

SEPTEMBER 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Basic Computers In Person 10:30 a.m.-11:30 a.m.	Manejo del Estrés (Spanish) 10:30 a.m. – 12:00 p.m. Hybrid	Open Computer Lab In Person 10:30 a.m.-12:00 p.m.	Schizophrenics Anonymous In Person 10:30-11:30 a.m. Hybrid	Un Riconsito para Meditar y Sanar (Spanish) 10:30 a.m.-11:30 a.m. Hybrid
A Better You 10:30 a.m.-12:00 p.m. Hybrid	Coloring for Mindfulness In Person 10:30 a.m.-11:30 a.m.	Apoyo Emocional (Spanish) 10:30 a.m. - 12:00 p.m. Hybrid	Art for the Soul In Person 10:30 a.m.-12:00 p.m.	Stress Management 10:30 a.m.-11:30 a.m. Hybrid
Men's Maverick Group 1:00 p.m.-2:00 p.m. Hybrid	Creative Beings In Person 10:30 a.m.-12:00 p.m.	NAMI Connection Recovery Support Group In Person 11:00 a.m.-12:30 p.m.	Preventing Mental Health Relapse 1:00 p.m.-2:00 p.m. Hybrid	Healthy Habits In Person 10:30 a.m.-12:00 p.m.
Seasons Change: Living with Bipolar Symptoms In Person 2:00 p.m.-3:00 p.m.	Depression Management In Person 1:00 p.m. - 2:00 p.m.	Recovery in Action Education Class 1:00 p.m.-2:30 p.m. Hybrid	Recovery in Action Life Skills 1:00 p.m.-2:30 p.m. Hybrid	Mujeres Invencibles (Spanish) 11:30 a.m.-12:30 p.m. Hybrid
Compartir la Ansiedad (Spanish) 3:00 p.m.-4:30 p.m. Hybrid	Open Sewing Lab In Person 1:00 p.m.-3:00 p.m.	Loss & Grief: The Process of Healing 3:00 p.m.-4:00 p.m. Hybrid	Open Sewing Lab In Person 1:00 p.m.-3:00 p.m.	LGBTQIA2s+ Support Group In Person 2:00 p.m.-3:00 p.m.
	Recovery in Action Group Process 1:00 p.m.-2:30 p.m. Hybrid	DBT Skills Group 4:00 p.m.-5:00 p.m. Hybrid	Depression Management #2 2:00 p.m.-3:00 p.m. Hybrid	Conflict Resolution 2:30 p.m.-4:00 p.m. Hybrid
	The Art of Drumming In Person 3:30 p.m.-4:30 p.m.	Game Night In Person 3:00 p.m.- 5:00 p.m.	NAMI Connection Recovery Support Group In Person 5:00-6:00 p.m.	Movie Night In Person 2:30 p.m.-5:00 p.m.
	Overcoming Anxiety 5:00 p.m.-6:00 p.m. Hybrid		Communication Building Blocks 5:00 p.m.-6:00 p.m. Hybrid	



Crisis Hotline: 1-800-991-5272

Suicide & Crisis Lifeline: 988

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

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