




Anger Support	Designed to assist individuals with communicating effectively, setting boundaries, building healthy relationships, and stopping the anger cycle.
Art Relaxation/Coloring Art/ Painting	Express yourself through various forms of art.
Beating Depression	For those who suffer or know someone who suffers from depression, you're not alone. Talking and listening helps. Learn ways to fight the depression by making little changes to your everyday life.
Bingo with Prizes	Socialize with other peers, have a good time and better yet... Win some goodies!
Board/Card Games	Sequence! UNO! Skip-Bo! Etc...
Coffee & History/ Morning Talk	Sit and share your thoughts &/or learn about some amazing history of the world all while you enjoy a nice, hot cup of coffee.
Crafting / DIY	Get creative! Join us and make cool crafts that you can take home with you.
Discovery Group	Learn about animals and participate in some cool science projects.
 Family & friends Support Group	Bring in a family member that supports you to our center (MUST BE 18+) .
Journaling	Get your thoughts out of your head and onto paper.
Movie Night	Come join us once a month for a movie and some popcorn!
Nutrition	Tips and tricks for a healthy lifestyle.
Overcoming Anxiety	Struggling with Anxiety? Learn ways and techniques that can help you overcome it.
Positive Thinking	Learn how to transform the negative energy into good thoughts that help you grow.
Scrapbooking	Create a scrapbook on mental health and ways to help you get through your struggles.
Social Space	Interact with other peers, catch up on some work, or simply just come and hang out!
Spiritual Wellness	Join us on reading wellness quotes to get us through the day.
 Standing Strong	Trauma support for MEN. Led by a victim advocate facilitator.
 Survivors of Abuse	Trauma support for WOMEN. Led by a victim advocate facilitator.
Sewing / crocheting	Supplies and Machines provided. Work at your own pace.
Wii Games	Like video games? Come and have some fun and play the Wii.
Women's Group	Women come share your interest with other women. (self care, beauty tips, ETC.)
Workout/Walk	Join us for a relaxing walk around town while getting a workout in or bust a sweat with a workout video of your choice!
Working Bee's	Get together with your fellow peers and staff to do the end of the week clean up before the weekend!

CCS LEARNING CENTER

NOVEMBER 2019

The CCS Learning Center is funded by the Kern Behavioral Health and Recovery Services. We are a resource offered to the community to help and support those whose lives have been impacted by a mental illness and/or substance abuse. Anyone seeking recovery is welcome!

***All support groups offered at the Learning Center are PEER LED**

***All support groups are FREE**

***Groups offered are NOT for court orders**

***Must be 18 years or older to attend**

ADDRESS:

107 S Mill St. Suite B
Tehachapi, CA 93561

HOURS OF OPERATION:

Monday - Friday
8:00 a.m. - 5:00 p.m.

OPEN FOR THE PUBLIC:

Monday - Friday (9am-4pm)
Tuesdays & Thurs. (9am-7pm)

PHONE:

(661)822-4639

FREE TRANSPORTATION: available to the center and back home upon request. Pick ups are from 8-9am, please call the center the day of, *no later than 8:30 a.m.* for pickup. Drop offs are from 3:30-5pm on regular days & 6:30pm on Late Nights .
Transportation only available if weather is permitting.

Not available on Saturdays

ANNOUNCEMENTS:

- Monday, Nov 11th: Center CLOSED (Holiday)
- Monday Nov. 18th CLOSED 3-4:30pm (BOARD MEETING)
- Thursday, Nov. 28th Center CLOSED (Holiday)
- Friday, Nov, 29th Center CLOSED (Holiday)

Kern County Crisis Hotline: 1-800-991-5272

Suicide Prevention Hotline: 1-800-273-8255

College Community Services Crisis Hotline:

1-877-300-4738

National Domestic Violence Hotline:

1-800-799-7233

Human Trafficking Hotline:

1-888-539-2373

WEEKLY SCHEDULE OF GROUPS

MONDAYS

- ♦ 9-10: Workout/Stretch
- ♦ 10-11: Spiritual Wellness
- ♦ 11-12: Journaling
- ♦ 12-1: Computer Lab
- ♦ 1-2: Overcoming Anxiety
- ♦ **2-3: SEWING/CROCHETING**
- ♦ 3-4: Computer Lab
- ♦ 3-4: Social Space

TUESDAYS

- ♦ 9-10: Workout/Stretch
- ♦ 10-11: Coffee & History/Coffee Mill
- ♦ **10-11: ART RELAXATION**
- ♦ 11-12: Nutrition
- ♦ 12-1: Computer Lab
- ♦ 1-2: Anger Support
- ♦ 2-3: Bingo with Prizes
- ♦ 3-4: DISCOVERY GROUP
- ♦ 4-5 Social Space

WEDNESDAYS

- ♦ 9-10: Workout/Stretch
- ♦ 10-11: Scrapbooking
- ♦ 11-12: Positive Thinking
- ♦ **11-12:30: LIBRARY**
- ♦ 12-1: Computer Lab
- ♦ 1-2: Card Games
- ♦ 2-3: Painting
- ♦ 3-4: Computer Lab / Social Space

THURSDAYS

- ♦ 9-10: Workout/Stretch
- ♦ 10-11: Coffee & History
- ♦ **10-11: Coffee Mill**
- ♦ 11-12: Crafting / **DIY**
- ♦ 1-2: Beating Depression
- ♦ 2-3: Women's Group
- ♦ **F 3-4: FAMILY & FRIENDS SUPPORT**
- ♦ 4-5: Social Space

FRIDAYS

- ♦ 9-10: Workout/Stretch
- ♦ **10-11: THRIFT STORE**
- ♦ 10-11: Board Games
- ♦ 11-12: Coloring Art
- ♦ 11-1: Computer Lab
- ♦ **1-2: WORKING BEE'S**
- ♦ 2-3: Wii Games
- ♦ 3-4: Computer Lab
- ♦ 3-4: Social Space

INFORMATION AND SPECIAL ACTIVITIES

*SCHEDULED EVENTS ARE SUBJECT TO
CHANGE OR TO BE CANCELLED.*

LATE NIGHTS:

TUESDAYS & THURSDAYS 5-7PM

- ♦ Nov. 5th Game Night
- ♦ Nov. 7th Social Night
- ♦ Nov. 12th: WII Night
- ♦ Nov. 14th: Movie Night
- Nov. 19th: Scrapbooking Night
 - ♦ Nov. 21st: BINGO
 - ♦ Nov. 26th: Potluck
- ♦ Nov. 28th: CENTER CLOSED!

COMPUTER LAB HOURS:

- ♦ MONDAY - THURSDAY
12 PM - 1 PM & 3 PM - 4 PM
- ♦ EVERY FRIDAY
11 AM - 1 PM & 3 PM - 4 PM

FAMILY & FRIENDS SUPPORT

Saturday, NOVEMBER 16TH, 2019



8:30AM-12:30PM

18+

Join us for some coffee and donuts!

FIELDTRIPS / OUTINGS /EVENTS

- ♦ Health Screening November 7th
2-4pm
- ♦ Peer Appreciation
November 13th 2:30-4pm
(Invite only)
- ♦ Thanksgiving Potluck
MUST RSVP
November 26th 4-6:30PM

SURVIVORS OF ABUSE (WOMEN)

Friday, NOVEMBER 1ST

Friday, NOVEMBER 15TH

Time: 11-12:30



STANDING STRONG (MEN)

Friday, NOVEMBER 8TH

Friday, NOVEMBER 22ND

Time: 11-12:30

