

# JUN. 2022

## Virtual Class Schedule

Due to the COVID-19 pandemic, the Consumer Family Learning Center (CFLC) is offering peer-led classes and support groups **virtually!** These groups are for adults only, and class sizes are limited to 18 attendees. Individuals must become a member before starting a group, and be able to join Microsoft Teams from a computer or smart phone. Participation in a class will not be anonymous.

**To become a member or for more information, call the CFLC at 661-868-7550.**

### MONDAY

- ▶ **Live Healthy by Choices**  
10-11 a.m. • Via Microsoft Teams
- ▶ **A Better You**  
11 a.m. – Noon • Via Microsoft Teams
- ▶ **Seeking Safety (Women's Group)**  
1-2:30 p.m. • Via Microsoft Teams
- ▶ **Men's Maverick Group**  
1-2 p.m. • Via Microsoft Teams
- ▶ **Combartir la Ansiedad**  
3-4:30 p.m. • Microsoft Teams
- ▶ **Communication Building Blocks**  
5-6 p.m. • Via Microsoft Teams

### TUESDAY

- ▶ **Manejo del Estrés (Spanish)**  
10:30 a.m. – Noon  
Via Microsoft Teams
- ▶ **Depression Management**  
1-2 p.m. • Via Microsoft Teams
- ▶ **Recovery in Action Group Process**  
1-2:30 p.m. • Via Microsoft Teams
- ▶ **Overcoming Anxiety**  
5-6 p.m. • Via Microsoft Teams
- ▶ **The Power To Be You**  
3-4:30 p.m. • Via Microsoft Teams

### WEDNESDAY

- ▶ **Apoyo Emocional (Spanish)**  
10:30-11:30 a.m.  
Via Microsoft Teams
- ▶ **Peer Support for Beginners**  
1-2 p.m. • Via Microsoft Teams
- ▶ **Recovery in Action Education Class**  
1-2:30 p.m. • Via Microsoft Teams
- ▶ **Spring Cleaning for the Soul**  
1-3p.m.  
Via Microsoft Teams
- ▶ **Emotional Support for Difficult Times**  
2-3 p.m. • Via Microsoft Teams
- ▶ **Laughter Yoga**  
3-4 p.m. • Via Microsoft Teams
- ▶ **Overcoming Anxiety**  
4-5:30 p.m. • Via Teams

### THURSDAY

- ▶ **Rewriting Our Internal Script**  
10-11:30 a.m. • Via Microsoft Teams
- ▶ **Schizophrenics Anonymous**  
10:30-11:30 a.m.  
Via Microsoft Teams
- ▶ **Un Riconsito para Meditar y Sanar (Spanish)**  
10:30 a.m. – Noon •  
Via Microsoft Teams
- ▶ **Preventing Mental Health Relapse**  
1-2 p.m. • Via Microsoft Teams
- ▶ **Recovery in Action Life Skills**  
1-2:30 p.m. • Via Microsoft Teams
- ▶ **Depression Management #2**  
2-3 p.m. • Via Microsoft Teams
- ▶ **Stress Management**  
5-6 p.m. • Via Microsoft Teams

### FRIDAY

- ▶ **Un Riconsito para Meditar y Sanar (Spanish)**  
10:30 a.m. – Noon • 2<sup>nd</sup> & 4<sup>th</sup> Fridays  
Via Microsoft Teams
- ▶ **DBT Skills Group**  
1-2 p.m. • Via Microsoft Teams
- ▶ **Exploring the Road to Recovery**  
2–3 p.m. • Via Microsoft Teams
- ▶ **Conflict Resolution**  
2:30-4 p.m. • Via Microsoft Teams

**Crisis Addiction Counseling (CAC) classes will also be held on Tuesday, Wednesday and Thursday.** CAC attendance is only available after orientation with Jon Casida. For more information, call 661-868-7567.

**FOR ALL MEETINGS: Dial 1-442-286-0126, and then enter Group Code # AFTER you become a member**



**Crisis Hotline 1-800-991-5272**  
**Suicide Prevention Hotline 1-800-273-8255**  
**Substance Use Division Access Line: 1-866-266-4898**



# JUN. 2022

## Horario de clases virtuales

Debido a la pandemia de COVID-19, el Centro de Aprendizaje de familias de consumidores (CFLC) ofrece clases y grupos de apoyo dirigidos por pares virtualmente! Estos grupos son para clientes adultos solamente, y el tamaño de las clases está limitado a 18 asistentes. Los clientes deben convertirse en miembros antes de iniciar un grupo y poder unirse a los grupos via Microsoft Teams o un celular. La participación en una clase no será anónima.

**Para hacerse miembro o para obtener más información, llame a CFLC al 661-868-7550.**

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**Las clases de Consejería de Adición de Crisis (CAC) también se llevarán a cabo los martes, miércoles y jueves.**  
Cuesta de asistencia solo está disponible después de la orientación con Jon Casida.  
Para obtener más información, llame a 661-868-7567.

**PARA TODAS LAS REUNIONES: Marque 1-442-286-0126, y luego ingrese el Código de Grupo - Después de convertirse en miembro**



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