

Due to the COVID-19 pandemic, the Learning Center is now offering several of its peer-led classes and support groups virtually!

*Virtual groups are for adult consumers only. Class sizes are limited to 10 attendee*

*\*Attendees must register in advance for each class and can join via Zoom with audio and/or video, through an email invitation or by phone need Access code.*

**If you feel you are in crisis, please call: 877-300-4738 for 24-Hour Help**

# The LEARNING CENTER

107 SOUTH MILL STREET SUITE B, TEHACHAPI, CA 93561  
(661) 822-4639

## APRIL 2021



## VIRTUAL GROUP SCHEDULE

VIA Zoom

*Participation is not anonymous. 18+ years old*  
Call the Learning Center to pre-register or for more information

MON:	1:00–2:00pm <b>Monday Talk/Support with Sonja</b>
TUE:	10:00–11:00am <b>Walk/Indoor Exercise with Jessica</b> <i>(on phone at your destination)</i>
WED:	10:30–11:30am <b>Coloring Art with Jessica</b> <i>*Contact us for supplies ahead of time &amp; have ready!</i> 12-1pm <b>Nutrition with Tanya</b> 2:00-3pm <b>Journaling with Sonja</b>
Thurs.	11-12pm <b>Painting with Tanya</b> <i>*Contact us for supplies ahead of time &amp; have ready!</i> 2-3pm <b>Basic Typing with Serena</b>
FRI:	1:00–2:00pm <b>Bingo with Serena (Win Prizes!)</b> 2:00–3:00pm <b>Women's Group with Pam (every 1<sup>st</sup> and 3<sup>rd</sup> Fri.)</b> 2:00–3:00pm <b>Men's Group with Pam (every 2<sup>nd</sup> and 4<sup>th</sup> Fri.)</b>



BEHAVIORAL  
HEALTH & RECOVERY  
SERVICES  
A program of MHSA



