



Our Mission

To provide support, education and advocacy for people with mental illnesses, their family and friends.

To promote better quality of care, rights, and interests of citizens with mental illness, particularly of those who cannot speak for themselves and advocate for policies at the local, state and national level to accomplish those objectives.

To encourage mental health professionals to include families in the care and treatment of their ill family member.

Our Programs

Support Groups:

Connections Recovery: Fridays, 3-4:30pm, Beale Library, 701 Truxtun Ave, Bakersfield

Family Support: 2nd & 4th Tuesdays, 6-7:30m, 2001-28th Street, Bakersfield,

2nd Thursday, 11-12:30pm – 2001-28th Street, Bakersfield

Education Classes:

Family to Family – a 12 week class for family members, offered twice each year.

Call (661)805-6605 to reserve your seat

Peer to Peer – an 8 week class for individuals living with a mental illness, offered twice each year. Call (661)247-5426 to reserve your seat.

Basics – a 6 week class for parents of children living with a mental illness.

Call (661)805-6605 to reserve your seat.

Family & Friends – a 4 hour workshop for general public, offering practical skills and information. Call (661) 858-3255 to reserve your seat.

Presentations:

In Our Own Voice - a presentation by trained peers who tell their story of living in recovery. Call (661) 247-5426 to schedule

Mental Health 101 – focuses on the uniqueness of multi-cultural communities.

Call (661) 858-3255