

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

Virtual groups are for adult consumers only. Class sizes are limited to 10 attendees.

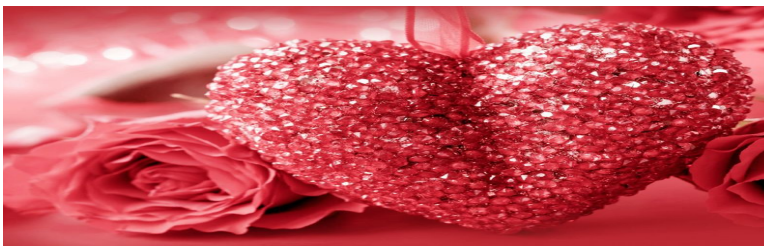
***Attendees must register in advance for each class and can join via Zoom with audio and/or video, through an email invitation or by phone need Access code.**

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

The LEARNING CENTER

107 SOUTH MILLS STREET SUITE B, TEHACHAPI, CA 93561
(661) 822-4639

FEBRUARY 2021



VIRTUAL GROUP SCHEDULE

VIA Zoom

Participation is not anonymous. 18+ years old
Call the Learning Center to pre-register or for more information

MON: 1:00pm– 2:00pm Monday Talk/Support with Sonja

TUE: 10:30am– 11:30am Coloring Art with Jessica
**Contact us for supplies ahead of time & have ready!*
12pm-1pm Nutrition with Tanya

WED: 10:00am – 11:00am Walk/Indoor Exercise with Jessica (on phone at your destination)

Thurs. No groups

FRI: 1:00pm– 2:00pm Bingo with Serena (Win Prizes!)
2:00pm– 3:00pm Women's Group with Pam (every 1st and 3rd Fri.)
2:00pm– 3:00pm Men's Group with Pam (every 2nd and 4th Fri.)



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