Groups:

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| **MONDAY:**   * 9-10: Workout/Morning Talk * 10-11: Coffee/Tea Chat * 11:12: Computer Support * 1-2: Sewing * 2-3: Overcoming Anxiety * 3-4 Social Space   **TUESDAY:**   * 9-10: Workout/Morning Talk * 10-11: Men’s Group * 11-12: Anger Support * 1-2: Coloring Art * 2-3: Bingo w/prizes * 3-4: Social Space * **\*Late Night 5-6pm**     **WEDNESDAY:**   * 9-10: Workout/Morning Talk * 10-11: Nutrition * 1-2: Painting * 2-3: Basic Spanish * 3-4: Social Space   **THURSDAY:**   * 9-10: Workout/Morning Talk * **10-11: New Comers Tour** * 11-12: Beating Depression * 1-2: Trivia Games * 2-3: Craft/DIY * 3-4: Social Space or***Family & Friends Support*** * **\*Late Night 5-6pm** | The  **LEARNING**  **Center**  **107 SOUTH MILL STREET sUITE b, tEHACHAPI, ca 93561**  (661)822-4639 M-F 9-4pm/Phone calls 8-5pm  ****may 2024****  cid:image001.png@01D690DB.653F8EB0 Logo  Description automatically generated  Mental Health Awareness Month Free Images There Are More Than 97,000  Vectors, Stock Photos & Psd Files. - Printable Templates Free | |
| **Friday:**   * 9-10: Workout/Morning Talk * 10-11 Women’s Group * 11-12: Card Games * 1-2: Board Games * 2-3: T.V Room & Socialize * 3-4: Social Space   **\*Scheduled events/groups are**  **subject to change at any time.**  **If you feel you are in crisis, please call:**  **877-300-4738 for**  **24-Hour Help**   * **Kern County Crisis Hotline:**   **1-800-991-5272**   * **Suicide Prevention Hotline: 988 or 1-800-273-8255** * **National Domestic Violence Hotline:1-800-799-7233** * **Human Trafficking Hotline:**   **1-888-539-2373** |  | **The CCS Learning Center is funded by the Kern Behavioral Health and Recovery Services. We are a resource offered to the community to help and support those whose lives have been impacted by a mental illness and/or substance abuse. Anyone seeking recovery is welcome! *\*All groups offered are PEER LED.* *\*Groups offered are NOT Court Ordered.* *Peers must be 18+ years* Call the Learning Center for more information.**  **Announcements**:   * **May 13th Mon. 3:30-5pm Closed Board Meeting** * **May 22nd Wed. Open House 2-5pm** * **May 27th Mon. Holiday Closed**   **Transportation Available: RSVP limited seating & Attend at least 2 groups. Pick-ups: 8:30-9:30am & Drop-offs: 3:30-4:30pm. (Please call the center the morning of pick-up and for availability 8-8:30am)**  **Computer Lab Hours: Mon-Fri 10am-12pm & 3pm**  **LATE NIGHTS:**  **TUESDAYS & THURSDAYS**  **Hours 5-6 pm**   * **May 7th Tues. Craft Night** * **May 9th Thurs. Bingo Night** * **May 14th Tues. Paint Night** * **May 16th Thurs. Social Night** * **May 21st Tues. Game Night** * **May 23rd Thurs. Trivia Night** * **May 28th Tues. Skip-bo Night**     **Outings:**  **Tuesdays- Coffee Mill 10-11am**  **Wednesdays- Antique Shop 11-12**  **Thursdays- Thrift Store 10-11am** |