

# JULY 2021

## In-Person Class Schedule

The Consumer Family Learning Center (CFLC) will begin offering **in-person** peer-led classes and support groups beginning on June 28, 2021! These groups are for adults only, and class sizes are limited to 5-6 attendees. Individuals must become a member before starting a group.

**You must RSVP for a class or group at 661-868-7550 before attending.**

### MONDAY

- ▶ **Spanish Sewing**  
10 a.m. – Noon
- ▶ **Laughter Yoga**  
2-3 p.m.

### TUESDAY

- ▶ **Color Me Happy**  
10-11 a.m.
- ▶ **Recovery in Action Group Process**  
1-2:30 p.m.
- ▶ **Healing Through Crafts**  
2-3:30 p.m.

### WEDNESDAY

- ▶ **Creative Writing**  
10-11:30 a.m.
- ▶ **Recovery in Action Education Class**  
1-2:30 p.m.
- ▶ **Keys to Relationships**  
2-3:30 p.m.

### THURSDAY

- ▶ **Rewriting Our Internal Script**  
10-11:30 a.m.
- ▶ **Recovery in Action Life Skills**  
1-2:30 p.m.
- ▶ **Open Sewing Lab**  
2-3:30 p.m.

### FRIDAY

- ▶ **Art for the Soul**  
10-11:30 a.m.
- ▶ **Preventing Mental Health Relapse**  
10:30 a.m. – Noon
- ▶ **Healing the Emotional Being**  
2-3:30 p.m.

**Crisis Addiction Counseling (CAC) classes will also be held on Tuesday, Wednesday and Thursday.**

CAC attendance is only available after orientation with Jon Casida.  
For more information, call 661-868-7567.

**To become a member or for more information,  
call the CFLC at 661-868-7550.**



**Crisis Hotline 1-800-991-5272**  
**Suicide Prevention Hotline 1-800-273-8255**  
**Substance Use Division Access Line: 1-866-266-4898**

**Members must RSVP for transportation by calling 661-868-7550**

**Morning Pick-up Times**  
(In time for 10 a.m. on-site group)

- ▶ **9:10 a.m.**  
Mary K. Shell Building  
2151 College Ave.
- ▶ **9:20 a.m.**  
South East Bakersfield Adult  
1600 E. Belle Terrace
- ▶ **9:30 a.m.**  
Stockdale  
5121 Stockdale Hwy.
- ▶ **9:35 a.m.**  
Valley Plaza  
1914 Wible Rd.
- ▶ **9:50 a.m.**  
GET Bus Terminal  
2129 Chester Ave.

**Afternoon Pick-up Times**  
(In time for 2 p.m. on-site group)

- ▶ **12:40 p.m.**  
GET Bus Terminal  
2129 Chester Ave.
- ▶ **12:55 p.m.**  
Valley Plaza  
1914 Wible Rd.
- ▶ **1:05 p.m.**  
Stockdale  
5121 Stockdale Hwy.
- ▶ **1:20 p.m.**  
South East Bakersfield Adult  
1600 E. Belle Terrace
- ▶ **1:30 p.m.**  
Mary K. Shell Building  
2151 College Ave.

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# JULIO 2021

## Horario de clases en persona

¡El Centro de Aprendizaje familiar del consumidor (CFLC) comenzará a ofrecer clases en persona dirigidas por pares y grupos de apoyo a partir del 28 de junio de 2021! Estos grupos son solo para adultos, y el tamaño de las clases está limitado a 5-6 asistentes. Las personas deben convertirse en miembros antes de comenzar un grupo.

**Debe confirmar su asistencia para una clase o grupo en 661-868-7550 antes de asistir.**

**Los miembros deben confirmar su asistencia para el transporte llamando 661-868-7550**

### LUNES

- ▶ **Costura en español**  
10 a.m. – mediodía
- ▶ **Laughter Yoga**  
2-3 p.m.

### MARTES

- ▶ **Color Me Happy**  
10-11 a.m.
- ▶ **Recovery in Action Group Process**  
1-2:30 p.m.
- ▶ **Healing Through Crafts**  
2-3:30 p.m.

### MIÉRCOLES

- ▶ **Creative Writing**  
10-11:30 a.m.
- ▶ **Recovery in Action Education Class**  
1-2:30 p.m.
- ▶ **Keys to Relationships**  
2-3:30 p.m.

### JUEVES

- ▶ **Rewriting Our Internal Script**  
10-11:30 a.m.
- ▶ **Recovery in Action Life Skills**  
1-2:30 p.m.
- ▶ **Open Sewing Lab**  
2-3:30 p.m.

### VIERNES

- ▶ **Art for the Soul**  
10-11:30 a.m.
- ▶ **Preventing Mental Health Relapse**  
10:30 a.m. – Noon
- ▶ **Healing the Emotional Being**  
2-3:30 p.m.

**Las clases de Consejería de Adicciones en Crisis (CAC) también se realizarán los Martes, Miércoles y Jueves.**

La asistencia al CAC solo está disponible después de la orientación con Jon Casida. Para obtener más información, llame a 661-868-7567.

**Para convertirse en miembro o para obtener más información, llame a CFLC at 661-868-7550.**

**Horarios de recogida por la mañana**  
(A tiempo para 10 a.m. grupo in situ)

## TRANSPORTE

- ▶ **9:10 a.m.**  
Mary K. Shell Building  
2151 College Ave.
- ▶ **9:20 a.m.**  
South East Bakersfield Adult  
1600 E. Belle Terrace
- ▶ **9:30 a.m.**  
Stockdale  
5121 Stockdale Hwy.
- ▶ **9:35 a.m.**  
Valley Plaza  
1914 Wible Rd.
- ▶ **9:50 a.m.**  
GET Bus Terminal  
2129 Chester Ave.

**Horarios de recogida por la tarde**  
(A tiempo para 2 p.m. grupo in situ)

- ▶ **12:40 p.m.**  
GET Bus Terminal  
2129 Chester Ave.
- ▶ **12:55 p.m.**  
Valley Plaza  
1914 Wible Rd.
- ▶ **1:05 p.m.**  
Stockdale  
5121 Stockdale Hwy.
- ▶ **1:20 p.m.**  
South East Bakersfield Adult  
1600 E. Belle Terrace
- ▶ **1:30 p.m.**  
Mary K. Shell Building  
2151 College Ave.



Línea de crisis 1-800-991-5272

Línea directa de prevención del suicidio: 1-800-273-8255

Línea de Acceso para el uso de sustancias: 1-866-266-4898