




Anger Support	Designed to assist individuals with communicating effectively, setting boundaries, building healthy relationships, and stopping the anger cycle.
Art/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 Games	Come enjoy a board game with other peers., lots to choose from!
Budgeting	Peer lead budgeting tips, and activities for better budgeting!
Coffee & Chat	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.
Card Games	UNO! Skip-Bo! Etc...
 Family & friends Support Group	Bring in a family member or friend that supports you to our group (MUST BE 18+) .
General Typing	Basic Typing Skills
Journaling	Get your thoughts out of your head and onto paper.
Movie & Popcorn	*Not at this time
Nutrition	Come join us for tips and tricks for a healthy lifestyle
Overcoming Anxiety	Struggling with Anxiety? Learn ways and techniques that can help you overcome it.
Self Advocacy	Come see how to become a Self Advocacy in being your own voice
Social Space	Interact with other peers, catch up on some activities 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!

CCS LEARNING CENTER

July 2021

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/VISIT LIMITED TO GROUPS AT THIS TIME

*Groups offered are NOT for court orders



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)

PHONE:

(661) 822-4639

FREE TRANSPORTATION: To the center and back home upon request. Pick ups are from 8:30-9am, & Drop offs at 4pm. (With 2 groups participation) please call the center the morning of pick up, *no later than 8:30 a.m.*

Transportation is limited due to seating availability

ANNOUNCEMENTS:

We will be CLOSED July 5th Monday -Holiday

We will be Closed July 12th Monday 3-4:30pm -Advisory Board Meeting

DUE TO COVID RESTRICTIONS WE ARE FOLLOWING GUIDELINES IN OUR CENTER. LIMITED 8 PEERS IN THE CENTER FOR GROUPS WITH 1 HR. STAY TIME

TEMPERATURE CHECK/ MASKS ARE MANDATORY WHEN IN THE CENTER AT ALL TIMES.

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
- ◆ 10-11:30 :Computer
- ◆ 11-12:00: Journaling
- ◆ 1-2: Overcoming Anxiety
- ◆ 2-3: Sewing/Crocheting
- ◆ 3-4: Computer Lab/ Social Space

TUESDAYS

- ◆ 9-10: Workout/Stretch
- ◆ 10-11: Gardening
- ◆ 10-11:30 :Computer Lab
- ◆ 11-12:00: Anger Support
- ◆ 1-2: Coloring Art
- ◆ 2-3: Bingo with Prizes
- ◆ 3-4: Computer Lab /Social Space

WEDNESDAYS

- ◆ 9-10: Workout/Stretch
- ◆ 10-11: Nutrition
- ◆ 10-11:30 Computer Lab
- ◆ 11-12:00 : Women's Group
- ◆ 1-2: Budgeting
- ◆ 2-3: Painting
- ◆ 3-4: Computer Lab /Social Space

THURSDAYS

- ◆ 9-10: Workout/Stretch
- ◆ 10-11: Coffee & Chat
- ◆ 10-11:30 Computer Lab
- ◆ 11-12:00 : Beating Depression
- ◆ 1-2: Crafting /DIY
- ◆ 2-3: General Typing-Basic
- ◆ 3-4: FAMILY & FRIENDS SUPPORT

FRIDAYS

- ◆ 9-10: Workout/Stretch
- ◆ 10-11: Self Advocacy
- ◆ 10-11:30: Computer Lab
- ◆ 11-12:00: Card Games
- ◆ 1-2: Board Games
- ◆ 2-3: Wii Games
- ◆ 3-4: Computer Lab/ Social Space

INFORMATION AND SPECIAL ACTIVITIES

SCHEDULED EVENTS ARE SUBJECT TO CHANGE OR TO BE CANCELLED

LATE NIGHTS:

TUESDAYS & THURSDAYS 5-7PM

- ◆ No late nights at this time
- ◆
- ◆
- ◆
- ◆
- ◆
- ◆

COMPUTER HOURS:

- ◆ MONDAY - FRIDAY
10AM - 11:30AM & 3PM -4PM
Intentional Computer time
LIMITED TIME 1 HR.
*ONLY 2 COMPUTERS AVAILABLE

FAMILY & FRIENDS SUPPORT

THURSDAYS 3-4PM
Bring in a family member or Friend **18+**
that supports you or would like to come.

FIELDTRIPS / OUTINGS /EVENTS

* NO EVENTS AT THIS TIME WE WILL UPDATE YOU ON ANY NEW CHANGES

SURVIVORS OF ABUSE (WOMEN)

Friday, July
2nd, 16th & 30th
Time: 11-12:30pm



STANDING STRONG (MEN)

Friday, July
9th & 23rd
Time: 11-12:30pm

