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|  **C.C.S. HOPE Learning CENTER 1400 North Norma St. Suite 137 Ridgecrest 760-446-1597** **APRIL 2024**  |
| **If you are in crisis, please call (760) 467-4738 or (877) 300-4738 Kern BHRS hotline after hours (866)467-0580 Crisis &Suicide Prevention hotline (800)991-5272 0r #988 Kern BHRS Substance Use Division access line (866)266-4898 The Learning Center is funded by the Mental Health Services Act through KERNBHRS. Workshops are subject to change. We are a NARCAN distribution center. Thank you.**  |  |
| **Monday**  | Tuesday  | Wednesday  |  Thursday  | Friday  |  |
|  1  8:00-9:30 Garden Trip 10:00-11:00 Goal Setting 11:30-1:15 Field Trip/Lunch2:00-3:00 Anger Management3:00-4:30 Computer Ed 4:45 Closing Tasks |  28:00-9:00 **Outreach** (Cerro Coso)10:00-11:00 Computer Ed 11:30-1:15 Field Trip/Lunch 2:00-3:00 Art/Games (Members Choice) 3:00-4:30 Identifying Triggers 4:45 Closing Tasks |  38:30-9:30 Garden Ed10:00-11;00 Advisory Meeting11:00-11:30 Managing Family Conflict11:30-1:15 Field Trip/Lunch2:00-3:30 Controlling Anger 4:00-4:30 Journaling4:45 Closing Tasks  |  4  8:00-9:30 Supper Shopper 10:00-11:00 Managing Family Conflict 11:30-1:15 Field Trip/Lunch 2:00-3:30 3:30-4:30 T.O.P.S.4:00-4:30 NARCAN Training4:45 Closing Tasks |  58:00-9:30 Garden Trip 10:00-11:00 Goal Setting 11:30-1:15 Field Trip/Lunch 1:30-2:30 Anxiety3:00-4:30 Zap Triggers4:45 Closing Tasks   |
|  88:00-9:30 Garden Trip 10:00-11:00 Goal Setting 11:30-1:15 Field Trip/Lunch2:00-3:00 Anger Management3:00-4:30 Grief Support 4:45 Closing Tasks |  98:00-9:00 **Outreach**10:00-11:00 Computer Ed 11:30-1:15 Field Trip/Lunch 2:00-3:00 Art/Games (Members Choice) 3:00-4:30 Using Journaling Skills 4:45 Closing Tasks |  1010:00-11;00 Garden Ed11:00-11:30 Smart Shopper 11:30-1:15 Field Trip/Lunch2:00-3:00 Financial Goals3:00-4:30 Anger Management4:45 Closing Tasks  |  11 8:00-9:30 Supper Shopper 10:00-11:00 Managing Family Conflict 11:30-1:15 Field Trip/Lunch 2:00-3:30 Recognizing Triggers 3:30-4:30 T.O.P.S.4:00-4:45 NARCAN- Training4:45 Closing Tasks |  12 8:00-9:30 Garden Trip 10:00-11:00 Computer Ed11:30-1:15 Field Trip/Lunch1:30-2:00 Coping Skills2:30-3:30 Managing Conflict3:30-4:30 Focus on Strengths4:45 Closing Tasks  |
|  |   |   |  |  |  |
| 15 | 16 |  17  |  18 |  19 |
|  8:00-9:30 Garden Trip 9:00-10:00 Computer Ed11:30-1:15 Field Trip/Lunch 1:15-2:00 Computer Ed2:15-3:00 Managing Finances3:00-4:30 Grief Support4:45 Closing Tasks | 8:00-9:00 **Outreach** 9:00-10:00 Computer Ed11:30-1:15 Field Trip/Lunch 1:15-2:00 Anxiety/PTSD2:15-3:00 Using Coping Skills 3:00-4:30 Art/Games (Members Choice)4:45 Closing Tasks | 8:00-9:00 Garden Ed10:00-11:15 Advisory Meeting 11:30-1:15 Field Trip/Lunch 2:00-3:00 Time Management Skills3:00-4:00 Coping Skills4:00-4:30 Journaling 4:45 Closing Tasks | 8:00- 9:30 Supper Shopper10:00-11:00 Zap Anxiety11:30-1:15 Field Trip/Lunch2:00-3:00 Control Anger 3:30-4:30 T.O.P.S.3:30-4:30 Art/Games (Members Choice)4:45 Closing Tasks   |  8:00-9:30 Garden Trip11:30-1:15 Field Trip/Lunch1:30-2:00 Journal 2:15-2:45 Art/Games (Members Choice) 3:00-4:30 Time Management 4:45 Closing Tasks |  |
|  22 | 23 | 24 |  25 |  26  |
| 8:30-9:30 Garden Trip9:00-11:00 Journal 1130-1:15 Field Trip/Lunch1:30-2:30 Kick depression!3:00-4:00 Journaling4:00-4:30 Art/Games (Members Choice) 4:45 Closing Tasks | 8:00-9:00 **Outreach**11:30-1:00 Field Trip/Lunch 1:30-2:00 Financial Planning2:15-3:00 Managing Depression 3:00-4:30 Anxiety 4:45 Closing Tasks | 8:00-9:00 Garden Ed10:00-11:00 Advisory Meeting11:30-1:15 Field Trip/Lunch 2:00-3:00 Time Management 3:15-4:00 Computer Ed 4:45 Closing Tasks | 8:00- 9:30 Supper Shopper10;00-11:00 Garden Ed 11:30-1:15 Field Trip/Lunch 2;00-3:00 Anxiety/PTSD3:30-4:30 T.O.P.S.3:00-4:30 Coping Skills4:45 Closing Tasks | 8:00-9:30 Garden Trip 10:00-11:00 Anxiety/PTSD11:00-2:00 Speaker DayPot Luck 2:00-3:00 Time Management 3:30-4:30 Computer Ed 4:45 Closing Tasks  |  |
|  298:30-9:00 Garden Trip9:00-11:00 Computer 11:30-1:15 Field Trip/Lunch 3:00-4:30 Grief Support4:45 Closing Tasks  |  308:00-9:00 **Outreach**10:00-11:00 Avoiding Triggers 11:30-1:15 Field Trip/Lunch 1:30-3:00 Coping Skills4:45 Closing Task |  | Free books in the Book Nook!Puzzles galore!Come relax with us and have fun!  | **HOPE Learning Center Closes at 4:45. All Participants must leave at that time!**  |