

LET'S TALK

FRIDAY FEBRUARY 2

1:30PM-3PM

CAPK FRIENDSHIP HOUSE COMMUNITY CENTER
2424 S. DR. MARTIN LUTHER KING JR. BLVD,
BAKERSFIELD, CA 93307

ROOM #113

Welcoming you to join a conversation on finding emotional balance, mental wellbeing and learning healthy ways of coping with life's ups & downs.



Please email CulturalCompetence@KernBHRS.org with questions or for more information

KERN
COUNTY

BEHAVIORAL HEALTH
RECOVERY SERVICES