

JAN. 2021

Virtual Class Schedule

Due to the COVID-19 pandemic, the Consumer Family Learning Center (CFLC) is offering peer-led classes and support groups **virtually**! These groups are for adults only, and class sizes are limited to 18 attendees. Individuals must become a member before starting a group, and be able to join Microsoft Teams from a computer or smart phone. Participation in a class will not be anonymous.

To become a member or for more information, call the CFLC at 661-868-7550.

MONDAY

- ▶ **Cooking on a Budget**
10-11 a.m. • Via Microsoft Teams (Code: 984-301-122#)
- ▶ **A Better You**
11 a.m. – Noon • Via Microsoft Teams (Code: 954-865-142#)
- ▶ **Seeking Safety (Co-ed)**
1-2:30 p.m. • Via Microsoft Teams (Code: 431-229-332#)
- ▶ **Men's Maverick Group**
1-2 p.m. • Via Microsoft Teams (Code: 108 384 877#)

TUESDAY

- ▶ **Manejo del Estrés (Spanish)**
10:30 a.m. – Noon • Via Microsoft Teams (Code: 466-143-259#)
- ▶ **Overcoming Anxiety**
10:30 a.m. – Noon • Via Microsoft Teams (Code: 272 154 832#)
- ▶ **Depression Management**
1-2 p.m. • Via Microsoft Teams (Code: 661-868-378#)

WEDNESDAY

- ▶ **Apoyo Emocional (Spanish)**
10:30-11:30 a.m. • Via Microsoft Teams (Code: 463-888-694#)
- ▶ **Overcoming Anxiety 2**
1-2 p.m. • Via Microsoft Teams (Code: 978-555-804#)
- ▶ **Peer Support for Beginners**
1-2 p.m. • Via Microsoft Teams (Code: 593-762-360#)
- ▶ **Emotional Support for Difficult Times**
2-3:30 p.m. • Via Microsoft Teams (Code: 889-572-332#)

THURSDAY

- ▶ **Quilting Facts with CFLC**
10:30-11:30 a.m. • Via Microsoft Teams (Code: 850-989-157#)
- ▶ **Schizophrenics Anonymous**
10:30-11:30 a.m. • Via Microsoft Teams (Code: 979-765-07#)
- ▶ **Preventing Mental Health Relapse**
1-2 p.m. • Via Microsoft Teams (Code: 427-092-032#)
- ▶ **Depression Management #2**
2-3 p.m. • Via Microsoft Teams (875-965-581#)
- ▶ **Grupo De Apoyo – Impacto de COVID-19**
2-3:30 p.m. • Via Microsoft Teams (Code: 939-880-897#)
- ▶ **Stress Management**
5-6 p.m. • Via Microsoft Teams (Code: 633 698 405#)

FRIDAY

- ▶ **Un Riconsito para Meditar y Sanar**
10:30 a.m. – Noon • Via Microsoft Teams (Code: 646 116 352#)
- ▶ **Art 4 the Soul**
10:30 a.m. – Noon • Call 661-868-7550 to register
- ▶ **DBT Skills Group**
1-2 p.m. • Via Microsoft Teams (Code: 224-701-124#)
- ▶ **Illness Management & Recovery**
2-3 p.m. • Via Microsoft Teams (Code: 255-987-826#)
- ▶ **Conflict Resolution**
2:30-4 p.m. • Via Microsoft Teams (Code: 940-793-758#)

Crisis Addiction Counseling (CAC) classes will also be held on Tuesday, Wednesday and Thursday. CAC attendance is only available after orientation with Jon Casada. For more information, call 661-868-7567.

FOR ALL MEETINGS: Dial 1-442-286-0126, and then enter Group Code # AFTER you become a member



Crisis Hotline 1-800-991-5272
Suicide Prevention Hotline 1-800-273-8255
Substance Use Division Access Line: 1-866-266-4898



ENERO 2021

Horario de clases virtuales

Debido a la pandemia de COVID-19, el Centro de Aprendizaje de familias de consumidores (CFLC) ofrece clases y grupos de apoyo dirigidos por pares virtualmente! Estos grupos son para clientes adultos solamente, y el tamaño de las clases está limitado a 18 asistentes. Los clientes deben convertirse en miembros antes de iniciar un grupo y poder unirse a los grupos via Microsoft Teams o a un celular. La participación en una clase no será anónima.

Para hacerse miembro o para obtener más información, llame a CFLC al 661-868-7550.

LUNES	▶ Cooking on a Budget 10-11 a.m. • Via Microsoft Teams (Code: 984-301-122#) ▶ A Better You 11 a.m. – Noon • Via Microsoft Teams (Code: 954-865-142#)	▶ Seeking Safety (Co-ed) 1-2:30 p.m. • Via Microsoft Teams (Code: 431-229-332#) ▶ Men's Maverick Group 1-2 p.m. • Via Microsoft Teams (Code: 108 384 877#)
MARTES	▶ Manejo del Estrés (Spanish) 10:30 a.m. – Noon • Via Microsoft Teams (Code: 466-143-259#) ▶ Overcoming Anxiety 10:30 a.m. – Noon • Via Microsoft Teams (Code: 272 154 832#)	▶ Depression Management 1-2 p.m. • Via Microsoft Teams (Code: 661-868-378#)
MIÉRCOLES	▶ Apoyo Emocional (Spanish) 10:30-11:30 a.m. • Via Microsoft Teams (Code: 463-888-694#) ▶ Overcoming Anxiety 2 1-2 p.m. • Via Microsoft Teams (Code: 978-555-804#)	▶ Peer Support for Beginners 1-2 p.m. • Via Microsoft Teams (Code: 593-762-360#) ▶ Emotional Support for Difficult Times 2-3:30 p.m. • Via Microsoft Teams (Code: 889-572-332#)
JUEVES	▶ Quilting Facts with CFLC 10:30-11:30 a.m. • Via Microsoft Teams (Code: 850-989-157#) ▶ Schizophrenics Anonymous 10:30-11:30 a.m. • Via Microsoft Teams (Code: 979-765-07#) ▶ Preventing Mental Health Relapse 1-2 p.m. • Via Microsoft Teams (Code: 427-092-032#)	▶ Depression Management #2 2-3 p.m. • Via Microsoft Teams (875-965-581#) ▶ Grupo De Apoyo – Impacto de COVID-19 2-3:30 p.m. • Via Microsoft Teams (Code: 939-880-897#) ▶ Stress Management 5-6 p.m. • Via Microsoft Teams (Code: 633 698 405#)
VIERNES	▶ Un Riconsito para Meditar y Sanar 10:30 a.m. – Noon • Via Microsoft Teams (Code: 646 116 352#) ▶ Art 4 the Soul 10:30 a.m. – Noon • Call 661-868-7550 to register ▶ DBT Skills Group 1-2 p.m. • Via Microsoft Teams (Code: 224-701-124#)	▶ Illness Management & Recovery 2-3 p.m. • Via Microsoft Teams (Code:255-987-826#) ▶ Conflict Resolution 2:30-4 p.m. • Via Microsoft Teams (Code: 940-793-758#)

Las clases de Consejería de Adicción de Crisis (CAC) también se llevarán a cabo los martes, miércoles y jueves.

Cuesta de asistencia solo está disponible después de la orientación con Jon Casada.

Para obtener más información, llame a 661-868-7567.

PARA TODAS LAS REUNIONES: Marque 1-442-286-0126, y luego ingrese el Código de Grupo - Después de convertirse en miembro



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