

<b>FRI 7</b> <b>Special in the Kitchen: Posole</b> 4-6 p.m. <b>Day of the Dead Dance</b> 5-7 p.m.	<b>THUR 14</b> <b>Grupo de Apoyo para padres con hijos con necesidades especiales</b> 10 a.m. – Noon <b>Advisory Board Meeting</b> 11 a.m. – 12:30 p.m.	<b>THUR 21</b> (Continued) <b>Gratitude Luncheon</b> 1-3 p.m. RSVP, Limit 60 members <b>Holiday Activities</b> 3-5 p.m.
<b>SAT 2</b> <b>Classic Film Appreciation: From Russia with Love – 007 movie</b> 10 a.m. – Noon	<b>FRI 15</b> <b>In the Kitchen &amp; Birthday Celebration</b> 12:30-2:30 p.m. <b>Movie Night: Spiderman Far From Home</b> 5-7 p.m.	<b>FRI 22</b> <b>Movie Night: Pokémon Detective Pikachu</b> 5-7 p.m. <b>La Loteria y Actividades</b> 5-7 p.m.
<b>MON 4</b> <b>Mental Health Collaborative</b> 4-5:30 p.m. Closed meeting	<b>SAT 16</b> <b>Classic Film Appreciation: The Living Daylights</b> 10 a.m. – Noon <b>Adult Mental Health First Aid</b> 9 a.m. – 5 p.m. RSVP by Nov. 11	<b>SAT 23</b> <b>Classic Film Appreciation: Goldeneye – 007 movie</b> 10 a.m. – Noon <b>Youth Mental Health First Aid</b> 9 a.m. – 5 p.m. RSVP by Nov. 15
<b>TUES 5</b> <b>Suicide Survivor Support Group</b> 6-8 p.m. Ellen Eggert, 868-1719	<b>MON 18</b> <b>NAMI Executive Board Meeting</b> 5-7 p.m.	<b>TUES 26</b> <b>NAMI Family Support Group</b> 6-7:30 p.m. Cindy Gill, 805-6604
<b>FRI 8</b> <b>Cupcakes with Mike &amp; Mandie</b> 5-7 p.m. <b>Karaoke</b> 5-7 p.m.	<b>TUES 19</b> <b>Suicide Survivor Support Group</b> 6-8 p.m. Ellen Eggert, 868-1719	<b>THUR 28</b> <b>CFLC Closed Thanksgiving Holiday</b>
<b>SAT 9</b> <b>Classic Film Appreciation: For Your Eyes Only – 007 movie</b> 10 a.m. – Noon	<b>THUR 21</b> <b>CFLC Closed</b> 8 a.m. – 1 p.m. <b>Bakersfield Condors Game Outing</b> 10 a.m. – 1 p.m. RSVP, Limit 12 people	<b>FRI 29</b> <b>CFLC Closed Thanksgiving Holiday</b>
<b>TUES 12</b> <b>Kern County Museum Outing</b> 10 a.m. – Noon, Limit 12 <b>NAMI Family Support Group</b> 6-7:30 p.m. Cindy Gill, 805-6604		<b>SAT 30</b> <b>Classic Film Appreciation: The Man Who Invented Christmas</b> 10 a.m. – Noon

**HOPE. HEALING. LIFE.**

**CFLC HOURS**

**Monday – Friday**  
8 a.m. – 7 p.m.

**Saturday**  
9 a.m. – 12:30 p.m.

**COMPUTER LAB HOURS**

**Monday – Friday**  
8 a.m. – Noon  
1-5 p.m.

The Computer Lab will be closed on certain days for classes. See the main calendar for more information.

**IMPORTANT NUMBERS**

**Crisis Hotline**  
1-800-991-5272

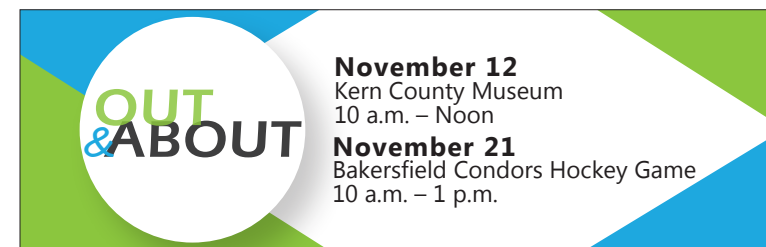
**Suicide Prevention Hotline**  
1-800-273-8255

The Consumer Family Learning Center (CFLC) is a community resource for people whose lives have been impacted by mental illness and/or substance use. CFLC is part of Kern Behavioral Health & Recovery Services and is funded by the Mental Health Services Act.

