January 2026

Mon. Tues. & Thurs. 9AM to 5P 5 pm 432 S. Mill St. Tehachapi,CA 93561
Wednesday and Friday 9AM to to 6pm 661-822-4639

CFLC

The Consumer Family Learning Center (CFLC) is offering peer-led classes and support groups! These groups are for adults only. Individuals must become a member before starting a group. Participation in a class will not be anonymous. Scheduled Groups are subject to change or to be cancelled. 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 661-822-4639. Transportation is avilable. (Weather permitting)This program is funded by BHSA.

Consumer Family Learning Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Computer Lab 9:00 a.m.-10:00 a.m.	**Morning Outing (Mt. Coffee)** 9:00am-9:30am	**Computer Lab** 9:00 a.m.-10:00 a.m.	**Morning Walk** 9:00 a.m-10:00 a.m.	**Computer Lab** 9:00 a.m.–10:00 a.m.
Morning Talk 10:00 a.m.-11:00 p.m.	**Mens Group** 10:00 a.m.-11:00 a.m.	**New Comers** 10:00 a.m. - 11:00 p.m.	**Morning outing (Thrift Store)** 10:00 a.m.-11:00 p.m.	**Womens Group** 10:00 a.m.-11:00 a.m.
Computer Support 11:00 p.m.-12:00 p.m.	**Anger Support** 11:00 a.m.-12:00 p.m.	**Nutrition** 11:00 a.m.-1200 p.m.	**Beating Depression** 11:00 p.m.-12:00 p.m.	**Journaling** 11:00 a.m.-12:00 p.m
Self-Reflection 1:00 p.m.-2:00 p.m.	**Coloring Art (Mandala)** 1:00 p.m. - 2:00 p.m.	**Painting** 1:00 p.m.-2:00 p.m.	**Trivia Games** 1:00 p.m.-2:00 p.m.	**Board Games** 1:00 a.m.-2:00 p.m.
Overcoming Anxiety 2:00 p.m-3:00 p.m	**Bingo (prizes)** 2:00 p.m.-3:00 p.m.	**Basic Spanish** 2:00 p.m.-3:00 p.m.	**Crating/DIY** 2:00 p.m.-3:00 p.m.	**Art Origami** 2:00 p.m.-3:00 p.m
Social Space 3:00 p.m-4:00 p.m	**Card Games** 3:00 p.m.-4:00 p.m.	**Skip-po Games** 3:00 p.m.-4:00 p.m. Hybrid	**Socialize** 3:00 p.m.-4:00 p.m.	**DBT Skills Group** 3:00 p.m.-4:00 p.m.
Computer Lab 3:00p.m -4:00 p.m	**Computer Lab** 3:00 p.m.-4:00 p.m.	**Computer Lab** 3:00 p.m- 4:00 p.m	**Computer Lab** 3:00 p.m-4:00 p.m.	**Computer Lab** 3:00 p.m.-4:00 p.m
Extra Activity 4:00 p.m-5:00 p.m	**Puzzlers** 4:00 p.m.-5:00 p.m.	**Game Night** 4:00 p.m.- 5:00 p.m.	**Family & Friends Support** 4:00 p.m.-5:00 p.m.	**Extra Activity** 4:00 p.m-5:00 p.m
Holiday Closed 1/19 Mon.		**Late Night** 5:00 p.m-6:00 p.m	**Holiday Closed 1/1 Thurs.** **Happy New Years!!**	**Late Night** 5:00-6:00 p.m ***No Late Night 1/2**

clarvida

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

988 SUICIDE & CRISIS LIFELINE

ENERO 2026

Lun, Mart, Juev 9pm - 5pm 432 S. Mill St. Tehachapi, Ca 93561
Miercoles y Viernes 9pm - 6pm 661-822-4639

CFLC

El Consumidor de Familia Centro de Aprendizaje (CFLC) ofrece clases dirijidas por pares y grupos. Estos grupos de horario de clases de CFLC son solo para adultos. Las personas deben convertirse en miembros antes de comenzar en grupo. La participacion en una clase no sera anonimo. Los grupos programdos estan sujetos a cambiar o cancelacion. El (CFLC) es para adultos que particpan activamente en la recuperacion de la salud conductal y su familiares seres queridos. Para convertirse en miembro o para obtener mas informacion, llame a (CFLC) al 661-822-4639. El programa is fundado por BHSA.

