



HOPE CENTER

EVENTS AND ANNOUNCEMENTS

CLOSED FOR CHRISTMAS DEC 24TH & 25TH

BEGINNING JANUARY 1ST THE HOPE CENTER WILL BE OPEN EVERY SATURDAY 8AM-12PM

**FIELD TRIP TO FARMERS MARKET IN TRACTOR SUPPLY PARKING LOT
DECEMBER 21ST 9AM-11 AM**

MOVIE NIGHT- POLAR EXPRESS DECEMBER 4TH AT 4PM-6PM

**HOPE CENTER POT LUCK DEC 18, 12PM-2PM
BRING A HOLIDAY FAVORITE TO SHARE**

**NEW GROUP- HOBBY GROUP AT THE HOPE CENTER
TUESDAYS AND THURSDAYS 6 PM**

National Alliance on Mental Illness (NAMI)

Family Support Group

Mondays 5-6:30 p.m. at Ridgecrest Regional Hospital, 1081 N. China Lake Blvd, in the David Mechtenberg Conference Room (behind the old annex/Drummond building)

Peer to Peer

Contact Janet for next class dates.

Family to Family

A 12-week education course for family members, caregivers, and friends of individuals living with a mental illness.

Contact Janet for next class dates

For more information, call Janet at

760-384-8672.

HOPE Center

December Calendar

WE ARE LOCATED at 1400 N NORMA ST STE 137 Ridgecrest CA 93555

OFFICE NUMBER: 760-446-1597

HOURS

Mon and Fri 8am-5pm
Tues thru Thurs 10am - 7pm

Mission Statement

The mission of the CCS Hope Center is to provide a learning environment in a stress-free, fun, safe, and friendly atmosphere. Anyone touched by a mental illness can come in, relax, make friends, gather information, learn, and practice tools to promote recovery.

TRANSPORTATION

WE PROVIDE TRANSPORT TO AND FROM THE HOPE CENTER (WHEN AVAILABLE) IN THE MORNING AND AFTERNOON.

**IF YOU ARE INTERESTED PLEASE CALL TO SCHEDULE A PICK UP 24 HOURS IN ADVANCE.
FOR MORE INFO AND TO RESERVE A SEAT ON THE VAN PLEASE CALL:**

760-446-1597

RSVP 1 WEEK IN ADVANCE FOR OUT OF TOWN FIELD TRIPS, 1 DAY IN ADVANCE FOR IN TOWN TRANSPORTATION.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8-9 COFFEE & DAILY CHECK -IN AND COMPUTER LAB (INSTRUCTION IS AVAILBALE)	8-9 COFFEE & DAILY CHECK -IN AND COMPUTER LAB (INSTRUCTION IS AVAILBALE)	8-9 COFFEE & DAILY CHECK -IN AND COMPUTER LAB (INSTRUCTION IS AVAILBALE)	8-9 COFFEE & DAILY CHECK -IN AND COMPUTER LAB (INSTRUCTION IS AVAILBALE)	8-9 COFFEE & DAILY CHECK -IN AND COMPUTER LAB (INSTRUCTION IS AVAILBALE)
9-9:30 MORNING MINDFULNESS THROUGH MEDITATION	10:30-11 GAME ON	11- 11:30 MORNING MINDFULNESS THROUGH MEDITATION	10:30-11 GAME ON	9-9:30 MORNING MINDFULNESS THROUGH MEDITATION
9:30-10 WELLNESS CHECK-IN	11- 12 DUAL DIAGNOSIS	11-12 DEPRESSION SUPPORT	11-12 DUAL DIAGNOSIS	9:30-10 WELLNESS CHECK-IN
10-11 DEPRESSION SUPPORT	12-1 COOKING GROUP	12- 1 MEN'S GROUP	12-1 WOMENS GROUP	10-11 DEPRESSION SUPPORT
11-12 FITNESS GROUP	1-2 CONFLICT RESOLUTION	1-2 BIPOLAR SUPPORT	1-2 CREATIVE EXPRESSION	11-12 FITNESS GROUP
12-1 EMOITIONAL INTELLIGENCE	2-3 WALKING GROUP	2-3 WALKING GROUP	2-3 WALKING GROUP	12-1 CREATIVE EXPRESSION
1-2 CREATIVE EXPRESSION	3-4 OVERCOMING ANXIETY	3-4 LIFE SKILLS GROUP	3-4 OVERCOMING ANXIETY	1-2 CONFLICT RESOLUTION
2-3 COMMUNITICATION SKILL GROUP	4-5 COMPUTER LAB (INSTRUCTION IS AVAILBALE)	4-5 COMPUTER LAB (INSTRUCTION IS AVAILBALE)	4-5 COMPUTER LAB (INSTRUCTION IS AVAILBALE)	2-3 COMMUNITICATION SKILL GROUP
3-4 STOMPING OUT ADDICTION	5-6- LGBTQ+ SUPPORT	5-6 SCHIZOPHRENIA SUPPORT	5-6- VETERAN SUPPORT	3-4 STOMPING OUT ADDICTION
4-5 COMPUTER LAB (INSTRUCTION IS AVAILBALE)	6-7 HOBBY GROUP	6-7 HOUSEKEEPING /RECYCLING	6-7 HOBBY GROUP	4-5 COMPUTER LAB (INSTRUCTION IS AVAILBALE)

