CCS HOPE Center

1400 N. Norma Street Ste. 137 Ridgecrest, CA 93555

(760) 446 1597

MAY 2021

GROUP SCHEDULE

Tentative-Opening date is May 3rd 2021, all groups will be held in-person and virtually. Due to COVID-19 restrictions, in-person groups will be limited. Please call ahead to pre-register.

Monday

Grupo de Apoyo-Impacto de COVID-19 con Mariela
10-10:40 am.
Make Every day Healthy with Odessa
11-11:40 am.
Music for Healing and Recovery with Mariela
1-1:40 pm.

Tuesday

Woman to woman (Only for Women) with Mariela
10-10:40 am.
Recovery- Your Choice with Odessa
11-11:40 am.
Schizophrenia Support with Odessa
1-1:40 pm.

Wednesday

COVID-19 Support Group* with Mariela
10-10:40 am.
Living Skills: Managing Money* with Odessa
11-11:40 am.
Zumba
1-1:40 pm.
2nd. Wednesday of each month AM groups will be cancelled due to staff meeting.

Thursday

Positive Self-Talk with Mariela
10-10:40 am.
Recovery-Your Choice with Odessa
11-11:40 am.
Expressing Yourself through Art with Mariela
1-1:40 pm.

5/6 Formal Advisory Committee
5/20 Informal Advisory Committee
12-12:40 pm.

Friday

Mujer a Mujer con Mariela
(Woman to Woman Spanish-Solo mujeres)
10-10:40 am.
BINGO Fridays with Odessa
11-11:40 am.
Watch Party: Viewers' Choice
12pm
Living Skills: Cooking on a Budget (Virtual group) with Mariela
3-3:40pm

NA Meetings on hold until further notice.

WEEKLY GROUPS AND UPDATES

Walking group:
M-T-W- 8:15 am – 8:45 am
Meet at LeRoy Jackson Park

Morning Greetings and Coffee:
Daily 9-9:40 am
2nd Wednesday of every month meet at Leroy Jackson Park *(Face masks required and 6-feet distance)

Hope Center 101:
5/10/2021 - 11-11:40 am & 1-1:40 pm
(Check out what Hope Center is all about)

Zoom Link (ID) for all groups:

640 850 7970, please call for passcode.

***Access to a computer, tablet, or cellular phone is required to participate.**

If you feel you are in crisis, please call:
760-499-7406 or 877-300-4738 for 24-Hour Help

BEHAVIORAL HEALTH&RECOVERY SERVICES
A program of MHSA

CCS College Community Services