

SEPT. 2020

Virtual Class Schedule

Due to the COVID-19 pandemic, the Consumer Family Learning Center (CFLC) is now offering several of its peer-led classes and support groups **virtually!**

These virtual groups are for adult clients only, and class sizes will be limited to 10 attendees. **Clients must register in advance for each class** and have the ability to join Microsoft Teams to participate with audio and/or video. Participation in a class will not be anonymous.

To pre-register for a class 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 #2,**
10:30 a.m. • Via Microsoft Teams (Code: 218 983 716#)
- ▶ **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#)
- ▶ **Peer Support for Beginners**
1-2 p.m. • Via Microsoft Teams (Code: 593-762-360#)
- ▶ **COVID-19 Impact and Support Group**
2-3:30 p.m. • Via Microsoft Teams (Code: 889-572-332#)

THURSDAY

- ▶ **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#)
- ▶ **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 pre-register



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



SEPT. 2020

Horario de clases virtuales

Debido a la pandemia COVID-19, el Centro de Aprendizaje Familiar del Consumidor (CFLC) ahora ofrece several de sus clases dirigidas por pares y grupos de apoyo virtualmente!

Estos grupos virtuales son solo para clientes adultos y los tamaños de clase estarán limitados a 10 asistentes. **Los clientes deben registrarse con antelación para cada clase** y tener la capacidad de unirse a Microsoft Teams para participar con audio o vídeo. La participación en una clase no será anónima.

Para pre-registrarse para una clase o para obtener más información, llame a la 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. – Mediodía • 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 #2**
10:30 a.m. – Mediodía • Via Microsoft Teams (Code: 218 983 716#)
- ▶ **Overcoming Anxiety**
10:30 a.m. – Mediodía • 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#)
- ▶ **Peer Support for Beginners**
1-2 p.m. • Via Microsoft Teams (Code: 593-762-360#)
- ▶ **COVID-19 Impact and Support Group**
2-3:30 p.m. • Via Microsoft Teams (Code: 889-572-332#)

JUEVES

- ▶ **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. – Mediodía • Via Microsoft Teams (Code: 646 116 352#)
- ▶ **Art 4 the Soul**
10:30 a.m. – Mediodía • Call 661-868-7550 to register
- ▶ **DBT Skills Group**
1-2 p.m. • Via Microsoft Teams (Code: 224-701-124#)
- ▶ **Conflict Resolution**
2:30-4 p.m. • Via Microsoft Teams (Code: 940-793-758#)

Las clases de Consejería de Adición 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.

FOR TODAS LAS REUNIONES: Marque 1-442-286-0126, y luego ingrese el código de grupo.



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Substance Use Division Access Line: 1-866-266-4898

