

AUGUST 2025

Monday-Friday 10AM to 5PM at 2001 28th Street, Bakersfield, CA 93301

*Tuesdays and Thursdays 10AM to 6PM

CFLC

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. To join virtual groups, members must be able to join Microsoft Teams from a computer or smart phone. Participation in a class will not be anonymous. The CFLC is for adults who 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. This program is funded by BHSA.



MONDAY

Basic Computers

In Person 10:30 a.m.-11:30 a.m.

A Better You

10:30 a.m.-12:00 p.m. Hybrid

Men's Maverick Group

1:00 p.m.-2:00 p.m. Hybrid

Seasons Change:

Living with Bipolar Symptoms

In Person 2:00 p.m.-3:00 p.m.

Combartir la Ansiedad (Spanish)

3:00 p.m.-4:30 p.m. Hybrid

TUESDAY

Manejo del Estrés (Spanish)

10:30 a.m. – 12:00 p.m. Hybrid

Coloring for Mindfulness

In Person 10:30 a.m.-11:30 a.m.

Creative Beings

In Person 10:30 a.m.-12:00 p.m.

Depression Management

In Person 1:00 p.m. - 2:00 p.m.

Open Sewing Lab

In Person 1:00 p.m.-3:00 p.m.

Recovery in Action Group Process

1:00 p.m.-2:30 p.m. Hybrid

The Art of Drumming

In Person 3:30 p.m.-4:30 p.m.

Overcoming Anxiety

5:00 p.m.-6:00 p.m. Hybrid

WEDNESDAY

Open Computer Lab

In Person 10:30 a.m.-12:00 p.m.

Apoyo Emocional (Spanish)

10:30 a.m. - 12:00 p.m. Hybrid

NAMI Connection Recovery Support Group

In Person 11:00 a.m.-12:30 p.m.

Recovery in Action Education Class

1:00 p.m.-2:30 p.m. Hybrid

Loss & Grief: The Process of Healing

3:00 p.m.-4:00 p.m. Hybrid

DBT Skills Group

4:00 p.m.-5:00 p.m. Hybrid

Game Night

In Person 3:00 p.m.- 5:00 p.m.

THURSDAY

Schizophrenics Anonymous

In Person 10:30-11:30 a.m. Hybrid

Art for the Soul

In Person 10:30 a.m.-12:00 p.m.

Preventing Mental Health Relapse

1:00 p.m.-2:00 p.m. Hybrid

Recovery in Action Life Skills

1:00 p.m.-2:30 p.m. Hybrid

Open Sewing Lab

In Person 1:00 p.m.-3:00 p.m.

Depression Management #2

2:00 p.m.-3:00 p.m. Hybrid

NAMI Connection Recovery Support Group

In Person 5:00-6:00 p.m.

Communication Building Blocks

5:00 p.m.-6:00 p.m. Hybrid

FRIDAY

Un Riconsito para Meditar y Sanar (Spanish)

10:30 a.m.-11:30 a.m. Hybrid

Stress Management

10:30 a.m.-11:30 a.m. Hybrid

Healthy Habits

In Person 10:30 a.m.-12:00 p.m.

Mujeres Invencibles (Spanish)

11:30 a.m.-12:30 p.m. Hybrid

LGBTQIA2s+ Support Group

In Person 2:00 p.m.-3:00 p.m.

Conflict Resolution

2:30 p.m.-4:00 p.m. Hybrid

Movie Night

In Person 2:30 p.m.-5:00 p.m.



Crisis Hotline: 1-800-991-5272

Suicide & Crisis Lifeline: 988

Substance Use Division Access Line: 1-866-266-4898

Clarvida.com