Consumer Family Learning Center

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
Laboratorio de computacion 9:00 a.m. - 10 a.m.	**Excursión (Mt. Coffee)** 9:00 a.m. - 10 a.m.	**Laboratorio de Computacion** 9:00 a.m. -10:00 a.m.	**Ejercicio/Caminr** 9:00 a.m. - 10:00 a.m.	**Laboratorio de Computacion** 9:00 a.m. - 10:00 a.m.
Charla matutina 10:00 a.m. - 11:00 a.m.	**Grupo de Hombres** 10:00 a.m. - 11:00 a.m.	**Gente Nueva** 10:00 a.m. - 11:00 a.m.	**Excursion (Segunda)** 10:00 a.m. - 11:00 a.m.	**Grupo de Mujeres** 10:00 a.m. - 11:00 a.m.
Apoyo Informático 11:00 a.m. -12 p.m.	**Grupo de Apoyo sobre la Ira** 11:00 a.m. -12:00 p.m.	**Nutrición** 11:00 a.m - 12:00 p.m.	**Vencer Depresión** 11:00 a.m.- 12:00 p.m.	**Escribir en Diario** 11:00 a.m. - 12:00 p.m.
Autorreflexión 1:00 p.m. - 2:00 p.m.	**Arte para colorear (Mandala)** 1:00 p.m. - 2:00 p.m.	**Pintar** 1:00 p.m. - 2:00 p.m.	**Trivalidades** 1:00 p.m. - 2:00 p.m.	**Juegos de Mesa** 1:00 p.m. - 2:00 p.m.
Superar la Ansiedad 2:00 p.m. - 3:00 p.m.	**Lotería (premios)** 2:00 p.m. - 3:00 p.m.	**Español Básico** 2:00 p.m. - 3:00 p.m.	**Hechuras/Desinios** 2:00 p.m. - 3:00 p.m.	**Origami Arte** 2:00 p.m. - 3:00 p.m.
Socialización 3:00 p.m. - 4:00 p.m.	**Juegos de Cartas** 3:00 p.m. - 4:00 p.m.	**Skip-Bo (Juegos de Cartas)** 3:00 p.m. - 4:00 p.m.	**Socialización** 3:00 p.m. - 4:00 p.m.	**Grupo de habilidades DBT** 3:00 p.m. - 4:00 p.m.
Laboratorio de Computacion 3:00 p.m. - 4:00 p.m.	**Laboratorio de Computacion** 4:00 p.m. - 5:00 p.m.	**Laboratorio de Computacion** 3:00 p.m. - 4:00 p.m.	**Computacion de Laboratorio** 3:00 p.m. - 4:00 p.m.	**Laboratorio de Computacion** 3:00 p.m. - 4:00 p.m.
Actividad adicional 4:00 p.m. - 5:00 p.m.	**Rompecabezas** 4:00 p.m. - 5:00 p.m. *** Cerrada Dia Festivo 1/19 Lunes**	**Noche de Juegos** 4:00 p.m. - 5:00 p.m **Tarde Noche** 5:00 p.m. - 6:00 p.m.	**Apoyo de Familiares y Amigos** 4:00 p.m. - 5:00 p.m. *** Cerrada Dia Festivo 1/1 Jueves** *** No Tarde Noche 1/2 Viernes**	**Actividad adicional** 4:00 p.m. - 5:00 p.m. **Tarde Noche** 5:00 p.m. - 6:00 p.m.

clarvida

Línea directa de crisis: 1-800-991-5272
Línea de ayuda para casos de suicidio y crisis: 988
Línea de acceso de la División de Uso de Sustancias: 1-866-266-4898
Clarvida.com

988 SUICIDE & CRISIS LIFELINE