

Who we are

Our community resource center is a vital asset to the area, offering a wide range of support groups and classes designed to meet the diverse needs of our community members. Whether you're looking to manage stress, navigate through grief, or improve your budgeting skills, we provide practical and emotional support in a welcoming environment. Our offerings extend beyond traditional classes, with activities like trivia, bingo, and community outings that foster social connections and a sense of belonging. Additionally, our team is dedicated to bridging the gap to essential resources, ensuring that everyone has access to the help they need, no matter the challenge, we're here to support, educate, and empower, making us a go-to hub for anyone seeking growth and connection.

September 2024 Schedule

Clarvida Hope Center



Come Join Us

Call or Text
760-382-1428

1400 N
Norma.
Suite 137

The Hope Center is funded by the
Mental Health Services Act
through Kern County BHRS

Mondays & Wednesdays

8-9 AM Coffee Hour

9-10 AM Meditation

10-11 AM Budgeting

11 AM-12 PM Car/Home
Maintenance

12-1 PM Closed for Lunch

1-2 PM Stress Management

2-3 PM Emotional IQ

3-4 PM Social Hour

4-4:45 PM Forms Help
Workshop



Tuesdays & Thursdays

8-9 AM Coffee Hour

9-10 AM Meditation

10-11 AM Yoga

11 AM -12 PM Anxiety
Support

12-1 PM Closed for Lunch

1-2 PM Art Therapy

2-3 PM Grief Support

3-4 PM Social Hour

4-4:45 PM Bingo

Crisis Hotline 1-800-991-5272
988 Suicide & Crisis Lifeline
SUD access Line 1-866-266-4898

Friday the 6th and 20th

8-9 AM Coffee Hour

9-11 AM Breathwork/ Problem Solving
Workshop

11AM - 12 PM - Card Games

12-1 PM Closed for Lunch

1-2 PM Public Speaking

2-3 PM Book Club
(You can Heal Your Life)

3-4 PM Resume/Job application Workshop

4-4:45 PM Trivia

Friday the 13th and 27th

7 AM-1 PM Community Outing
(13th Living Museum Bakersfield) Pre-sign
up required
(27th Bakersfield Art Museum) Pre-sign
up required

1-2 PM - Crochet Class

2-3 PM - Anger Management

3-4:45 PM - Emergency Planning