

October 2025

Monday - Friday 8am - 5pm

1400 N. Norma Suite 137
Ridgecrest, California 93555

*Third Tuesday of the Month 10am-7pm

CFLC

The Ridgecrest Hope 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
8am-9am Coffee Hour	8am-9am Coffee Hour	8am-8:30am Coffee Hour	8am-9am Coffee Hour	8am-9am Coffee Hour
9AM-10:30AM Boundries	9am-10:30pm Time Management	8:30AM-10:30AM (OUT OF CENTER) Wild Horse Stables	10am-11:30am Spark Sessions	9am to 12pm (OUT OF CENTER) Thrift & Garage Sale Shopping
10:30am-12:00pm Overcoming Social Anxiety	10:30am-12pm Decentering and emotional Resilience	10:30-12pm The Friendship Lab	10:30 to 11:30 Tasty and Easy: Cooking	Friday Free Time Art for the Heart
12pm-1pm Closed for Lunch	12pm-1pm Closed for Lunch	12pm-1pm Closed for Lunch	12PM-1PM Closed for Lunch	12pm-1pm Closed for Lunch
1:30pm-3pm Money Made Simple	1:30pm-3pm Brave Conversations Mindful Moments	1:30pm-3pm Book Nook	1pm-2:30pm Mens Group	1pm-2pm Kindness and Confidence Resume Building
3pm-4:30pm The Identity Costume Closet	3pm-4:30pm Navigating Emotions	3pm-4:30pm Grief Support	3pm-4:30pm Who am I without the Crisis Computer Skills	3:30pm-4:30pm Card Games for Strategy
Center lock up at 4:45pm	Center lock up at 4:45pm	Center lock up at 4:45pm	Center lock up at 4:45pm	Center lock up at 4:45pm

Third Tuesday of the Month - 10/21/25
Hours: 10am to 7pm
LBGTQ+ Support Group
5pm to 7pm

Third Thursday of the Month - 10/16/25
Advisory Board Meeting @ 10:30am

First Flex Friday of the Month
10/10/25
LBGTQ+ Support Group
11am to 1pm



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