All groups at the CFLC are free. While we do not have clinicians, our support groups are peer-led. Attend the group that suits you and develop friendships with others who understand what you are going through.

You must be 18 years or older to participate in activities. Adult family members and friends are also welcome to attend.

For more information or to RSVP for a class, please call the Consumer Family Learning Center at 661-868-7550.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>9-10 a.m.</b> Sports Talk with Kevin</p> <p><b>9:30-11:30 a.m.</b> Aprender a la Coser</p> <p><b>10-11 a.m.</b> A Better You</p> <p><b>10 a.m. – Noon</b> Primeros Auxilios para la Salud Mental (4-week course RSVP, MariCarmen Rubial, 661-348-8789)</p> <p><b>11 a.m. – Noon</b> Laughter Yoga</p> <p>Learn Basic Spanish</p> <p><b>12:15-1:15 p.m.</b> Life Skills</p> <p><b>12:30-2 p.m.</b> Depression Management</p> <p><b>2-3 p.m.</b> Conflict Resolution/ Anger Management</p> <p>Un Dia a La Vez</p> <p><b>3-4 p.m.</b> Karaoke</p> <p><b>3-4:30 p.m.</b> Sew Easy: Sewing Basics &amp; Projects</p> <p><b>5-6 p.m.</b> Finding My Strengths</p> <p><b>5-6:30 p.m.</b> Beginning Quilting Class (RSVP)</p> <p><b>5-7 p.m.</b> NAMI Executive Board Meeting (Second Monday)</p>	<p><b>9-10 a.m.</b> Collage for Healing</p> <p><b>10-11 a.m.</b> Cooking on a Budget Hearts &amp; Minds</p> <p><b>11 a.m. – Noon</b> Illness Management &amp; Recovery</p> <p><b>11 a.m. – 12:30 p.m.</b> Artistic Expressionism</p> <p><b>1-2 p.m.</b> Harm Reduction</p> <p><b>1-3 p.m.</b> GED Prep</p> <p>Tejer y Manualidades</p> <p><b>1:15-3 p.m.</b> Crisis Addiction Counseling (Attend orientation first)</p> <p><b>2-4 p.m.</b> Introduction to Computers &amp; Internet (RSVP, Limit 12 people)</p> <p><b>3-4 p.m.</b> Low-Impact Zumba</p> <p><b>5:30-6:30 p.m.</b> Co-Dependency Support &amp; Education Group</p> <p><b>5:30-7 p.m.</b> Veterans Support Group</p> <p><b>6-7:30 p.m.</b> NAMI Family Support Group (Cindy Gill, 661-805-6604 Second &amp; Fourth Tuesdays)</p> <p><b>6-8 p.m.</b> Suicide Survivor Support Group (Ellen Eggert, 661-868-1719 First &amp; Third Tuesdays)</p>	<p><b>9-10 a.m.</b> Beading Crafts</p> <p><b>10-11 a.m.</b> Apoyo Emocional y Educación – Para Familias</p> <p>Schizophrenics Anonymous</p> <p><b>10 a.m. – Noon</b> Love to Create Crafts (Sewing)</p> <p><b>10:30-11:30 a.m.</b> Coping with Suicide Support Group</p> <p><b>11 a.m. – Noon</b> Dual Recovery Anonymous</p> <p>Maverick’s Men’s Group</p> <p>Reading, Writing &amp; Math</p> <p><b>1-2 p.m.</b> LGBTQ Discussion &amp; Support Group</p> <p><b>1-3 p.m.</b> Creative Expressions (First-come, first-served, Limit 12 people)</p> <p><b>1:15-3 p.m.</b> Crisis Addiction Counseling (Please attend orientation first)</p> <p><b>2-3 p.m.</b> Creative Journaling</p> <p>Communication Building Blocks</p> <p>La Comunicación Efectiva</p> <p><b>4-5:30 p.m.</b> Spirituality &amp; Recovery</p> <p><b>5-6 p.m.</b> Coping &amp; Life Skills</p> <p><b>5-8 p.m.</b> NAMI Family 2 Family Class (12 weeks, Cindy Gill, 661-805-6604)</p> <p><b>6-7 p.m.</b> Crystal Meth Anonymous</p>	<p><b>9-10:30 a.m.</b> Beginning Oil Painting</p> <p><b>9-11 a.m.