

# Community events and announcements

Free museum day @ maturango museum  
Saturday Oct 12<sup>th</sup>

Farmers Market in Tractor Supply Parking Lot  
Saturdays @ 9am

Chess club @ Ridgecrest branch library  
Fridays @ 5pm

Relay for Life @ Cerro Coso community college Oct 5<sup>th</sup>

Hope of the Invisible: Suicide Awareness Art Show Oct 5<sup>th</sup>  
Located @ 901 N Heritage Dr



## HOPE Center

### October Calendar

WE ARE LOCATED @ 1400 N NORMA ST STE 137 Ridgecrest CA 93555

Alternatively CALL 760-446-1597

### Mission Statement

The mission of the CCS Hope Center is to provide a learning environment in a stress-free, fun, safe, and friendly atmosphere. Anyone touched by a mental illness can come in, relax, make friends, gather information, learn, and practice tools to promote recovery.

### National Alliance on Mental Illness (NAMI)

#### Family Support Group

Mondays 5-6:30 p.m. at Ridgecrest Regional Hospital, 1081 N. China Lake Blvd, in the David Mechtenberg Conference Room (behind the old annex/Drummond building)

#### Peer to Peer

Contact Janet for next class dates.

#### Family to Family

A 12-week education course for family members, caregivers, and friends of individuals living with a mental illness.

Contact Janet for next class dates

For more information, call Janet at

760-384-8672.

## TRANSPORTATION

WE CAN PROVIDE TRANSPORT TO AND FROM THE HOPE CENTER (WHEN AVAILABLE).

IF YOU ARE INTERESTED IN COMING TO THE CENTER CALL TO SCHEDULE A PICK UP. FOR MORE INFO AND TO RESERVE A SEAT ON THE VAN  
PLEASE CALL:

**760-446-1597**

RSVP 1 WEEK IN ADVANCE FOR OUT OF TOWN FIELD TRIPS, 1 DAY IN ADVANCE FOR IN TOWN TRANSPORTATION.

MONDAY	TUESDAY COOKING DAY	WEDNESDAY	THURSDAY FIELD TRIP DAY	FRIDAY
8-9 COFFEE & NEWS AND COMPUTER LAB (INSTRUCTION IS AVAILBALE)	10-11 COFFEE & NEWS AND COMPUTER LAB (INSTRUCTION IS AVAILBALE)	10-11 COFFEE & NEWS AND COMPUTER LAB (INSTRUCTION IS AVAILBALE)	10-11 COFFEE & NEWS AND COMPUTER LAB (INSTRUCTION IS AVAILBALE)	8-9 COFFEE & NEWS AND COMPUTER LAB (INSTRUCTION IS AVAILBALE)
9-9:30 MORNING MINDFULNESS THROUGH MEDITATION	10:30-11 GAME ON	11- 11:30 MORNING MINDFULNESS THROUGH MEDITATION	10:30-11 GAME ON	9-9:30 MORNING MINDFULNESS THROUGH MEDITATION
9:30-10 WELLNESS CHECK-IN	11- 12 DUAL DIAGNOSIS	11-12 DEPRESSION SUPPORT	11-12 DUAL DIAGNOSIS	9:30-10 WELLNESS CHECK-IN
10-11 DEPRESSION SUPPORT	12-1 COOKING GROUP	12- 1 MEN'S GROUP	12-1 WOMENS GROUP	10-11 DEPRESSION SUPPORT
11-12 FITNESS GROUP	1-2 CONFLICT RESOLUTION	1-2 HOUSEKEEPING /RECYCLING	1-2 CREATIVE EXPRESSION	11-12 FITNESS GROUP
12-1 EMOTIONAL INTELLIGENCE	2-3 WALKING GROUP	2-3 WALKING GROUP	2-3 WALKING GROUP	12-1 CREATIVE EXPRESSION
1-2 CREATIVE EXPRESSION	3-4 OVERCOMING ANXIETY	3-4 FEARS AND PHOBIAS GROUP	3-4 OVERCOMING ANXIETY	1-2 CONFLICT RESOLUTION
2-3 COMMUNITCATION SKILL GROUP	4-5 COMPUTER LAB (INSTRUCTION IS AVAILBALE)	4-5 COMPUTER LAB (INSTRUCTION IS AVAILBALE)	4-5 COMPUTER LAB (INSTRUCTION IS AVAILBALE)	2-3 COMMUNITCATION SKILL GROUP
3-4 STOMPING OUT ADDICTION	5-6- <b>LGBTQ+</b> SUPPORT	5-6 SCHIZOPHRENIA SUPPORT	5-6- VETERAN SUPPORT	3-4 STOMPING OUT ADDICTION
4-5 COMPUTER LAB (INSTRUCTION IS AVAILBALE)	6-7 FREE TIME	6-7 FREE TIME	6-7 FREE TIME	4-5 COMPUTER LAB (INSTRUCTION IS AVAILBALE)

**If you feel you are in crisis, please call:**

**760-499-7406 or 877-300-4738**

**"EXPLORE KERN COUNTY"**

OUR FIELD TRIP DAYS

**Shopping trip to Tehachapi Oct 3<sup>rd</sup> 11-4**

**NAMI Walk Oct 12<sup>th</sup> All Day**

**Walkers Pass Oct 17<sup>th</sup> 11-4**

**Recovery Conference Oct 25<sup>th</sup> All Day**

**Farmer's Market Oct 26<sup>th</sup> 8-12**

**Ridgecrest Public Library Oct 31<sup>st</sup> 11-1**

**HOURS**

Mon and Fri 8am-5pm

Tues thru Thurs 10am - 7pm

**COMPUTER LAB**

Mon and Fri

8-9am and 4-5pm

Tues, Wed, Fri

10-11am and 4-5pm

**FOOD PANTRY TRIPS**

**SALVATION ARMY COMMODITIES 3<sup>RD</sup> THURSDAY 10-11**

**ST. MICHAELS PANTRY 3<sup>RD</sup> TUESDAY 10-11**

**ST. ANNE'S PANTRY MONDAYS 8:45AM-10:15**

**GRACE LUTHERN WEDNESDAYS OR FRIDAYS 10-11**

**WE DO OFFER TRANSPORTATION TO AND FROM ALL PANTRIES LISTED; YOU MUST SIGN UP FOR TRANSPORT AND TRANSPORTATION IS ONLY TO AND FROM THE HOPE CENTER.**

**ADVISORY MEETINGS**

**2<sup>ND</sup> WEBS. (CLOSED FOR BOARD ONLY) 12-1**

**4<sup>TH</sup> WEBS. (OPEN TO ALL MEMBERS) 12-1**

**THESE MEETINGS ARE AN OPPORTUNITY TO GET INVOLVED IN DECISIONS FOR THE CENTER.**

**MENU FOR COOKING GROUPS**

**1<sup>st</sup> week @ 12pm Smoothies**

**2<sup>nd</sup> week @ 12pm Taco Rice**

**3<sup>rd</sup> week @ 12pm Fruit n Yogurt Parfaits**

**4<sup>th</sup> week @ Chicken Strips**

**5<sup>th</sup> week @ 12pm Graveyard Pie**

**COOKING GROUPS ARE A GREAT TIME TO INVITE A FRIEND OR FAMILY MEMBER TO THE CENTER FOR GOOD FOOD AND GOOD COMPANY. COOKING GROUPS HAPPENS EVERY WEDNESDAY.**

**COMPUTER LABS**

Computer lab is a great time to take care of personal business or having fun. We also offer assistance in resume writing, Microsoft word, excel, and PowerPoint or if you need general help navigating the web.