

July-August 17th 2024

CFLC

2001 28th Street, Bakersfield, CA. 93301

The Consumer Family Learning Center (CFLC) is offering peer-led classes and support groups **virtually & IN-PERSON!** These groups are for adults only, and class sizes are limited to 18 attendees. Individuals must become a member before starting a group. Participation in a class will not be anonymous. The CFLC is for adults that are actively engaged in behavioral health recovery and their family members/ loved ones. **To become a member or for more information, call the CFLC at 661-868-7550.** We Hope To See You Soon!



Funded by the California Mental Health Services Act

MONDAY

A Better You
10:30 A.M – Noon Online

Men's Maverick Group
1:00 -2:00 P.M. Online

Seasons Change: Living with Bipolar Symptoms
2:00 - 3:00 P.M. Online

Combatir la Ansiedad (Spanish)
3:00 - 4:30 P.M. Online

Communication Building Blocks
5:00 - 6:00 P.M. Online

TUESDAY

Manejo del Estrés (Spanish)
10:30 A.M. – Noon Online

Recovery Out In The Field
In Person 11:00am - 1:30 P.M.

Depression Management
In Person 1:00 -2:00 P.M.

Recovery in Action Group Process
1:00 - 2:30 P.M. Online

Overcoming Anxiety
5:00 - 6:00 P.M. Online

WEDNESDAY

Apoyo Emocional (Spanish)
10:30 A.M. - Noon Hybrid

Recovery in Action Education Class
1:00 - 2:30 P.M. Online

Peer to Peer Group
1:00 - 2:00 P.M. Online

Loss & Grief: The Process of Healing
3:00 - 4:00 P.M. Online

DBT Skills Group
4:30 - 5:30 P.M. Online

THURSDAY

Schizophrenics Anonymous
10:30 - 11:30 A.M Hybrid

Un Rinconsito para Meditar y Sanar (Spanish)
10:30 A.M. - Noon Online

Out In The World
In Person 11:00 - Noon
or 1:30 P.M.

Preventing Mental Health Relapse
1:00 -2:00 P.M. Online

Recovery in Action Life Skills
1:00 - 2:30 P.M. Online

Depression Management #2
2:00 - 3:00 P.M. Online

NAMI Connection Recovery Support Group
In Person 6:00 - 7:00 P.M.

FRIDAY

Mujeres Invencibles
10:30 A.M - Noon Online

Stress Management
10:30- 11:30 A.M. Online

Healthy Habits
In Person 10:30 - 12:00 P.M.

LGBTQIA2s+ Support Group
2:00 - 3:30 P.M. Hybrid

Conflict Resolution
2:30 - 4:00 P.M Online

*****DURING THE CFLC RENOVATIONS WE WILL HAVE LIMITED ON-SITE GROUPS. PLEASE NOTE THE GROUPS IN **GREEN** WILL BE **VIRTUAL**, THE GROUPS IN **RED** ARE **IN PERSON**, AND THE GROUPS IN **BLUE** ARE **HYBRID** GROUPS!

PLEASE CALL [661-868-7550](tel:661-868-7550) FOR UPDATES AND GROUP INFORMATION!*****



Crisis Hotline 1-800-991-5272
Suicide & Crisis Lifeline: 988
Substance Use Division Access Line: 1-866-266-4898
KernBHRS.org



