

**TUES 7**  
**Suicide Survivor Support Group**  
6-8 p.m.  
Ellen Eggert, 868-1719

**FRI 4**  
**Movie Night: Godzilla: King of Monsters**  
5-7 p.m.

**SAT 5**  
**Classic Film Appreciation**  
**Revenge of the Pink Panther**  
10 a.m. – Noon

**TUES 8**  
**Swap Meet at the Fairgrounds**  
9-11 a.m.  
(RSVP, Limit 6 people)  
**NAMI Family Support Group**  
6-7:30 p.m.  
Cindy Gill, 805-6604

**THUR 10**  
**Advisory Board Meeting**  
11 a.m. – 12:30 p.m.

**FRI 11**  
**Cupcakes with Mike & Mandie**  
5-7 p.m.  
**NAMI's Light the Night**  
5-7 p.m.  
**Game Night (No Karaoke)**  
5-7 p.m.

**SAT 12**  
**NAMI Walks at Beach Park**  
9 a.m. – Noon  
**Classic Film Appreciation Canceled**

**MON 14**  
**NAMI Executive Board Meeting**  
5-7 p.m.

**TUES 15**  
**Murray Family Farms Pumpkin Patch Outing**  
10 a.m. – Noon  
(RSVP, Limit 6 people)  
**Suicide Survivor Support Group**  
6-8 p.m.  
Ellen Eggert, 868-1719

**FRI 18**  
**In the Kitchen & Birthday Celebration**  
1-3 p.m.  
**Halloween Karaoke & La Loteria**  
5-7 p.m.

**SAT 19**  
**Youth Mental Health First Aid**  
9 a.m. – 5 p.m.  
RSVP by Oct. 14 to Sherri at 868-7552  
**Classic Film Appreciation: TBD**  
10 a.m. – Noon

**TUES 22**  
**NAMI Family Support Group**  
6-7:30 p.m.  
Cindy Gill, 805-6604

**THUR 24**  
**Advisory Board Meeting**  
11 a.m. – 12:30 p.m.

**FRI 25**  
**Recovery Conference**  
9 a.m. – 3 p.m.  
Bakersfield Marriott at the Convention Center  
CFLC Closed  
No evening activities scheduled

**SAT 26**  
**Classic Film Appreciation Clue**  
10 a.m. – Noon

**THUR 31**  
**Halloween Movies in Lounge**  
Throughout day

## 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.

We are *Hope*

13th annual *Recovery Conference*

October 25, 2019  
9 a.m. – 3 p.m. | Bakersfield Marriott at the Convention Center  
Continental breakfast & lunch provided FREE to attend  
Call 661-868-7550 by Oct. 18 to register  
Registration opens Sept. 16



Not all Heroes Wear Capes!

Join us **NAMI Walks**  
National Alliance on Mental Illness

**2019**

**October 12**  
Check-in: 8:30 a.m.  
Program: 9 a.m.  
Beach Park  
(Oak & 24th streets)

Help raise funds and awareness!  
Register at [www.namwalks.org/kerncounty](http://www.namwalks.org/kerncounty)  
For more information: 661-331-7856

**OUT & ABOUT**

**October 8**  
Swap Meet at the Fairgrounds  
9-11 a.m.

**October 15**  
Murray Family Farms Pumpkin Patch  
10 a.m. – Noon

# WEEKLY CLASS SCHEDULE

## MONDAY

**9-10 a.m.**  
Sports Talk with Kevin

**9:30-10:30 a.m.**  
Aprender a la Coser

**10-11 a.m.**  
A Better You

**10 a.m. – Noon**  
Primeros Auxilios para la Salud Mental (4-week course RSVP, MariCarmen Rubial, 661-348-8789)

**11 a.m. – Noon**  
Laughter Yoga

Learn Basic Spanish

**12:15-1:15 p.m.**  
Life Skills

**12:30-2 p.m.**  
Depression Management

**2-3 p.m.**  
Conflict Resolution/ Anger Management

Un Dia a La Vez

**3-4 p.m.**  
Karaoke

**3-4:30 p.m.**  
Woodcrafts (First & Third Mondays, RSVP, Limit 6 people)

**3-5 p.m.**  
Sew Easy: Sewing Basics & Projects

**5-6 p.m.**  
Finding My Strengths

**5-7 p.m.**  
Beginning Quilting Class (RSVP)

NAMI Executive Board Meeting (Second Monday)

