

October 2016



CCS/The Learning Center

Anyone seeking recovery from mental illness and/or substance use disorders

| Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|---|--|--|
| 3 9-10 Zumba/Yoga/Walk 10-11 Men's Group 11-12 Computer Class 2-3 Overcoming Anxiety 3-4 Card Games | 4 9-10 Zumba/Yoga/Walk 10-11 Craft Class 11-12 Advocating/Self 2-3 Bingo w/prizes 3-4 Social Space | 5 9-10 Zumba/Yoga/Walk 10-11 Drawing Animation 11-12 Beginning Sewing 1-2 Budget Cooking 2-3 Anger Control | 6 9-10 Zumba./Yoga/Walk 11-1 Art Class 1-2 Wii Games 2-3 Depression 3-4 Social Space | 7 9 A.M –3 P.M 10th Annual Recovery Conference in Bakfld. | 8 |
| 10 9-10 Zumba/Yoga/Walk 10-11 Men's Group 11-12 Computer Class 2-3 Overcoming Anxiety 3-4:30 Advisory Meeting | 11 9-10 Zumba/Yoga/Walk 10-11 Craft Class 11-12 Advocating/Self 2-3 Bingo w/prizes 3-4 Social Space | 12 9-10 Zumba/Yoga/Walk 10-11 Drawing Animation 11-12 Beginning Sewing 1-2 Budget Cooking 2-3 Anger Mgt. (Game) | 13 9-10 Zumba./Yoga/Walk 11-1 Art Class 1-2 Wii Games 2-3 Depression 3-4 Resume/ Job Building | 14 9-10 Zumba./Yoga/Walk 10-11 Board Games 1-2 Women's Group 2-3 "Movie Day" (Hocus Pocus) | 15 Namni Walk In Bakersfield |
| 17 9-10 Zumba/Yoga/Walk 10-11 Men's Group 11-12 Computer Class 2-3 Overcoming Anxiety 3-4 Card Games | 18 9-10 Zumba/Yoga/Walk 10-11 Craft Class 11-12 Advocating/Self 2-3 Bingo w/prizes 3-4 Social Space | 19 9:15 Field Trip- Tea Party & Luncheon With The Hope Center In Ridgecrest. | 20 9-10 Zumba./Yoga/Walk 11-1 Art Class 1-2 Wii Games 2-3 Depression 3-4 Social Space | 21 9-10 Zumba./Yoga/Walk 10-11 Board Games 1-2 Women's Group 2-3 "Birthday Friday" 3-4 Social Space | 22 Founded by Kern County Mental Health <ul style="list-style-type: none">• 18 and over Facility• Schedule events subject to change or cancellations |
| 24 9-10 Zumba/Yoga/Walk 10-11 Men's Group 11-12 Computer Class 2-3 Overcoming Anxiety 3-4 Card Games | 25 9-10 Zumba/Yoga/Walk 10-11 Craft Class 11-12 Advocating/Self 2-3 Bingo w/prizes 3-4 Social Space | 26 Center Closed For County Meeting | 27 9-10 Zumba./Yoga/Walk 11-1 Art Class 1-2 Wii Games 2-3 Depression 3-4 Resume/Job Building | 28 9-10 Zumba./Yoga/Walk 10-11 Board Games 1-2 Women's Group 2-3 "Halloween Party" 4-6 "Pumpkin Carving" | |

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9-10 Zumba/Yoga/Walk
10-11 Men's Group
11-12 Computer Class
2-3 Overcoming Anxiety
3-4 HAPPY HALLOWEEN
DRESS UP IN COSTUME

TRANSPORTATION IS AVAILABLE (PLEASE CALL IN ADVANCE)

107 S. Mill Street, Ste "B" Tehachapi, CA 93561
Phone: (661) 822-4639
Fax: (661) 822-4951

Computer Hours:
Mon: 12-1 & 3-4
Tue: 12-1 & 3-4
Wed: 12-1 & 3-4
Thu: No Comp.
Fri: 11-1 & 3-4