



# CCS HOPE Center

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

**(760) 446 1597**

## JANUARY 2021

The HOPE Center facility is closed for in-person groups due to COVID-19. However, groups will continue via Zoom.\*

**\*Must pre-register.**

**Please stay safe and healthy!**

If you feel you are in crisis, please call  
**(760) 499 7406 or 877 300 4738**  
for 24hr help.



**BEHAVIORAL  
HEALTH & RECOVERY**  
SERVICES  
A program of MHSA



**College  
Community  
Services**

**To sign up to any ZOOM meeting via phone or email,  
please first call to pre-register.**

### Monday

**Grupo de Apoyo-Impacto de  
COVID-19**

10-10:40 am.

**Make Every day Healthy  
(Monday Edition)**

11-11:40 am.

**S.M.A.R.T Goals**

1-1:40 pm.

### Wednesday

**COVID-19 Support Group**

10-10:40 am.

**Living Skills: Managing Money**

11-11:40 am.

**Overcoming Obstacles**

1-1:40 pm.

### Friday

**Mujer a Mujer**

**(Woman to Woman Spanish)**

10-10:40 am.

**Make Every day Healthy  
(Weekend)**

11-11:40 am.

**S.M.A.R.T Goals Via Hobbies**

1-1:40 pm.

### Tuesday

**Woman to woman**

10-10:40 am.

**Recovery- Your Choice**

11-11:40 am.

**Schizophrenia Support**

1-1:40 pm.

### Thursday

**Positive Self-Talk**

10-10:40 am.

**Recovery-Your Choice**

11-11:40 am.

**Expressing Yourself through Art  
(Art Group)**

1-1:40 pm.

**1/7 Formal Advisory  
Committee**

**1/21 Informal Advisory  
Committee**

12-12:40 pm.

### **NA Meetings**

(Outside Center by picnic table)

**Monday, Wednesday, and Friday**

12pm.