</b> Color Me Happy</p> <p><b>10-11 a.m.</b> Beginning Guitar Basics (RSVP)</p> <p>Schizophrenics Anonymous &amp; Psychoeducation</p> <p><b>10 a.m. – Noon</b> Grupo de Apoyo para Padres con Hijos con Necesidades Especiales (Second Thursday)</p> <p><b>11 a.m. – Noon</b> Advanced Guitar (RSVP)</p> <p>NAMI Family to Family Support Group (Second Thursday)</p> <p><b>11 a.m. – 12:30 p.m.</b> Advisory Board Meeting (Second &amp; Fourth Thursdays)</p> <p>Beginning Acrylic Painting (RSVP, Limit 10 people)</p> <p><b>11 a.m. – 1 p.m.</b> Seeking Safety for Women</p> <p><b>1-2 p.m.</b> Peer Support for Beginners</p> <p>Preventing Mental Health Relapse</p> <p><b>1:15-3 p.m.</b> Crisis Addiction Counseling (Attend orientation first)</p> <p><b>2-3 p.m.</b> Overcoming Anxiety Problem Solving Through Storytelling</p> <p><b>2:30-3:30 p.m.</b> Alcoholics Anonymous</p> <p><b>5-6 p.m.</b> Diabetes Support Group</p> <p>Family Matrix Group</p> <p>Understanding My Loved One</p> <p><b>6-7 p.m.</b> Manejo del Estrés</p> <p>Meditation for Change</p>	<p><b>9:30 a.m. – Noon</b> Board Games in Lounge</p> <p>Manejo Personal de la Diabetes (6-week course. MariCarmen Ruibal 661-348-8789)</p> <p><b>10 a.m. – Noon</b> Art 4 the Soul – Acrylic Painting (Session 1) (First-come, first-served. Limit 10 people)</p> <p>Crochet &amp; Cross-Stitch Club</p> <p>Open Sewing Lab</p> <p>Un Rinconsito Para Meditar y Sanar</p> <p><b>12:30-2:30 p.m.</b> In the Kitchen &amp; Birthday Celebration (Third Friday)</p> <p><b>1-2 p.m.</b> Woman to Woman</p> <p>Yoga</p> <p><b>1-4 p.m.</b> Quilting Club</p> <p><b>2-4 p.m.</b> Wii Gaming (First, Second &amp; Fourth Fridays)</p> <p><b>3-4 p.m.</b> Bipolar 101</p> <p>Grief Support</p> <p><b>5-7 p.m.</b> Art 4 the Soul – Acrylic Painting (Session 2)</p> <p>Friday Night Events (See back calendar for details)</p>	<p><b>9 a.m. – 12:30 p.m.</b> RPG Advanced +1 (RSVP)</p> <p><b>9-11 a.m.</b> Color Me Happy</p> <p><b>9 a.m. – 5 p.m.</b> Adult Mental Health First Aid (Nov. 16 only, RSVP with Sherri, 868-7552)</p> <p>Youth Mental Health First Aid (Nov. 23 only, RSVP with Sandy, 868-7550)</p> <p><b>10 a.m. – 12:30 p.m.</b> Classic Film Appreciation (See back for movie selections)</p> <p>Recovery International</p>	<p><b>The CFLC is closed on Sundays</b></p>

## Monday – Friday

Transportation is offered for all CFLC events, classes and groups. RSVPs are required for all transportation to and from the bus hubs. RSVPs for evening transportation must also be made before 5 p.m. To RSVP, please call 661-868-7550.

## Bakersfield Departures

- ▶ Downtown – GET Bus Terminal – 2129 Chester Ave.  
9:50 a.m. • 12:10 p.m. • 4:10 p.m.
- ▶ Valley Plaza – Brightwood College campus – 1914 Wible Road  
9:35 a.m. • 12:25 p.m. • 4:25 p.m.
- ▶ Stockdale – 5121 Stockdale Hwy. (In front of 150A)  
9:30 a.m. • 12:30 p.m. • 4:30 p.m.
- ▶ South East Bakersfield Adult – 1600 E. Belle Terrace  
9:20 a.m. • 12:40 p.m. • 4:40 p.m.
- ▶ Mary K. Shell Building – 2151 College Ave.  
9:10 a.m. • 12:50 p.m. • 4:50 p.m.

## CFLC Departures

- ▶ 12 p.m. • 4 p.m. • 7 p.m.
- ▶ 3 p.m. on Thursdays

**Please notify the CFLC at least an hour before your pick-up or drop-off time.**