If you feel you are in crisis, please call:

760-499-7406 M-F 8 am-5 pm or 877-300-4738

"EXPLORE KERN COUNTY"

OUR FIELD TRIP DAYS

Santa's Art Shop Dec 7th 9am-12pm

Candee Coffee Horse Ranch

Dec 12th 11 am-12:30pm

Animal Shelter Dec 19th 11am-4pm

Famers Market 21st 9am-11 am

Ridgecrest Theaters Dec 31th 10am-1 pm

COMPUTER LAB

Mon and Fri

8-9am and 4-5pm

Tues, Wed, Fri

10-11am and 4-5pm

COMPUTER LABS

Computer lab is a great time to take care of personal business or having fun. We also offer assistance in resume writing, Microsoft word, excel, and PowerPoint or if you need general help navigating the web.

FOOD PANTRY TRIPS

SALVATION ARMY COMMODITIES 3RD THURSDAY 10-11

ST. MICHAELS PANTRY 3RD TUESDAY 10-11

FOOD FRESH SALVATION ARMY 11:30 AM-12:30 PM MONDAY & FRIDAY

ST. ANNE'S PANTRY MONDAYS 8:45AM-10:15

GRACE LUTHERN WEDNESDAYS OR FRIDAYS 10-11

TRANSPORTATION AVAILABLE TO AND FROM ALL PANTRIES LISTED; YOU MUST SIGN UP FOR TRANSPOR 24 HOURS IN ADVANCED. TRANSPORTATION IS ONLY TO AND FROM THE HOPE CENTER.

MENU FOR COOKING GROUPS

12-3-19 @ 12pm **Broccoli Salad**

12-10-19 @ 12pm **Turkey soup**

12-17-19 @ 12pm **Christmas Cookies**

12/24/19 @ 12pm **Green Bean Casserole**

12/31/19 @ 12pm **Black-eyed peas and Ham**

COOKING GROUPS ARE A GREAT TIME TO INVITE A FRIEND OR FAMILY MEMBER TO THE CENTER FOR GOOD FOOD AND GOOD COMPANY. COOKING GROUPS HAPPENS EVERY WEDNESDAY.

ADVISORY MEETINGS

2ND WEDS. FORMAL (CLOSED FOR BOARD ONLY) 12-1

4TH WEDS. INFORMAL (OPEN TO ALL MEMBERS) 12-1

THESE MEETINGS ARE AN OPPORTUNITY TO GET INVOLVED IN DECISIONS FOR THE CENTER. DON'T SEE A GROUP OR ACTIVITY YOU LIKE, COME TO THE ADVISORY MEETING SO IT CAN BE INCLUDED IN OUR NEXT CALENDAR.