

MAY 2021

Virtual Class Schedule

Due to the COVID-19 pandemic, the Consumer Family Learning Center (CFLC) is offering peer-led classes and support groups **virtually!** These groups are for adults only, and class sizes are limited to 18 attendees. Individuals must become a member before starting a group, and be able to join Microsoft Teams from a computer or smart phone. Participation in a class will not be anonymous.

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

MONDAY

- ▶ **Cooking on a Budget**
10-11 a.m. • Via Microsoft Teams
- ▶ **A Better You**
11 a.m. – Noon • Via Microsoft Teams
- ▶ **Seeking Safety (Women's Group)**
1-2:30 p.m. • Via Microsoft Teams
- ▶ **Men's Maverick Group**
1-2 p.m. • Via Microsoft Teams
- ▶ **Combartir la Ansiedad**
3-4:30 p.m. • Microsoft Teams
- ▶ **Communication Building Blocks**
5-6 p.m. • Via Microsoft Teams

TUESDAY

- ▶ **Manejo del Estrés (Spanish)**
10:30 a.m. – Noon
Via Microsoft Teams
- ▶ **Overcoming Anxiety**
10:30 a.m. – Noon
Via Microsoft Teams
- ▶ **Depression Management**
1-2 p.m. • Via Microsoft Teams
- ▶ **Overcoming Anxiety**
5-6 p.m. • Via Microsoft Teams

WEDNESDAY

- ▶ **Apoyo Emocional (Spanish)**
10:30-11:30 a.m.
Via Microsoft Teams
- ▶ **Overcoming Anxiety 2**
12:30-2 p.m. • Via Microsoft Teams
- ▶ **Peer Support for Beginners**
1-2 p.m. • Via Microsoft Teams
- ▶ **Emotional Support for Difficult Times**
2-3 p.m. • Via Microsoft Teams
- ▶ **Laughter Yoga**
3-4:30 p.m. • Via Microsoft Teams

THURSDAY

- ▶ **Schizophrenics Anonymous**
10:30-11:30 a.m.
Via Microsoft Teams
- ▶ **Preventing Mental Health Relapse**
1-2 p.m. • Via Microsoft Teams
- ▶ **Depression Management #2**
2-3 p.m. • Via Microsoft Teams
- ▶ **Grupo De Apoyo – Impacto de COVID-19**
2-3:30 p.m. • Via Microsoft Teams
- ▶ **Stress Management**
5-6 p.m. • Via Microsoft Teams

FRIDAY

- ▶ **Un Riconsito para Meditar y Sanar**
10:30 a.m. – Noon
Via Microsoft Teams
- ▶ **Art 4 the Soul**
10:30 a.m. – Noon
Call 661-868-7550 to register
- ▶ **DBT Skills Group**
1-2 p.m. • Via Microsoft Teams
- ▶ **Exploring the Road to Recovery**
2-3 p.m. • Via Microsoft Teams
- ▶ **Conflict Resolution**
2:30-4 p.m. • Via Microsoft Teams

Crisis Addiction Counseling (CAC) classes will also be held on Tuesday, Wednesday and Thursday. CAC attendance is only available after orientation with Jon Casada. For more information, call 661-868-7567.

FOR ALL MEETINGS: Dial 1-442-286-0126, and then enter Group Code # AFTER you become a member



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



MAYO 2021

Horario de clases virtuales

Debido a la pandemia de COVID-19, el Centro de Aprendizaje de familias de consumidores (CFLC) ofrece clases y grupos de apoyo dirigidos por pares virtualmente! Estos grupos son para clientes adultos solamente, y el tamaño de las clases está limitado a 18 asistentes. Los clientes deben convertirse en miembros antes de iniciar un grupo y poder unirse a los grupos via Microsoft Teams o un celular. La participación en una clase no será anónima.

Para hacerse miembro o para obtener más información, llame a CFLC al 661-868-7550.

LUNES

- ▶ **Cooking on a Budget**
10-11 a.m. • Via Microsoft Teams
- ▶ **A Better You**
11 a.m. – Noon • Via Microsoft Teams
- ▶ **Seeking Safety (Women's Group)**
1-2:30 p.m. • Via Microsoft Teams
- ▶ **Men's Maverick Group**
1-2 p.m. • Via Microsoft Teams
- ▶ **Combartir la Ansiedad**
3-4:30 p.m. • Microsoft Teams
- ▶ **Communication Building Blocks**
5-6 p.m. • Via Microsoft Teams

MARTES

- ▶ **Manejo del Estrés (Spanish)**
10:30 a.m. – Noon
Via Microsoft Teams
- ▶ **Overcoming Anxiety**
10:30 a.m. – Noon
Via Microsoft Teams
- ▶ **Depression Management**
1-2 p.m. • Via Microsoft Teams
- ▶ **Overcoming Anxiety**
5-6 p.m. • Via Microsoft Teams

MIÉRCOLES

- ▶ **Apoyo Emocional (Spanish)**
10:30-11:30 a.m.
Via Microsoft Teams
- ▶ **Overcoming Anxiety 2**
12:30-2 p.m. • Via Microsoft Teams
- ▶ **Peer Support for Beginners**
1-2 p.m. • Via Microsoft Teams
- ▶ **Emotional Support for Difficult Times**
2-3 p.m. • Via Microsoft Teams
- ▶ **Laughter Yoga**
3-4:30 p.m. • Via Microsoft Teams

JUEVES

- ▶ **Schizophrenics Anonymous**
10:30-11:30 a.m.
Via Microsoft Teams
- ▶ **Preventing Mental Health Relapse**
1-2 p.m. • Via Microsoft Teams
- ▶ **Depression Management #2**
2-3 p.m. • Via Microsoft Teams
- ▶ **Grupo De Apoyo – Impacto de COVID-19**
2-3:30 p.m. • Via Microsoft Teams
- ▶ **Stress Management**
5-6 p.m. • Via Microsoft Teams

VIERNES

- ▶ **Un Riconsito para Meditar y Sanar**
10:30 a.m. – Noon
Via Microsoft Teams
- ▶ **Art 4 the Soul**
10:30 a.m. – Noon
Call 661-868-7550 to register
- ▶ **DBT Skills Group**
1-2 p.m. • Via Microsoft Teams
- ▶ **Exploring the Road to Recovery**
2-3 p.m. • Via Microsoft Teams
- ▶ **Conflict Resolution**
2:30-4 p.m. • Via Microsoft Teams

Las clases de Consejería de Adición de Crisis (CAC) también se llevarán a cabo los martes, miércoles y jueves.

Cuesta de asistencia solo está disponible después de la orientación con Jon Casada.

Para obtener más información, llame a 661-868-7567.

PARA TODAS LAS REUNIONES: Marque 1-442-286-0126, y luego ingrese el Código de Grupo - Después de convertirse en miembro



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