

# Esperanza Self-Help Center

1235 First Street, Gilroy, CA 95020  
1 (408) 852-2460

Website [www.sccbhsd.org/esperanza](http://www.sccbhsd.org/esperanza)



COUNTY OF SANTA CLARA  
**Behavioral Health Services**  
Supporting Wellness and Recovery

## MARCH 2020

### CENTER HOURS

Monday  
CLOSED  
Tuesday-Thursday  
9:30 AM-3:30 PM  
FRIDAYS  
9:30 AM-3:00 PM

Santa Clara County  
Behavioral Health Services  
Department Call Center  
1-800-704-0900

Santa Clara County  
Suicide & Crisis  
Hotline  
1-855-278-4204

For Emergencies please call  
911 and ask for a CIT  
(Crisis Intervention Officer)

Tuesday	Wednesday	Thursday	Friday
<p>3 <u>10:30-11:30</u> Reframe, Rewire, Reconnect</p> <p><u>12:00-1:00</u> Yarn Hour</p> <p><u>1:30-3:00</u> Book Club</p>	<p>4 <u>10:00-11:30</u> Basic/Intermediate Computer Class</p> <p><u>12:00-1:00</u> The Journey of Self</p> <p><b>Dolores Huerta Documentary</b> 1:30-3:00pm</p>	<p>5 <u>10:30-11:30</u> Men's / Women's Support Groups</p> <p><u>12:00-1:00</u> Healthy Boundaries</p> <p><u>1:30-2:45</u> Creative Zone</p>	<p>6 <u>10:30-11:30</u> Bingo</p> <p><u>12:00-1:00</u> Conversational Spanish</p> <p><u>1:30-2:45</u> WRAP</p>
<p>10 <u>10:30-11:30</u> Reframe, Rewire, Reconnect</p> <p><u>12:00-1:00</u> Yarn Hour</p> <p><u>1:30-3:00</u> Book Club</p>	<p>11 <u>10:00-11:30</u> Basic/Intermediate Computer Class</p> <p><u>12:00-1:00</u> The Journey of Self</p> <p><u>1:30-3:15</u> Wednesday Matinee</p>	<p>12 <u>10:30-11:30</u> Men's / Women's Support Groups</p> <p><u>12:00-1:00</u> Healthy Boundaries</p> <p><u>1:30-2:45</u> Creative Zone</p>	<p>13 <u>10:30-11:30</u> Bingo</p> <p><u>12:00-1:00</u> Conversational Spanish</p> <p><u>1:30-2:45</u> WRAP</p>
<p>17 <u>10:30-11:30</u> Reframe, Rewire, Reconnect</p> <p><u>12:00-1:00</u> Yarn Hour</p> <p><u>1:30-3:00</u> Book Club</p>	<p>18 <u>10:00-11:30</u> Basic/Intermediate Computer Class</p> <p><b>Disaster Preparedness Workshop</b> 12:15-1:15pm</p> <p><u>1:30-3:15</u> Wednesday Matinee</p>	<p>19 <u>10:30-11:30</u> Men's / Women's Support Groups</p> <p><u>12:00-1:00</u> Healthy Boundaries</p> <p><u>1:30-2:45</u> Creative Zone</p>	<p>20 <u>10:30-11:30</u> Bingo</p> <p><b>Welcome Spring/Nowruz Celebration Potluck</b> 12:00-2:30pm</p>
<p>24 <u>10:30-11:30</u> Reframe, Rewire, Reconnect</p> <p><u>12:00-1:00</u> Yarn Hour</p> <p><u>1:30-3:00</u> Book Club</p>	<p>25 <u>10:00-11:30</u> Basic/Intermediate Computer Class</p> <p><u>12:00-1:00</u> The Journey of Self</p> <p><b>Cesar Chavez: The Fight In The Fields Documentary</b> 1:30-3:00pm</p>	<p>26 <u>10:30-11:30</u> Men's / Women's Support Groups</p> <p><u>12:00-1:00</u> Healthy Boundaries</p> <p><u>1:30-2:45</u> Creative Zone</p>	<p>27 <u>10:30-11:30</u> Bingo</p> <p><u>12:00-1:00</u> Conversational Spanish</p> <p><u>1:30-2:45</u></p>
<p>31 <b>Center closed due to County Holiday</b></p>	<p>1 <u>10:00-11:30</u> Basic/Intermediate Computer Class</p> <p><u>12:00-1:00</u> The Journey of Self</p> <p><u>1:30-3:15</u> Wednesday Matinee</p>		

### EVENTS:

**Dolores Huerta Documentary**  
Wed. March 4, 2020  
1:30 pm-3:00 pm

**Disaster Preparedness Workshop by Red Cross & CERT**  
Wed. March 18, 2020  
12:15 pm-1:15 pm  
(Lunch provided)

**Welcome Spring/Nowruz Celebration Potluck**  
Fri. March 20, 2020  
12:00-2:30 pm

**The Fight In the Fields Documentary**  
Wed. March 25, 2020  
1:30-3:00 pm

### ANNOUNCEMENTS:

**Center Closed Tues. March 31st**

*Groups are subject to change*