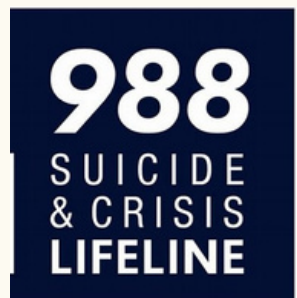


What we do.

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.



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

CLARVIDA HOPE CENTER

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

18 and above only



Monday

8am-9am - Coffee Hour
9am-10:30am - Resume Building
11am- 12pm - Stretching
12pm - 1pm - Social Hour
1pm - 2pm - Financial wellness
2pm - 3:30pm - Communication Skills
3:30pm - 4:30pm - Computer Lab/ Games

Tuesday

8am-9am - Coffee Hour
9am-10:30am - Breathwork
11am- 12pm - Sewing
12pm - 1pm - Social Hour
1pm - 2pm - Stress tools
2pm - 3:30pm - Art groups
3:30pm - 4:30pm - Computer Lab/ Games

Wednesday

8am-9am - Coffee Hour
9am-11am - Walk about Ridgecrest
11am- 12pm - Social Hour
12pm - 1pm - Strength Identification
1pm - 2pm - Book club
2pm - 3:30pm - Grief Support
3:30pm - 4:30pm - Computer Lab/ Games

Thursday

8am-9am - Coffee Hour
9am-11am - Walk about Ridgecrest
11am- 12pm - Computer Lab/ games
12pm - 1pm - Self care skills
1pm - 2pm - Collaborative games
2pm - 3:30pm - Computer lab
3:30pm - 4:30pm - Car/Home maintenance



Friyay!

8am-9am - Coffee Hour
9am-11am - Movie
11am- 1pm - Guided Art skills
1pm - 2pm - Self-care skills
2pm - 4pm- Civic Engagement and Responsibility
4pm - 4:30pm - Game corner

LGBTQ+ Support Group

March 14th 11am-1pm

March 18th 5pm-7pm

For special events please
sign up in advance
with one of the peers.

