




Anger Support	Designed to assist individuals with communicating effectively, setting boundaries, building healthy relationships, and stopping the anger cycle.
Art Relaxation/Coloring Art/ Painting	Express yourself through various forms of art.
Beating Depression	For those who suffer or know someone who suffers from depression, you're not alone. Talking and listening helps. Learn ways to fight the depression by making little changes to your everyday life.
Bingo with Prizes	Socialize with other peers, have a good time and better yet... Win some goodies!
Board/Card Games	Sequence! UNO! Skip-Bo! Etc...
Coffee & History/ Morning Talk	Sit and share your thoughts &/or learn about some amazing history of the world all while you enjoy a nice, hot cup of coffee.
Crafting / DIY	Get creative! Join us and make cool crafts that you can take home with you.
Discovery Group	Learn about animals and participate in some cool science projects.
 Family & friends Support Group	Bring in a family member that supports you to our center ( MUST BE 18+) .
Grief Support	Grief Support facilitated by a certified therapist.
Journaling	Get your thoughts out of your head and onto paper.
Movie Night	Come join us once a month for a movie and some popcorn!
Nutrition	Tips and tricks for a healthy lifestyle.
Overcoming Anxiety	Struggling with Anxiety? Learn ways and techniques that can help you overcome it.
Scrapbooking	Create a scrapbook on mental health and ways to help you get through your struggles.
Social Space	Interact with other peers, catch up on some work, or simply just come and hang out!
Spiritual Wellness	Join us on reading wellness quotes to get us through the day.
 Standing Strong	Trauma support for MEN. Led by a victim advocate facilitator.
 Survivors of Abuse	Trauma support for WOMEN. Led by a victim advocate facilitator.
Sewing / crocheting	Supplies and Machines provided. Work at your own pace.
Wii Games	Like video games? Come and have some fun and play the Wii.
Women's Group	Women come share your interest with other women. (self care, beauty tips, ETC.)
Workout/Walk	Join us for a relaxing walk around town while getting a workout in or bust a sweat with a workout video of your choice!
Working Bee's	Get together with your fellow peers and staff to do the end of the week clean up before the weekend!

CCS LEARNING CENTER

FEBRUARY 2020

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**

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

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!)

Kern County Crisis Hotline: 1-800-991-5272

Suicide Prevention Hotline: 1-800-273-8255

College Community Services Crisis Hotline:

1-877-300-4738

National Domestic Violence Hotline:

1-800-799-7233

Human Trafficking Hotline:

1-888-539-2373



# 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
- ♦ 11-12: 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
- F** 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

SCHEDULED EVENTS ARE SUBJECT TO  
CHANGE OR TO BE CANCELLED

### 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!

18+

### 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

