

May 2026

Mon. Tues. & Thurs. 9am to 4:45 pm 432 S. Mill St. Tehachapi, CA 93561
 Wed. & Fri. 9am to 5:45pm 661-822-4639

CFLC

The Consumer Family Learning Center (CFLC) is offering peer-led classes and support groups! These groups are for adults only. Individuals must become a member before starting a group. Participation in a class will not be anonymous. Scheduled Groups are subject to change or to be cancelled. The CFLC is for adults who are actively engaged in behavioral health recovery, and their family members/ loved ones. To become a member or for more information, call the CFLC at 661-822-4639. Transportation is available. (Weather permitting) This program is funded by BHSA.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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Computer Lab 9:00 a.m.-10:00 a.m.	Morning Outing (Mt. Coffee) 9:00am-10:00am	Computer Lab 9:00 a.m.-10:00 a.m.	Morning Walk 9:00a.m-10:00 a.m.	Computer Lab 9:00 a.m.-10:00 a.m.
Morning Talk 10:00 a.m.-11:00 p.m.	Mens Group 10:00 a.m.-11:00 a.m.	Morning Outing (town shops) 10:00 a.m. - 11:00 p.m.	Morning outing (Thrift Store) 10:00 a.m.-11:00 p.m.	Womens Group 10:00 a.m.-11:00 a.m.
New Comers 11:00 p.m.-12:00 p.m.	Anger Support 11:00 a.m.-12:00 p.m.	Nutrition 11:00 a.m.-1200 p.m.	Beating Depression 11:00 p.m.-12:00 p.m.	Journaling 11:00 a.m.-12:00 p.m
Self Reflection 1:00 p.m.-2:00 p.m.	Coloring Art (Mandala) 1:00 p.m. - 2:00 p.m.	Painting 1:00 p.m.-2:00 p.m.	Trivia Games 1:00 p.m.-2:00 p.m.	Board Games 1:00 a.m.-2:00 p.m.
Overcoming Anxiety 2:00 p.m-3:00 p.m	Bingo (prizes) 2:00 p.m.-3:00 p.m.	Basic Spanish 2:00 p.m.-3:00 p.m.	Crafting/DIY 2:00 p.m.-3:00 p.m.	Art Origami 2:00 p.m.-3:00 p.m
Social Space 3:00 p.m-4:00 p.m	Card Games 3:00 p.m.-4:00 p.m.	Skip-bo Games 3:00 p.m.-4:00 p.m.	Socialize 3:00 p.m.-4:00 p.m.	T.V room & Socialize 3:00 p.m.-4:00 p.m.
Computer Lab 3:00p.m -4:00 p.m	Computer Lab 3:00 p.m.-4:00 p.m.	Computer Lab 3:00 p.m- 4:00 p.m	Computer Lab 3:00 p.m-4:00 p.m.	Computer Lab 3:00 p.m.-4:00 p.m
Extra Activity 4:00 p.m-4:45p.m	Puzzlers 4:00 p.m.-4:45 p.m.	Game Night 4:00 p.m.- 4:45 p.m.	Family & Friends Support 4:00 p.m -4:45 p.m.	Extra Activity 4:00 p.m-4:45 p.m

5/25 Center Closed
Memorial Day



Late Night
5:00 p.m-5:45pm



Late Night
5:00-5:45 p.m

Crisis Hotline: 1-877-300-4738
Suicide & Crisis Lifeline: 988
Substance Use Division Access Line: 1-866-266-4898
Clarvida.com

988
 SUICIDE
& CRISIS
LIFELINE

Mayo 2026

Lunes Martes, Jueves 9am - 4:45pm 432 S. Mill St. Tehachapi, Ca 93561

Miercoles.& Viernes 9am-5:45PM

661-822-4639

CFLC

El Consumidor de Familia Centro de Aprendizaje (CFLC) ofrece clases dirigidas por pares y grupos. Estos grupos de horario de clases de CFLC son solo para adultos. Las personas deben convertirse en miembros antes de comenzar en grupo. La participacion en una clase no sera anonimo. Los grupos programdos estan sujetos a cambiar o cancelacion. El (CFLC) es para adultos que participan activamente en la recuperacion de la salud conductual y su familiares seres queridos. Para convertirse en miembro o para obtener mas informacion, llame a (CFLC) al 661-822-4639. El programa is fundado por BHSA.



LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
Laboratorio de computacion 9:00 a.m. - 10 a.m.	Excursión (Mt. Coffee) 9:00 a.m. - 10 a.m.	Laboratorio de Computacion 9:00 a.m. -10:00 a.m.	Ejercicio/Caminr 9:00 a.m. - 10:00 a.m.	Laboratorio de Computacion 9:00 a.m. - 10:00 a.m.
Charla matutina 10:00 a.m. - 11:00 a.m.	Grupo de Hombres 10:00 a.m. - 11:00 a.m.	Gente Nueva 10:00 a.m. - 11:00 a.m.	Excursion (Segunda) 10:00 a.m. - 11:00 a.m.	Grupo de Mujeres 10:00 a.m. - 11:00 a.m.
Apoyo Informático 11:00 a.m. -12 p.m.	Grupo de Apoyo sobre la Ira 11:00 a.m. -12:00 p.m.	Nutrición 11:00 a.m - 12:00 p.m.	Vencer Depresión 11:00 a.m.- 12:00 p.m.	Escribir en Diario 11:00 a.m. - 12:00 p.m.
Autorreflexion 1:00 p.m. - 2:00 p.m.	Arte para colorear (Mandala) 1:00 p.m. - 2:00 p.m.	Pintar 1:00 p.m. - 2:00 p.m.	Trivalidades 1:00 p.m. - 2:00 p.m.	Juegos de Mesa 1:00 p.m. - 2:00 p.m.
Superar la Ansiedad 2:00 p.m. - 3:00 p.m.	Lotería (premios) 2:00 p.m. - 3:00 p.m.	Español Básico 2:00 p.m. - 3:00 p.m.	Hechuras/Desinios 2:00 p.m. - 3:00 p.m.	Origami Arte 2:00 p.m. - 3:00 p.m.
Socialización 3:00 p.m. - 4:00 p.m.	Juegos de Cartas 3:00 p.m. - 4:00 p.m.	Skip-Bo (Juegos de Cartas) 3:00 p.m. - 4:00 p.m.	Socialización 3:00 p.m. - 4:00 p.m.	Sala de television y socializar 3:00 p.m. - 4:00 p.m.
Laboratorio de Computacion 3:00 p.m. - 4:00 p.m.	Laboratorio de Computacion 4:00 p.m. - 5:00 p.m.	Laboratorio de Computacion 3:00 p.m. - 4:00 p.m.	Computacion de Laboratorio 3:00 p.m. - 4:00 p.m.	Laboratorio de Computacion 3:00 p.m. - 4:00 p.m.
Actividad adicional 4:00 p.m. - 4:45 p.m.	Rompecabezas 4:00 p.m. - 4:45 p.m.	Noche de Juegos 4:00 p.m. - 4:45 p.m.	Apoyo de Familiares y Amigos 4:00 p.m. - 4:45 p.m.	Actividad adicional 4:00 p.m. - 4:45 p.m.
5/25 Lunes Cerrada		Tarde Noche 5:00 p.m. - 5:45 p.m.		Tarde Noche 5:00 p.m. - 5:45 p.m.



Línea directa de crisis: 1-877-300-4738
Línea de ayuda para casos de suicidio y crisis: 988
Línea de acceso de la División de Uso de Sustancias: 1-866-266-4898
Clarvida.com



