# February 2026

Monday - Friday 8am - 5pm 1400 N. Norma Suite 137 Ridgecrest, California 93555

# 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 760-463-5070. This program is funded by BHSA.

Consumer Family Learning Center

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| Coffee Hour<br>8AM-9AM | Coffee Hour<br>8AM-9AM | Coffee Hour<br>8AM-8:30AM | Coffee Hour<br>8AM-9AM | Coffee Hour<br>8AM-9AM |
| Nature Connection<br>9AM-12PM ( OUT OF CENTER ) | Looming (member led)<br>9:30AM-11AM | Wild Horse Stables & Library<br>8:30AM-11:30AM ( OUT OF CENTER) | Closed For Staff Meeting<br>9AM-10AM | Thrift Shopping<br>9AM-11AM ( OUT Of CENTER) |
| Closed for Lunch<br>12PM-1PM | Closed for Lunch<br>12PM-1PM | Closed for Lunch<br>12PM-1PM | Closed for Lunch<br>12PM-1PM | Closed for Lunch<br>12PM-1PM |
| Crochet (member led)<br>1PM-2:30PM | Member Led Group<br>1PM-2:30PM | Energy in Motion ( E.Motion)<br>1PM-2:30PM | How to stay Tidy<br>1PM-2:30PM | Magic the Gathering & DND<br>1PM-2:30PM |
| Meditation<br>3PM-4:00 | Circle Social Group<br>3PM-4:30PM | Puzzling Emotions<br>3PM-4:30PM | Circle Social Group<br>3PM-4:30PM | The Collective Canvas<br>3PM-4:30PM |
| Center Lock up at 4:45 | Center Lock up at 4:45 | Center Lock up at 4:45 | Center Lock up at 4:45 | Center Lock up at 4:45 |

February 13th

LGBTQ+ Group 11AM-1PM

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