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| **C.C.S. HOPE Learning CENTER 1400 North Norma St. Suite 137 Ridgecrest 760-446-1597**  **APRIL 2024** | | | | |
| **If you are in crisis, please call (760) 467-4738 or (877) 300-4738 Kern BHRS hotline after hours (866)467-0580 Crisis &Suicide Prevention hotline (800)991-5272 0r #988 Kern BHRS Substance Use Division access line (866)266-4898 The Learning Center is funded by the Mental Health Services Act through KERNBHRS. Workshops are subject to change. We are a NARCAN distribution center. Thank you.** | | | | |  |
| **Monday** | Tuesday | Wednesday | Thursday | Friday |  |
| 1  8:00-9:30 Garden Trip  10:00-11:00 Goal Setting  11:30-1:15 Field Trip/Lunch  2:00-3:00 Anger Management  3:00-4:30 Computer Ed  4:45 Closing Tasks | 2  8:00-9:00 **Outreach** (Cerro Coso)  10:00-11:00 Computer Ed  11:30-1:15 Field Trip/Lunch  2:00-3:00 Art/Games (Members Choice)  3:00-4:30 Identifying Triggers  4:45 Closing Tasks | 3  8:30-9:30 Garden Ed  10:00-11;00 Advisory Meeting  11:00-11:30 Managing Family Conflict  11:30-1:15 Field Trip/Lunch  2:00-3:30 Controlling Anger  4:00-4:30 Journaling  4:45 Closing Tasks | 4  8:00-9:30 Supper Shopper  10:00-11:00 Managing Family Conflict  11:30-1:15 Field Trip/Lunch  2:00-3:30  3:30-4:30 T.O.P.S.  4:00-4:30 NARCAN Training  4:45 Closing Tasks | 5  8:00-9:30 Garden Trip  10:00-11:00 Goal Setting  11:30-1:15 Field Trip/Lunch  1:30-2:30 Anxiety  3:00-4:30 Zap Triggers  4:45 Closing Tasks |
| 8  8:00-9:30 Garden Trip  10:00-11:00 Goal Setting  11:30-1:15 Field Trip/Lunch  2:00-3:00 Anger Management  3:00-4:30 Grief Support  4:45 Closing Tasks | 9  8:00-9:00 **Outreach**  10:00-11:00 Computer Ed  11:30-1:15 Field Trip/Lunch  2:00-3:00 Art/Games (Members Choice)  3:00-4:30 Using Journaling Skills  4:45 Closing Tasks | 10  10:00-11;00 Garden Ed  11:00-11:30 Smart Shopper  11:30-1:15 Field Trip/  Lunch  2:00-3:00 Financial Goals  3:00-4:30 Anger Management  4:45 Closing Tasks | 11  8:00-9:30 Supper Shopper  10:00-11:00 Managing Family Conflict  11:30-1:15 Field Trip/Lunch  2:00-3:30 Recognizing Triggers  3:30-4:30 T.O.P.S.  4:00-4:45 NARCAN-  Training  4:45 Closing Tasks | 12  8:00-9:30 Garden Trip  10:00-11:00 Computer Ed  11:30-1:15 Field Trip/Lunch  1:30-2:00 Coping Skills  2:30-3:30 Managing Conflict  3:30-4:30 Focus on Strengths  4:45 Closing Tasks |
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| 15 | 16 | 17 | 18 | 19 |
| 8:00-9:30 Garden Trip  9:00-10:00 Computer Ed  11:30-1:15 Field Trip/Lunch  1:15-2:00 Computer Ed  2:15-3:00 Managing Finances  3:00-4:30 Grief Support  4:45 Closing Tasks | 8:00-9:00 **Outreach**  9:00-10:00 Computer Ed  11:30-1:15 Field Trip/Lunch  1:15-2:00 Anxiety/PTSD  2:15-3:00 Using Coping Skills  3:00-4:30 Art/Games (Members Choice)  4:45 Closing Tasks | 8:00-9:00 Garden Ed  10:00-11:15 Advisory Meeting  11:30-1:15 Field Trip/Lunch  2:00-3:00 Time Management Skills  3:00-4:00 Coping Skills  4:00-4:30 Journaling  4:45 Closing Tasks | 8:00- 9:30 Supper Shopper  10:00-11:00 Zap Anxiety  11:30-1:15 Field Trip/  Lunch  2:00-3:00 Control Anger  3:30-4:30 T.O.P.S.  3:30-4:30 Art/Games (Members Choice)  4:45 Closing Tasks | 8:00-9:30 Garden Trip  11:30-1:15 Field Trip/Lunch  1:30-2:00 Journal  2:15-2:45 Art/Games (Members Choice)  3:00-4:30 Time Management  4:45 Closing Tasks |  |
| 22 | 23 | 24 | 25 | 26 |
| 8:30-9:30 Garden Trip  9:00-11:00 Journal  1130-1:15 Field Trip/Lunch  1:30-2:30 Kick depression!  3:00-4:00 Journaling  4:00-4:30 Art/Games (Members Choice)  4:45 Closing Tasks | 8:00-9:00 **Outreach**  11:30-1:00 Field Trip/Lunch  1:30-2:00 Financial Planning  2:15-3:00 Managing Depression  3:00-4:30 Anxiety  4:45 Closing Tasks | 8:00-9:00 Garden Ed  10:00-11:00 Advisory Meeting  11:30-1:15 Field Trip/Lunch  2:00-3:00 Time Management  3:15-4:00 Computer Ed  4:45 Closing Tasks | 8:00- 9:30 Supper Shopper  10;00-11:00 Garden Ed  11:30-1:15 Field Trip/Lunch  2;00-3:00 Anxiety/PTSD  3:30-4:30 T.O.P.S.  3:00-4:30 Coping Skills  4:45 Closing Tasks | 8:00-9:30 Garden Trip  10:00-11:00 Anxiety/PTSD  11:00-2:00 Speaker Day  Pot Luck  2:00-3:00 Time Management  3:30-4:30 Computer Ed  4:45 Closing Tasks |  |
| 29  8:30-9:00 Garden Trip  9:00-11:00 Computer  11:30-1:15 Field Trip/Lunch  3:00-4:30 Grief Support  4:45 Closing Tasks | 30  8:00-9:00 **Outreach**  10:00-11:00 Avoiding Triggers  11:30-1:15 Field Trip/Lunch  1:30-3:00 Coping Skills  4:45 Closing Task |  | Free books in the Book Nook!  Puzzles galore!  Come relax with us and have fun! | **HOPE Learning Center Closes at 4:45. All Participants must leave at that time!** |