

The HOPE CENTER

1400 N. NORMA ST. STE 137, RIDGECREST, CA 93555
(760) 446-1597

MAY 2022 GROUP SCHEDULE WEEKLY GROUPS AND UPDATES

Morning Greetings, Coffee, and Round Table:
Daily @ 8:30 AM

HOPE Center 101- Newcomer's Tour from 10-11 every Friday

Guest Speaker Fridays:
Last Friday of the month at 12 PM

NA Meetings:
Mon, Wed, Fri at 12 PM

Field Trips:
Library 5/12, 5/26 11am
Garden 5/5, 5/12, 5/19, 5/26 10am

Call for Pantry Schedule

Contact Center for more information including times and travel arrangements

If you feel you are in crisis, please call:
760-499-7406 or 877-300-4738 for 24-Hour Help



BEHAVIORAL
HEALTH & RECOVERY
SERVICES
A program of MHS



College
Community
Services

MONDAY

Music for Healing and
Recovery

10-10:40 am

Healthy on a Budget

11-11:40am

Life Skills: Stress and Time
Management

3:00-3:40pm

TUESDAY

Art and Recovery- Your
Choice

10-11:00am

Schizophrenia Support

2:00-2:40pm

Computer Basics

3:00- 3:40pm

Overdose Awareness

4:00-4:40pm

WEDNESDAY

Low Impact Exercises

10:00-10:40am

Life Skills: Managing
Money

11:00-11:40am

Depression, Anxiety, and
PTSD

1:00-1:40pm

Computer Basics

3:00-4:00pm

THURSDAY

Field Trip - Garden

10:00-11:00am

Field Trip - Library Non-
Flex

11:00-12:00pm

Watch Party: Viewers'
Choice 3pm

5/5 Informal Advisory
Committee

5/19 Formal Advisory
Committee

12:00-12:40pm

FRIDAY

Welcome Newcomer's Tour

10:00-11:00am

Bingo, Games and Puzzles

11:00-12:00pm

Roundtable

12:00-12:40pm

Schizophrenia Support
Group

2:00- 2:40

Center Clean Up

3:00-3:40pm

Grief Support Group Flex
Fridays

5:00-6:00pm