

MARCH 2023

CFLC Class Schedule

The Consumer Family Learning Center (CFLC) is offering peer-led classes and support groups **virtually & IN-PERSON!** These groups are for adults only, and class sizes are limited to 18 attendees. Individuals must become a member before starting a group, and be able to join Microsoft Teams from a computer or smart phone. Participation in a class will not be anonymous. **To become a member or for more information, call the CFLC at 661-868-7550.**



MONDAY

Beginners Guitar
In Person 10-11 a.m.

Basic Computers
In Person 10-11 a.m.

A Better You
10:30 a.m. – Noon
Via Microsoft Teams

Seeking Safety (Women's Group)
1-2:30 p.m. Via Microsoft Teams

Men's Maverick Group
1-2 p.m. Via Microsoft Teams

Compartir la Ansiedad
3-4:30 p.m. Microsoft Teams

Communication Building Blocks
5-6 p.m. Via Microsoft Teams

TUESDAY

Collage for Healing
In Person 10-11 a.m.

Manejo del Estrés (Spanish)
10:30 a.m. – Noon
Via Microsoft Teams

Depression Management
1-2 p.m. Via Microsoft Teams

Recovery in Action Group Process
In Person 1-2:30 p.m.

Open Sewing Lab
In Person 1-3 p.m.

Overcoming Anxiety
5-6 p.m. Via Microsoft Teams

WEDNESDAY

Open Computer Lab
In Person 10 a.m. - Noon

Apoyo Emocional (Spanish)
10:30 - 11:30 a.m. Via Microsoft Teams

Peer Support for Beginners
1-2 p.m. Via Microsoft Teams

Recovery in Action Education Class
In Person 1-2:30 p.m.

Peer to Peer Group
In Person 1-3 p.m.

Loss & Healing: The Process of Healing
3-4:30 p.m. Via Microsoft Teams

Overcoming Anxiety
4-5 p.m. Via Microsoft Teams

Meditation for Healing
In Person 5- 6 p.m.

THURSDAY

Un Riconsito para Meditar y Sanar (Spanish)
10:30 a.m. – Noon Via Microsoft Teams

Schizophrenics Anonymous
10:30-11:30 a.m. Via Microsoft Teams

Art for the Soul
In Person 10:30a.m. - Noon

Preventing Mental Health Relapse
1-2 p.m. Via Microsoft Teams

Recovery in Action Life Skills
In Person 1-2:30 p.m.

Open Sewing Lab
In Person 1-3 p.m.

Depression Management #2
2-3 p.m. Via Microsoft Teams

Stress Management
5-6 p.m. Via Microsoft Teams

FRIDAY

Me, you, Recovery Group
In Person 10-11 a.m.

Mujeres Invencibles
In Person 10:30 a.m. - 12 p.m.

DBT Skills Group
1-2 p.m. Via Microsoft Teams

Conflict Resolution
2:30-4 p.m. Via Microsoft Teams

Movie Night
In Person 4-6:30 p.m.

Recovery in Action classes are held on Tuesday, Wednesday and Thursday.
Attendance is only available after orientation with Jon Casida. For more information, call 661-868-7567.



Crisis Hotline 1-800-991-5272
Suicide & Crisis Lifeline: 988
Substance Use Division Access Line: 1-866-266-4898
KernBHRS.org

Hours of operation:
Monday - Friday 10 a.m. - 7 p.m.
Saturday 10 a.m. - 1 p.m.



MARCH 2023

Horario de clases de CFLC

El Centro de Aprendizaje de familias de consumidores (CFLC) ofrece clases y grupos de apoyo dirigidos por pares virtualmente y directo en persona! Estos grupos son para clientes adultos solamente, y el tamaño de las clases está limitado a 18 asistentes. Los clientes deben convertirse en miembros antes de iniciar un grupo y poder unirse a los grupos via Microsoft Teams o un celular. La participación en una clase no será anónima. Para hacerse miembro o para obtener más información, llame a CFLC al 661-868-7550.



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Las clases de Recuperación en Acción se llevan a cabo los martes, miércoles y jueves.
La asistencia solo está disponible después de la orientación con Jon Casida. Para obtener más información, llame al 661-868-7567.



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Horario de atención:
Lunes - Viernes 10 a.m. - 7 p.m.
Sábado 10 a.m. - 1 p.m.

