

May 2026

Monday - Friday 8am - 4:45pm 1400 N. Norma Suite 137 Ridgecrest, California 93555

****1st & 3rd Tuesday of the month 9AM-6PM** start date TBA**

CFLC

The Ridgecrest Hope Center (CFLC) is offering peer-led classes and support groups virtually & IN-PERSON! These groups are for adults only (18+ No Minors) and class sizes are limited to 18 attendees. Individuals must become a member before starting a group. To join virtual groups, members must be able to join Microsoft Teams from a computer or smart phone. Participation in a class will not be anonymous. 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 760-463-5070. This program is funded by BHSA.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Community Outreach/ Member Needs 8AM-9AM	Coffee Hour 8AM-9AM**	Coffee Hour 8AM-8:30AM	Coffee Hour 8AM-9AM	Coffee Hour 8AM-9AM
Community Outreach/ Member Needs 9AM-12PM	Looming (Member Led) 9:30AM-11AM	Wild Horse Stables & Library 8:30AM-11:30AM (OUT OF CENTER)	Closed For Staff Meeting 9am-10am Meditation and Stress Reduction 1030-1130AM	Thrift Shopping 10AM-11:45AM (OUT OF CENTER)
Closed for Lunch 12PM-1PM	Closed for Lunch 12PM-1PM	Closed for Lunch 12PM-1PM	Closed for Lunch 12PM-1PM	Closed for Lunch 12PM-1PM
Open Art Lab 1PM-2:30PM	Why We React the Way We Do 1:30PM-2:30PM	Open Art Lab 1PM-2:30PM	Why We React the Way We Do 2:30PM-3:30PM	Magic the Gathering Cards &/or DND 1PM-2:30PM
Beading (Member Led) 2:30PM-4PM	Circle Social Group 3PM-4:30PM	Raising Resilient Kids 3PM-4:30PM	Stretching & Grounding 3:30PM-4PM	The Collective Canvas -Art Class 3PM-4:30PM
Center Lock up at 4:45	Center Lock up at 4:45	Center Lock up at 4:45	Center Lock up at 4:45	Center Lock up at 4:45

****Coffee Hour 9AM-9:30AM, Yoga 5PM-6PM****

****1st & 3rd Tuesday**
Start Date: TBA**

**May 8th
LGBTQ+ Group 11AM-1PM**



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



