

### **MONDAY**

Grupo de Apoyo-  
Impacto de COVID-19  
10-10:40 am.  
Make Every day Healthy  
(Monday Edition)  
11-11:40 am.  
S.M.A.R.T Goals  
1-1:40 pm.

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### **TUESDAY**

Woman to woman  
10-10:40 am.  
Recovery- Your Choice  
11-11:40 am.  
Schizophrenia Support  
1-1:40 pm.

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### **WEDNESDAY**

COVID-19 Support  
Group  
10-10:40 am.  
Living Skills: Managing  
Money  
11-11:40 am.  
Overcoming Obstacles  
1-1:40 pm.

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### **THURSDAY**

Positive Self-Talk  
10-10:40 am.  
Recovery-Your Choice  
11-11:40 am.  
Expressing Yourself  
through Art (Art Group)  
1-1:40 pm.  
  
2/4 Formal Advisory  
Committee  
2/18 Informal Advisory  
Committee  
12-12:40 pm

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### **FRIDAY**

Mujer a Mujer  
(Woman to Woman  
Spanish)  
10-10:40 am.  
Make Every day Healthy  
(Weekend)  
11-11:40 am.  
S.M.A.R.T Goals Via  
Hobbies  
1-1:40 pm.

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NA Meetings are being  
held outside of the  
HOPE Center,  
next to picnic tables,  
Mon, Wed, and Fri

# The HOPE CENTER

1400 N. NORMA ST. STE 137, RIDGECREST, CA 93555  
(760) 446-1597

## FEBRUARY 2021 GROUP SCHEDULE

All groups are held virtually due to COVID-19  
restrictions, unless otherwise noted.

Group sizes are limited.  
Access to a computer,  
tablet or cellular phone  
is required to participate.

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

If you feel you are in crisis, please call:  
760-499-7406 or 877-300-4738 for 24-Hour Help

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BEHAVIORAL  
HEALTH & RECOVERY  
SERVICES  
A program of MHSA