## TUESDAY

**9-10 a.m.**  
Collage for Healing

**10-11 a.m.**  
Cooking on a Budget

Hearts & Minds

**10 a.m. – Noon**  
Basic Drawing

**11 a.m. – Noon**  
Illness Management & Recovery

**1-2 p.m.**  
Harm Reduction

**1-3 p.m.**  
GED Prep

Introduction to Computers & Internet (RSVP, Limit 12 people)

**1:15-3 p.m.**  
Crisis Addiction Counseling (Attend orientation first)

**3-4 p.m.**  
Low-Impact Zumba

**3-5 p.m.**  
Tejer y Manualidades

**5:30-6:30 p.m.**  
Co-Dependency Support & Education Group

**5:30-7 p.m.**  
Veterans Support Group

**6-8 p.m.**  
Suicide Survivor Support Group (Ellen Eggert, 661-868-1719 First & Third Tuesdays)

**6-7:30 p.m.**  
NAMI Family Support Group (Cindy Gill, 661-805-6604 Second & Fourth Tuesdays)

## WEDNESDAY

**9-10 a.m.**  
Beading Crafts

**10-11 a.m.**  
Apoyo Emocional y Educación – Para Familias

Schizophrenics Anonymous

**10 a.m. – Noon**  
Love to Create Crafts (Sewing)

**10:30-11:30 a.m.**  
Coping with Suicide Support Group

**11 a.m. – Noon**  
Dual Recovery Anonymous

Maverick’s Men’s Group

Reading, Writing & Math

**1-2 p.m.**  
LGBTQ Discussion & Support Group

**1-3 p.m.**  
Creative Expressions (First-come, first-served, Limit 12 people)

**1:15-3 p.m.**  
Crisis Addiction Counseling (Please attend orientation first)

**2-3 p.m.**  
Creative Journaling

**2-3:30 p.m.**  
Communication Building Blocks

La Comunicación Efectiva

**4-5:30 p.m.**  
Spirituality & Recovery

**5-6 p.m.**  
Coping & Life Skills

**5-8 p.m.**  
NAMI Family 2 Family Class (12 weeks Cindy Gill, 661-805-6604)

**6-7 p.m.**  
Crystal Meth Anonymous

## THURSDAY

**9-11 a.m.**  
Beginning Oil Painting

**10-11 a.m.**  
Beginning Guitar Basics (RSVP)

Schizophrenics Anonymous

**10 a.m. – Noon**  
Color Me Happy

**11 a.m. – Noon**  
Advanced Guitar (RSVP)

NAMI Family to Family Support Group (Second Thursday)

**11 a.m. – 12:30 p.m.**  
Advisory Board Meeting (Second & Fourth Thursdays)

Beginning Acrylic Painting (RSVP, Limit 10 people)

**11 a.m. – 1 p.m.**  
Seeking Safety for Women

**1-2 p.m.**  
Peer Support for Beginners

Preventing Mental Health Relapse

**1:15-3 p.m.**  
Crisis Addiction Counseling (Attend orientation first)

**2-3 p.m.**  
Overcoming Anxiety

Problem Solving Through Storytelling

**2:30-3:30 p.m.**  
Alcoholics Anonymous

**5-6 p.m.**  
Diabetes Support Group

Family Matrix Group

Understanding My Loved One

**6-7 p.m.**  
Manejo del Estrés

Meditation for Change

## FRIDAY

**9:30 a.m. – Noon**  
Board Games in Lounge

Manejo Personal de la Diabetes (6-week course. MariCarmen Ruibal 661-348-8789)

**10 a.m. – Noon**  
Art 4 the Soul – Acrylic Painting (Session 1) ((First-come, first-served. Limit 10 people)

Crochet & Cross-Stitch Club

Open Sewing Lab

Un Rinconsito Para Meditar y Sanar

**1-2 p.m.**  
Woman to Woman Yoga

**1-3 p.m.**  
In the Kitchen & Birthday Celebration (Third Friday)

**1-4 p.m.**  
Quilting Club

**2-4 p.m.**  
Wii Gaming (First, Second & Fourth Fridays)

**3-4 p.m.**  
Bipolar 101

Grief Support

**5-7 p.m.**  
Art 4 the Soul – Acrylic Painting (Session 2)

Friday Night Events (See back calendar for details)

## SATURDAY

**9 a.m. – 12:30 p.m.**  
RPG Advanced +1 (RSVP)

**9-11 a.m.**  
Color Me Happy

**9 a.m. – 5 p.m.**  
Youth Mental Health First Aid (Oct. 18 only, RSVP)

**10 a.m. – 12:30 p.m.**  
Classic Film Appreciation (See back for movie selections)

Recovery International

## SUNDAY

The CFLC is closed on Sundays

## Transportation

### 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.