

**MONDAY**  
Music for Healing and Recovery  
10-10:40 am.  
Make Every Day Healthy  
11-11:40 am.  
Yoga with Mandy  
12:30-1:10 pm.  
Living Skills: Stress and Time Management  
3:30-4:10 pm.

**TUESDAY**  
Woman to Woman (Only for women)  
10-10:40 am.  
Recovery- Your Choice  
11-11:40 am.  
Schizophrenia Support  
1-1:40 pm.  
Kickboxing with Chris  
3:00-3:40 pm.

**WEDNESDAY**  
Depression, Anxiety, and PTSD  
10-10:40 am.  
Living Skills: Managing Money  
11-11:40 am.  
Low Impact Exercise  
1:30-2:10 pm.  
Computer Basics  
3:00-4:00 pm.

**THURSDAY**  
Garden Field Trip  
10-11:00 am.  
Positive Self-Talk  
2-2:40 pm.  
Watch Party: Viewers' Choice  
3 pm  
6/3 Formal Advisory Committee  
6/17 Informal Advisory Committee  
12-12:40 pm

**FRIDAY**  
Expressing Yourself Through Art  
10-10:40 am.  
Living Skills: Cooking on a Budget  
11-11:40 am.  
Roundtable  
12-12:40 pm  
Games and Puzzles  
2-2:40 pm  
BINGO Fridays  
3-3:40pm.

# The HOPE CENTER

1400 N. NORMA ST. STE 137, RIDGECREST, CA 93555  
(760) 446-1597

## JULY 2021 GROUP SCHEDULE

### WEEKLY GROUPS AND UPDATES

**Walking group:**  
M-T-W: 8:15- 8:45 am  
Meets at the Center

**Morning Greetings and Coffee:**  
M-T-W: 9- 9:40 am.

**HOPE Center 101:**  
6/14/2021: 11- 11:40 am. & 1- 1:40 pm.  
(Check out what Hope Center is all about)  
*Refreshments Served!*

**Guest Speaker Fridays:**  
Last Friday of the month at 1pm.  
*Refreshments Served!*

**NA Meetings**  
M-W-F at 12 pm  
Meets in the group room.

**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

