

Psychosocial Rehabilitation and Recovery Center (PRRC), SFVAMC

Fall 2015 | October 5th - December 24th

(415) 750-2226

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - 9:45	Wellness Management ¹  Matthew/Francesca GA-41	Meditation for Recovery ²  Mary/Rainey GA-39	Vets Community Council ¹⁵  Dan/Gabe GA-41	Recovering Your Dreams ²¹  Jackie/Jimmy/Miriam GA-41	Outsider Art ²⁹ 9:00-10:00 GA-41 
10:00 - 10:45	Peer Support ³  Matthew/Sarah GA-41	Live it Up! ⁴  Jimmy/Amy GA-39	WRAP and Roll ¹⁷  Dan/Gabe GA-41	Reading for Recovery ²³  Sara/Townley GA-41	Community ³¹ 10:00-12:00 
11:00 - 11:45	Ending Self Stigma ⁵  Elena/Mary GA-41	NEW-R ⁶  Amy/Jackie GA-39 11:00-12:30	Speaking of Smoking ¹⁹  Amy/Heather GA-18	Psychosis Support ²⁵  Nick/Anastasia GA-48	Man in Society ³²  Matthew/Mark GA-39
12:45 - 2:00	Women Create ⁷  12:45-2:00 pm Miya/Nava GA-41	Art Guild ¹³ 12:15-1:00 pm  Richard/CAT Trainees GA-41	Mind Over Mood ²⁰  Miriam/ Francesca GA-39	Work Zone ²⁶  Amy/Elena GA-39	Orientation ³⁰  by appt GA-39
		Art Therapy ¹⁴ 1:00-2:00 pm  Richard/CAT trainees GA-41	Story Corps ²⁷ 12:30-2:00  Ashley/Aaron Richard GA-41	Seeking Sanctuary ²⁸ 1:00-1:45  Jon Wright GA-39	SATURDAY Music Project ³³ 2:00-4:00  Matthew **250 Kearny Street, SF, CA**

***ALL* PRRC Classes will be offered by V-TeJ, except those shaded in yellow.**

Family Support
 6:00-8:30
 Contact Jackie: (415) 221-4810, x 3207
 *register* 

****All classes require registration.****
 There are a few ways to register:

- 1) Attend Registration Day on September 28, 29 and 30
- 2) Contact the specific class facilitator
- 3) Attend classes the 1st week and let the class facilitator know you would like to register

Once you have registered for a class, please call:
(415) 750-2226 in advance if you are unable to attend.

See course catalogue for course descriptions!
<http://www.sanfrancisco.va.gov/services/prrc.asp>

CLASSES IN THE COMMUNITY!

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****ALL Veterans Welcome****

<i>WEDNESDAY</i>	<i>FRIDAY</i>
Drumming for Change <small>34</small> 1:30-2:30 PM 2nd Wednesday monthly 150 Otis Street	Writers' Workshop <small>35</small> 1:00-2:00 PM Independent Living Resource Center (ILRC) 825 Howard Street
Recovering Yourself Through Video <small>36</small> 1:30-2:30 PM 3rd Wednesday monthly 2727 Mariposa Street	Resilience in Motion (RESMO) <small>37</small> 2:00-2:45 PM ILRC 825 Howard Street
Classes may be added or changed due to scheduling factors. **Call to verify** : <u>Dan Evenhouse, Director of Community Based Services:</u> # 415-221-4810 ext. 2839	Photography Class <small>38</small> 2:45-4:00 PM Sixth on Seventh Gallery 105 7th Street

