



COMMUNITY EVENTS AND ANNOUNCEMENTS

CLOSED JANUARY 1ST AND 16TH AND 30TH

MOVIE THEATER TRIP – STAR WARS (FREE EVENT)

MOVIE NIGHT JANUARY 10TH –THE GREAT OUTDOORS/UNCLE BUCK

NEW GROUPS:

HOPE CENTER 101– BECOME A MEMBER (COME BY OR CALL TO SCHEDULE WITH PEER)

MENTAL HEALTH FAMILY SUPPORT EVERY MONDAY AT 4PM

LIFE SKILLS GROUP EVERY WEDNESDAY AT 3 PM

ALZHEIMER'S AND DEMENTIA SUPPORT GROUP EVERY MONDAY AT 2 PM

**STARTING IN JANUARY WE ARE OPEN EVERY SATURDAY
8 AM TO 12 PM**

HOPE Center

January Calendar 2020

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

OFFICE NUMBER: 760-446-1597

HOURS

Mon and Fri 8am-5pm
Tues thru Thurs 10am – 7pm
Saturday 8am-12 pm

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.

If you feel you are in crisis, please call: 760-499-7406 or 877-300-4738

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 PROVIDE TRANSPORT TO AND FROM THE HOPE CENTER (WHEN AVAILABLE) IN THE MORNING AND AFTERNOON.

IF YOU ARE INTERESTED PLEASE CALL TO SCHEDULE A PICK UP 24 HOURS IN ADVANCE.

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	WEDNESDAY	THURSDAY	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 BIPOLAR SUPPORT	1-2 CREATIVE EXPRESSION	11-12 FITNESS GROUP
12-1 EMOTIONAL INTELLIGENCE	2-3 WALKING GROUP	2-3 SCHIZOPHRENIA SUPPORT	2-3 WALKING GROUP	12-1 CREATIVE EXPRESSION
1-2 CREATIVE EXPRESSION	3-4 OVERCOMING ANXIETY	3-4 LIFE SKILLS GROUP	3-4 OVERCOMING ANXIETY	1-2 CONFLICT RESOLUTION
2-3 COMPUTER LAB (INSTRUCTION IS AVAILBALE)	4-5 COMPUTER LAB (INSTRUCTION IS AVAILBALE)	4-5 WALKING GROUP	4-5 COMPUTER LAB (INSTRUCTION IS AVAILBALE)	2-3 COMMUNITICATION SKILL GROUP
3-4 STOMPING OUT ADDICTION	5-6- LGBTQ+ SUPPORT	5-6 COMPUTER LAB (INSTRUCTION IS AVAILBALE)	5-6- VETERAN SUPPORT	3-4 STOMPING OUT ADDICTION
4-5 MENTAL HEALTH FAMILY SUPPORT	6-7 HOBBY GROUP	6-7 ALZHEIMER'S AND DEMENTIA FAMILY SUPPORT	6-7 HOBBY GROUP	4-5 COMPUTER LAB (INSTRUCTION IS AVAILBALE)

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"EXPLORE KERN COUNTY"

OUR FIELD TRIP DAYS

January 4th-Red Rock Bookstore

January 11th- Maturango Museum

January 18th- Walk in the Snow Location TBD

January 25th- Farmer's Market

January 30th- Bakersfield CFLC

COMPUTER LAB

Mon and Fri

8-9am and 4-5pm

Tues, Wed, Fri

10-11am and 4-5pm

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.

FOOD PANTRY TRIPS

SALVATION ARMY COMMODITIES 3RD THURSDAY 10-11

ST. MICHAELS PANTRY 3RD TUESDAY 10-11

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

GRACE LUTHERN WEDNESDAYS OR FRIDAYS 10-11

FOOD FRESH SALVATION ARMY 11:30 AM-12:30 PM MONDAY & FRIDAY

VICTORY BAPTIST 2ND SATURDAY 9-11

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

2ND WEDS. FORMAL (CLOSED FOR BOARD ONLY) 12-1

4TH WEDS.INFORMAL (OPEN TO ALL MEMBERS) 12-1

THESE MEETINGS ARE AN OPPORTUNITTY TO GET INVOLVED IN DECISIONS FOR THE CENTER. DON'T SEE A GROUP OR ACTIVITY YOU LIKE, COME TO THE ADVISORY MEETING SO IT CAN BE INCLUDED IN OUR NEXT CALENDAR.

MENU FOR COOKING GROUPS

January 7th 12pm **Homemade Salsa**

January 14th 12pm **Salads**

January 21st 12pm **Stir Fry**

January 28th 12pm **Soup and Grill Cheese**

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.