

### **MONDAY**

**Grupo de apoyo-lm pacto de Covid-19**

10:00 am - 10:40 am

**Make Every Day Healthy**

11:00 am - 11:40 am

**Goal Setting  
(Monday edition)**

1:00 pm - 1:40 pm

### **TUESDAY**

**Woman to woman**

10:00 am - 10:40 am

**Recovery-Your Choice**

11:00 am - 11:40 am

**Depression/Grief Support**

1:00 pm - 1:40 pm

### **WEDNESDAY**

**Covid-19 Support Group**

10:00 am - 10:40 am

**Solutions and Balance  
for Everyday Challenges**

11:00 am - 11:40 am

**Conflict Resolution**

1:00 pm - 1:40 pm

**Formal Advisory Meeting**

November 4, 2020

1:00 pm - 1:40 pm

**Informal Advisory**

November 18, 2020

1:00 pm - 1:40 pm

### **THURSDAY**

**Positive Self Talk**

10:00 am - 10:40 am

**Recovery-Your Choice**

11:00 am - 11:40 am

**Depression/Grief Support**

1:00 pm - 1:40 pm

### **FRIDAY**

**Covid-19 Support Group**

10:00 am - 10:40 am

**Make Every Day Healthy**

11:00 am - 11:40 am

**Goal Setting Via Hobbies**

1:00 pm - 1:40 pm

NA Meetings are being held outside of the Hope Center, next to picnic tables, Mon, Wed, and Fri at 12:00 pm

# The **HOPE CENTER**

1400 N. NORMA ST. STE 137, RIDGECREST, CA 93555

**(760) 446-1597**

## **NOVEMBER 2020 GROUP SCHEDULE**

**Limited availability of  
in-person groups  
Has begun!**

**Contact the Hope Center  
for more information**

**Computer Lab is open per request and appointment  
times**

**Please contact the Hope Center to pre-register.**

**The Hope Center will be closed Nov. 11 for  
Veterans Day. We will also be closed Nov. 26 and  
Nov. 27 For Thanksgiving.**

**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



