

# Consumer Family Learning Center

- A community resource for ANYONE whose life has been affected by mental illness and/or substance use.
- Learn about the hope of recovery from others who have had similar experiences.
- Share your experiences, strengths and hope with others on their road to recovery.
- Make new friends and experience the feeling of acceptance.
- Choose to participate in any class or activity that is right for you.
- Activities are FREE.
- Monthly calendars are available.
- Open 7 days a week!
- Fun, friends, and recovery are waiting for you. **Get involved today!**



## MISSION STATEMENT

Working together to achieve hope, healing, and a meaningful life in the community.

## VISION STATEMENT

People with mental illness and addictions recover to achieve their hopes and dreams, enjoy opportunities to learn, work, and contribute to their community.

## VALUES STATEMENTS

Hope, Healing, Community, Authority  
We honor the potential in everyone  
We value the whole person - mind, body and spirit  
We focus on the person, not the illness  
We embrace diversity and cultural competence  
We acknowledge that relapse is not a personal failure  
We recognize authority over our lives empowers us to make choices, solve problems and plan for the future



## CONSUMER FAMILY LEARNING CENTER

**Administration Building, South Tower**  
2001 28th Street  
Bakersfield, CA 93301

P.O. Box 1000  
Bakersfield, CA 93302

**MAIN 661-868-7552**  
**FAX 661-861-1016**

[www.KernBHRS.org](http://www.KernBHRS.org)

**CRISIS HOTLINE 1-800-991-5272**



### Commission on Accreditation of Rehabilitation Facilities

Kern Behavioral Health & Recovery Services has been accredited by CARF for the following programs: Mental Health Programs-Case Management; Children and Adolescents-Case Management & Crisis Stabilization; Integrated Alcohol & Other Drug-Case Management & Children & Adolescents-Case Management & Employment Services-Community Employment Services



CONSUMER FAMILY LEARNING CENTER

KERN BEHAVIORAL HEALTH & RECOVERY SERVICES



# Are you looking for a place where you can...

- **Work towards recovery?**
- **Build lasting friendships?**
- **Learn more about your illness?**
- **Volunteer to help others?**

If you answered yes to any or all of these questions, the Consumer Family Learning Center (CFLC) is here for you. CFLC offers a wide selection of activities such as:

- Support Groups
- Classes in the Arts
- Coping Skills Classes
- Socialization Groups
- Educational Classes
- Special Interest Clubs
- Outings in the community

The choice is yours. You can attend one class or all, depending on your interests, need, and schedule. It is not a treatment program; it is a fun, recovery, member-driven program.

We also have a recovery-focused volunteer program designed for persons living with a mental illness, their family members, and friends. Volunteers are given assignments based on their strengths and talents. Assignments may also challenge a member to improve their skills and give them self-confidence to pursue their recovery goals.

The Consumer Family Learning Center is funded by the Mental Health Services Act which provides funding to counties to expand and develop innovative, integrated services for their community. Our center is open to anyone 18 years of age or older in the community who has an interest in mental health and substance use recovery. Anyone can come to CFLC, make friends, learn about recovery and have fun.

## Quotes from CFLC Members...

"I love learning at the CFLC. I appreciate the opportunity to participate in my Spanish, Overcoming Anxiety, and Quilting classes. Every day is a great day."

-Anne

**RECOVERY HAPPENS HERE!** 

"I enjoy volunteering at the CFLC. CFLC helps me overcome depression and anxiety. I like the fellowship. This place is like my second family."

-Thomas

**DREAMS DO COME TRUE!** 

"Up and away with our recovery here at the CFLC!"

-Jean

**HOPE, HEALING & A MEANINGFUL LIFE!** 

"CFLC has been a doorway into recovery. I immediately discovered acceptance. I had finally become capable of managing my mental illness, not just my symptoms. I began volunteering – finding a purpose in my past experiences with mental illness. Now I found myself and a recovery beyond amazing."

-Charlie

## Transportation is offered Monday-Friday and on Sunday

**RSVP is required** for all transportation to and from the bus hubs.

**For Monday through Friday transportation call 868-7550:**

- **Downtown pick up:** 9:30 am, 12:20 pm, and 4:20 pm
- **Valley Plaza pick up:** 9:40 am, 12:30 pm, and 4:30 pm
- **(Temporary) 5121 Stockdale Hwy**, in front of 150A: 9:45 am, 12:35 pm, and 4:35 pm
- **Leave CFLC:** 12:00 pm and 4:00 pm (final) (3 pm on Thursdays only)

**Call 661-529-5505 for Sunday transportation:**

- **Downtown pick up:** 11:25 am
- **Valley Plaza pick up:** 11:40 am
- **Stockdale pick up:** 11:45 am.

**CFLC is open:**

Monday - Friday 8 am-7 pm  
Saturday 9 am-1 pm  
Sunday 12 pm-3pm

Feel free to stop by for a visit and tour.

If you would like more information about the Consumer Family Learning Center, please call 661-868-7550 Monday through Friday 8 am-5 pm.

