **CONSUMER FAMILY LEARNING CENTER** is a Community Resource for people whose lives have been impacted by a Mental Illness and/or Mental Illness and Substance Use. A program of Kern County Mental Health & funded by the Mental Health Services Act. Adult family members & friends are welcome.

Transportation is offered **Monday through Friday** for all CFLC events, classes, and groups.

Downtown pick up: 9:30 am, 12:20 pm, and 4:30 pm (**RSVP required**)

Valley Plaza pick up: 9:40 am, 12:30 pm, and 4:10 pm (**RSVP required**)

Leave CFLC: 12:00 pm and 4:00 pm (final) (3 pm on Thursdays only)

RSVP required for evening transportation to the bus hubs.



If you have questions and/or to RSVP, please call the CFLC line at 661-868-5074. If you leave a message, your call will be handled.