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 generatedMental 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** |