

## GROUPS:

### MONDAY:

- 9-10: Workout/Morning Talk
- 10-11: Coffee/Tea Chat
- 11-12: Computer Support
- 1-2: Overcoming Anxiety
- 2-3: Sewing
- 3-4 Social Space

### TUESDAY:

- 9-10: Workout/Morning Talk
- 10-11: Men's Group
- 11-12: Anger Support
- 1-2: Coloring Art
- 2-3: Bingo w/prizes
- 3-4: Social Space
- **\*Late Night 5-6pm**

### WEDNESDAY:

- 9-10: Workout/Morning Talk
- 10-11: Nutrition
- 1:15-2pm: Rocking Resilience
- 1-2: Painting
- 2-3: Basic Spanish
- 3-4: Social Space

### THURSDAY:

- 9-10: Workout/Morning Talk
- **10-11: New Comers Tour**
- 11-12: Beating Depression
- 1-2: Craft/DIY
- 2-3: Trivia Games
- 3-4: Social Space or *Family & Friends Support*
- **\*Late Night 5-6pm**

### Friday:

- 9-10: Workout/Morning Talk
- 10-11 Women's Group
- 11-12: Card Games
- 1-2: Board Games
- 2-3: T.V Room & Socialize
- 3-4: Social Space

### \*Weather Permitting

**\*Scheduled events/groups are subject to change at any time.**

**If you feel you are in crisis, please call:  
877-300-4738 for  
24-Hour Help**

- Kern County Crisis Hotline: 1-800-991-5272
- Suicide Prevention Hotline: 988 or 1-800-273-8255
- National Domestic Violence Hotline: 1-800-799-7233
- Human Trafficking Hotline: 1-888-539-2373

# The LEARNING CENTER

107 SOUTH MILL STREET SUITE B, TEHACHAPI, CA 93561  
(661)822-4639 M-F 9-4pm/Phone calls 8-5pm

## NOVEMBER 2023



The CCS Learning Center is funded by the Kern Behavioral Health and Recovery Services. We are a resource offered to the community to help and support those whose lives have been impacted by a mental illness and/or substance abuse. Anyone seeking recovery is welcome! *\*All groups offered are PEER LED. \*Groups offered are NOT Court Ordered. Peers must be 18+ years.* Call the Learning Center for more information.

### Announcements:

- ♦ Nov. 10<sup>th</sup> Fri. Center Closed Veteran's Day
- ♦ Nov. 13<sup>th</sup> Mon. Board Meeting Closed 3:30-5PM
- ♦ Nov. 23<sup>rd</sup> Thurs. & 24<sup>th</sup> Fri. Holiday Center Closed

### Transportation Available: RSVP \* Weather

Permitting limited seating & Attend at least 2 groups. Pick-ups: 8:30-9:30am & Drop-offs: 3:30-4:30pm. (Please call the center the morning of pick-up and for availability 8-8:30am)

**Computer Lab Hours:** Mon-Fri 10am-12pm & 3pm

## **LATE NIGHTS:**

**TUESDAYS & THURSDAYS**

Hours 5-6 pm

- November 7th Tues. Paint Night
- November 9<sup>th</sup> Thurs. Bingo Night
- November 14<sup>th</sup> Tues. Craft Night
- November 16<sup>th</sup> Thurs. Wii Night
- November 28<sup>th</sup> Tues. Skip-bo Night
- November 30<sup>th</sup> Thurs. Social Night

## **Saturday November 18th**

Join us for Coffee & Donuts

8am-12pm

Family Support (bring a friend/family member 18+ yrs.)

## **Outings:**

10-11am

**Tuesdays- Coffee Mill**

**Wednesdays- Antique Shop**

**Thursdays- Thrift Store**