The CCS Learning Center is funded by the Kern Behavioral Health and Recovery Services. We are a resource offered to the community to help and support those whose lives have been impacted by a mental illness and/or substance abuse. Anyone seeking recovery is welcome!

*All support groups offered at the Learning Center are PEER LED

*All support groups are FREE

*Groups offered are NOT for court orders

*Must be 18 years or older to attend

**CCS LEARNING CENTER**

**FEBRUARY 2020**

Kern County Crisis Hotline: 1-800-991-5272
Suicide Prevention Hotline: 1-800-273-8255
College Community Services Crisis Hotline: 1-877-300-4738

**FREE TRANSPORTATION:** available to the center and back home upon request. Pick ups are from 8-9am, please call the center the day of, no later than 8:30 a.m. for pickup. Drop offs are from 3:30-5pm on regular days & 6:30pm on Late Nights . Transportation only available if weather is permitting.

*Not available on Saturdays*

**ANNOUNCEMENTS:**

- MON, FEBRUARY 10TH: CENTER CLOSED 3-4:30PM (BOARD MEETING)
- WEDNESDAY FEBRUARY 19TH: CENTER CLOSED 11AM-1PM (PEER APPRECIATION OUTING!)

**ADDRESS:**

107 S Mill St. Suite B
Tehachapi, CA 93561

**HOURS OF OPERATION:**
Monday - Friday
8:00 a.m. - 5:00 p.m.

**OPEN FOR THE PUBLIC:**
Monday - Friday (9am-4pm)
Tuesdays & Thurs. (9am-7pm)

**PHONE:**
(661)822-4639

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## WEEKLY SCHEDULE OF GROUPS

### MONDAYS
- 9-10: Workout/Stretch
- 10-11: Spiritual Wellness
- 11-12: Journaling
- 12-1: Computer Lab
- 1-2: Overcoming Anxiety
- 2-3: Sewing/Crocheting
- 3-4: Computer Lab
- 3-4: Social Space

### TUESDAYS
- 9-10: Workout/Stretch
- 10-11: Thrift Store
- 10-11: Art Relaxation
- 11-12: Nutrition
- 12-1: Computer Lab
- 1-2: Anger Support
- 2-3: Bingo with Prizes
- 3-4: Discovery Group/Computer Lab
- 4-5 Social Space

### WEDNESDAYS
- 9-10: Workout/Stretch
- 10-11: Scrapbooking
- 10-11: Library
- 11-12-00: Grief Support
- 12-1: Computer Lab
- 1-2: Card Games
- 2-3: Painting
- 3-4: Computer Lab
- 3-4: Social Space

### THURSDAYS
- 9-10: Workout/Stretch
- 10-11: Coffee & History
- 10-11: Kohnen's Bakery- outing!
- 11-12: Crafting /DIY
- 12-1: Computer Lab
- 1-2: Beating Depression
- 2-3: Women's Group
- 3-4: FAMILY & FRIENDS SUPPORT
- 4-5: Social Space

### FRIDAYS
- 9-10: Workout/Stretch
- 10-11: THRIFT STORE
- 10-11: Board Games
- 11-12: Coloring Art
- 11-1: Computer Lab
- 1-2: Working Bee’s
- 2-3: Wii Games
- 3-4: Computer Lab
- 3-4: Social Space

### INFORMATION AND SPECIAL ACTIVITIES

#### LATE NIGHTS:
- TUESDAYS & THURSDAYS 5-7PM
  - Feb. 4th Social Night!
  - Feb. 6th Movie: Old Dogs!
  - Feb. 11th: Game Night!
  - Feb. 13th Valentines Craft Night!
  - Feb. 18th Skip bo Night!
  - Feb. 20th Bingo Night!
  - Feb. 25th Wii Game Night!
  - Feb. 27th Art Night!

#### COMPUTER LAB HOURS:
- MONDAY - THURSDAY
  - 12 PM - 1 PM & 3 PM - 4 PM
  - EVERY FRIDAY
  - 11 AM - 1 PM & 3 PM - 4 PM

#### FAMILY & FRIENDS SUPPORT
- Saturday, February 22nd, 2020
  - 8:30AM-12:30PM
  - Join us for some coffee and donuts!

#### FIELDTRIPS / OUTINGS /EVENTS
  - Health Screening Monday Feb. 3rd 2-4pm
  - Kohnen’s Bakery Outing! 10-11am Thursdays!
  - Wednesday Feb 19th , 11am-1pm Peer Appreciation Invite Only!

#### SURVIVORS OF ABUSE (WOMEN)
- Friday, February 7th & 21st
  - Time: 11-12:30

#### STANDING STRONG (MEN)
- Friday, February 14th & 28th
  - Time: 11-12:30

*Scheduled events are subject to change or to be cancelled.*