COMMUNITY EVENTS AND ANNOUNCEMENTS

RIDGECREST POLICE DEPARTMENT PRESENTATION AND POT LUCK
FRIDAY 7TH AT 12 PM

FAMILY SUPPORT BREAKFAST AT HOPE CENTER
SATURDAY 8TH 8 AM – 12 PM

PAINTING PARTY WITH REFRESHMENTS
THURSDAY 20TH AT 3 PM – 5 PM

CPR FIRST AID CERTIFICATION CLASS
SATURDAY 22ND AT 8 AM

BLACK HISTORY PARADE IN BAKERSFIELD
SATURDAY 29TH ALL DAY

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
HOBBY GROUP TUESDAY & THURSDAY AT 4-5 PM
VETERANS GROUP THURSDAY 5-6 PM

HOPE Center
February Calendar

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

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.

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 760-384-8072.
If you feel you are in crisis, please call:
760-499-7406 M-F 8 am-5 pm or 877-300-4738

**FOOD PANTRY**

**MONDAY**
- 8-9 Coffee & News and Computer Lab (Instruction is Available)
- 9-9:30 Mindfulness through Meditation
- 9:30-10 Wellness Check-In
- 10-11 Depression Support
- 11-12 Fitness Group
- 12-1 Creative Expression
- 1-2 Conflict Resolution
- 2-3 Emotional Intelligence
- 3-4 Creative Expression
- 4-5 Computer Lab (Instruction is Available)
- 5-6 Stomping Out Addiction
- 6-7 Mental Health Family Support
- 7-8 Computer Lab (Instruction is Available)
- 8-9 Depression Support
- 9-10 Fitness Group
- 10-11 Support Group
- 11-12 Computer Lab (Instruction is Available)
- 12-1 Computer Lab (Instruction is Available)

**TUESDAY**
- 10-11 Coffee & News and Computer Lab (Instruction is Available)
- 11-12 Dual Diagnosis Check-In
- 12-1 Men’s Group
- 1-2 Bipolar Support
- 2-3 Walking Group
- 3-4 Overcoming Anxiety
- 4-5 Hobby Group
- 5-6 Computer Lab (Instruction is Available)
- 6-7 Computer Lab (Instruction is Available)
- 7-8 Support Group
- 8-9 Computer Lab (Instruction is Available)
- 9-10 Computer Lab (Instruction is Available)
- 10-11 Computer Lab (Instruction is Available)
- 11-12 Computer Lab (Instruction is Available)

**WEDNESDAY**
- 10-11 Coffee & News and Computer Lab (Instruction is Available)
- 11-12 Dual Diagnosis Check-In
- 12-1 Men’s Group
- 1-2 Bipolar Support
- 2-3 Walking Group
- 3-4 Overcoming Anxiety
- 4-5 Hobby Group
- 5-6 Computer Lab (Instruction is Available)
- 6-7 Computer Lab (Instruction is Available)
- 7-8 Support Group
- 8-9 Computer Lab (Instruction is Available)
- 9-10 Computer Lab (Instruction is Available)
- 10-11 Computer Lab (Instruction is Available)
- 11-12 Computer Lab (Instruction is Available)

**THURSDAY**
- 10-11 Coffee & News and Computer Lab (Instruction is Available)
- 11-12 Dual Diagnosis Check-In
- 12-1 Men’s Group
- 1-2 Bipolar Support
- 2-3 Walking Group
- 3-4 Overcoming Anxiety
- 4-5 Hobby Group
- 5-6 Computer Lab (Instruction is Available)
- 6-7 Computer Lab (Instruction is Available)
- 7-8 Support Group
- 8-9 Computer Lab (Instruction is Available)
- 9-10 Computer Lab (Instruction is Available)
- 10-11 Computer Lab (Instruction is Available)
- 11-12 Computer Lab (Instruction is Available)

**FRIDAY**
- 10-11 Coffee & News and Computer Lab (Instruction is Available)
- 11-12 Dual Diagnosis Check-In
- 12-1 Men’s Group
- 1-2 Bipolar Support
- 2-3 Walking Group
- 3-4 Overcoming Anxiety
- 4-5 Hobby Group
- 5-6 Computer Lab (Instruction is Available)
- 6-7 Computer Lab (Instruction is Available)
- 7-8 Support Group
- 8-9 Computer Lab (Instruction is Available)
- 9-10 Computer Lab (Instruction is Available)
- 10-11 Computer Lab (Instruction is Available)
- 11-12 Computer Lab (Instruction is Available)

**EXPLORE KERN COUNTY**

*OUR FIELD TRIP DAYS*
- Cerro Coso Library Feb 6th 11-1
- Kernville Whiskey Flats Feb 15th 8-12
- Kerr McGee City Hall Feb 20th 11-1
- Black History Parade Feb 29th All Day

**COMPUTER LAB**
- Mon and Fri
- 8-9am, 2-3pm, and 4-5 pm
- Tues, Wed, Thurs
- 10-11 am, 5-6 pm, 6-7 pm

**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
- Food Fresh Salvation Army 11:30 am-12:30 pm Monday & Friday
- St. Anne’s Pantry Mondays 8:45am-10:15
- Grace Luthein Wednesdays or Fridays 10-11

Transportation available to and from all Pantries listed. You must sign-up for transport 24 hours in advance. 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 opportunity to get involved in decisions for the center. If you don’t see a group or activity you like, come to the advisory meeting so it can be included in our next calendar.

**FOOD PANTRY MEALS**

<table>
<thead>
<tr>
<th>Day</th>
<th>Meals</th>
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<tbody>
<tr>
<td>Mon</td>
<td>Burritos</td>
</tr>
<tr>
<td>Weds</td>
<td>Homemade Salsa</td>
</tr>
<tr>
<td>Fri</td>
<td>Veggie Tempura</td>
</tr>
<tr>
<td>Sat</td>
<td>Paper Wrapped Chicken</td>
</tr>
<tr>
<td>Sun</td>
<td>Burritos</td>
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</tbody>
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Cooking groups are a great time to invite a friend or family member to the center for good food and good company. Cooking groups happen every Wednesday.

**COOKING GROUPS**

<table>
<thead>
<tr>
<th>Week</th>
<th>Menu</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>Homemade Salsa</td>
</tr>
<tr>
<td>2nd</td>
<td>Veggie Tempura</td>
</tr>
<tr>
<td>3rd</td>
<td>Paper Wrapped Chicken</td>
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<tr>
<td>4th</td>
<td>Burritos</td>
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</tbody>
</table>

Culinary groups are a great time to invite a friend or family member to the center for good food and good company. Cooking groups happen every Wednesday.

**USEFUL RESOURCES**

- Kern County Library
- St. Anne’s Pantry
- Salvation Army Commodities
- St. Michaels Pantry
- Grace Lutheran
- Kerr McGee City Hall
- Kerrville Whiskey Flats
- Cerro Coso Library

**NON FOOD ITEMS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Where</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stamps</td>
<td>Kerrville Whiskey Flats</td>
<td>For mailing letters</td>
</tr>
<tr>
<td>Toilet paper</td>
<td>St. Anne’s Pantry</td>
<td>For personal use</td>
</tr>
<tr>
<td>Soap</td>
<td>Salvation Army Commodities</td>
<td>For personal use</td>
</tr>
<tr>
<td>Food items</td>
<td>St. Michaels Pantry</td>
<td>For cooking groups</td>
</tr>
</tbody>
</table>

These items are available at the center and can be used for various needs.

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