

# Psychosocial Rehabilitation and Recovery Center (PRRC), San Francisco VAMC

Winter 2017 | January 3rd—March 24th

PRRC #: (415) 750-2226

MONDAY		TUESDAY			WEDNESDAY			THURSDAY		FRIDAY		
9:00-9:45		9:00-9:45			9:00-9:45			9:00-9:45		9:00-9:45		
<b>Dual Recovery (1)</b>  Amy/Sarah M. GA-41	<b>Social Skills Training (2)</b>  Alison/Matthew/Lisa GA-39	<b>Organizing Time (7)</b>  Mark/Sierra GA-41	<b>Acceptance &amp; Committing to Life (ACT) (8)</b>  Maisie/Aquila GA-39		<b>Recovery 101 (16)</b>  Jackie/Carl/Lisa GA-41	<b>Reading For Recovery (17)</b>  Aquila/ Jennifer GA-39		<b>CBT 101 (23)</b>  Bethany/Candice/Carl GA-41		<b>Health Workshop (24)</b>  Jackie/John GA-39		
10:00-10:45		10:00-10:45			10:00-10:45			10:00-10:45		10:00-11:30		
<b>Skillful Emotions Part I (3)</b> 	<b>Ending Self Stigma (4)</b>  Jennifer/Sierra GA-39	<b>WRAP (9)</b>  Elena/Sarah M. GA-41	<b>Building Relationships (10)</b>  Matthew/Allyson GA-39	<b>Program Orientation (for new members)</b>  GA-58	<b>Veterans Community Council (18)</b>  Matthew GA-41	<b>CBT for Anxiety &amp; Paranoia (19)</b>  Elena/Larry GA-39	<b>WRAP Orientation (for new members)</b>  GA-58	<b>Expressing Your Political Voice (25)</b>  Dan/Alison GA-41		<b>Food &amp; Fitness (26)</b> 		
	11:00-11:45		11:00-11:45			11:00-11:45			11:00-12:30		10:00-12:00	
<b>Part II (5)</b> Maisie/Miriam GA-41	<b>Let's Get Motivated! (6)</b>  Mark/Tim GA-39	<b>Discovering Your Strengths (11)</b>  Mark/Richard GA-41	<b>Speaking of Smoking (12)</b>  Amy GA-39		<b>Recovery in Young Adulthood (20)</b>  Elena/Matthew GA-41		<b>Coping with Voices (21)</b>  Alison/Larry GA-39		<b>Women Create (27)</b>  Miriam/Norit GA-41		 Jackie/Amy/John GA-39	
<b>**All classes require registration.**                      To register, you can either:                      1) Attend Registration Dec. 27th                      2) Contact the facilitator(s)                      3) Attend class and let the facilitators know  <b>Once you have registered, please call: 415-750-2226 if unable to attend.</b> </b>		12:15-1:00			<b>Recovery 101 (16)</b> Jackie/Carl/Lisa GA-41			11:00-12:30			10:00-10:45	
		<b>Art Guild (13)</b>  Richard/Allyson/Tandra GA-41		1:00-2:00				11:30-12:15		<b>Community Photography (31)</b>  Mark/Jackie Vets. Bldg		
<b>Family-to-Family by NAMI</b> Contact Jackie x23207		12:15-1:00			1:00-2:00			12:30-2:00		11:00-11:45		
		<b>Art Therapy (14)</b>  Richard/Allyson/Norit/Tandra GA-41		12:15-1:00			<b>Group Volunteering (22)</b>  <b>*Veterans Building*</b> Mark			<b>Seeking Sanctuary (28)</b>  Jon Wright GA-39		<b>Peer Support (33)</b>  Matthew Vets. Bldg
<b>Story Corps (29)</b>  Richard/Norit/Tandra GA-41		12:15-1:00			<b>Group Volunteering (22)</b>  <b>*Veterans Building*</b> Mark					12:30-2:00		* Individual appointments with Richard and Tandra* Vets. Bldg.
		<b>Story Corps (29)</b>  Richard/Norit/Tandra GA-41		12:15-1:00				<b>Group Volunteering (22)</b>  <b>*Veterans Building*</b> Mark			12:30-2:00	

**ALL FRIDAY CLASSES MEET AT THE VETERANS BUILDING 401 Van Ness Ave**  
 \*Please confirm room # with front desk Security\* (usually Room 206)

9:00-9:45

**Work Zone (30)**



Matthew/ Jackie Vets. Bldg

10:00-12:00



**Community Photography (31)**

10:00-10:45

**Strength through Self-Compassion (32)**



Mark/Jackie Vets. Bldg

11:00-11:45

\* Individual appointments with Richard and Tandra\*  
Vets. Bldg.

**Peer Support (33)**



Matthew Vets. Bldg

# CLASSES IN THE COMMUNITY!

**\*\*ALL Veterans Welcome\*\***

MONDAY
<b>1:00-2:00</b>
<b>Mindfulness and Meditation</b>
5th Floor Learning Studio Main Library, 100 Larkin St.

TUESDAY
<b>1:00-2:00</b>
<b>Basic Computer Skills Drop In Class</b>
5th Floor Computer Training Ctr. Main Library, 100 Larkin St.

WEDNESDAY
<b>9:00-12:00</b>
<b>Drop-in Volunteer Opportunity: Golden Gate Park Maintenance</b>
Old Sutro Heights Park (see catalog for details)

THURSDAY
<b>9:15-10:15</b>
<b>Yoga Class</b>
Faithful fools 234 Hyde Street
<b>10:00-11:00</b>
<b>Vet-to-Vet</b>
Veterans Building 401 Van Ness Ave

FRIDAY
<b>11:00-12:00, 12:00-1:00</b>
<b>Heroes Voices Guitar Corps (registration required)</b>
Veterans Building, Room 221 401 Van Ness Ave

SATURDAY
<b>1:00-4:00</b>
<b>Drop-in Volunteer Opportunity: Lands End Habitat Restoration Program</b>
Lands End (see catalog for details)

MONDAY TO FRIDAY	
<b>12:00-5:00 pm</b>	<b>1:00-5:00 pm</b>
<b>Veterans' Resource Center Benefits, Services, and Resources Info (No appointment needed)</b>	<b>AMVETS Success Center Employment and Career Services (No appointment needed)</b>
5th Floor Computer Training Ctr. Main Library, 100 Larkin St.	Veterans Building, 2nd Floor 401 Van Ness Ave

<b>9:15-10:15</b>
<b>Yoga Class</b>
Faithful fools 234 Hyde Street

<b>12:00-12:30</b>
<b>Meditation Group</b>
James C. Hormel LGBTQIA Center, 3rd Floor Main Library, 100 Larkin St.

<b>10:15-11:15</b>
<b>Gentle Tai Chi</b>
Faithful fools 234 Hyde Street

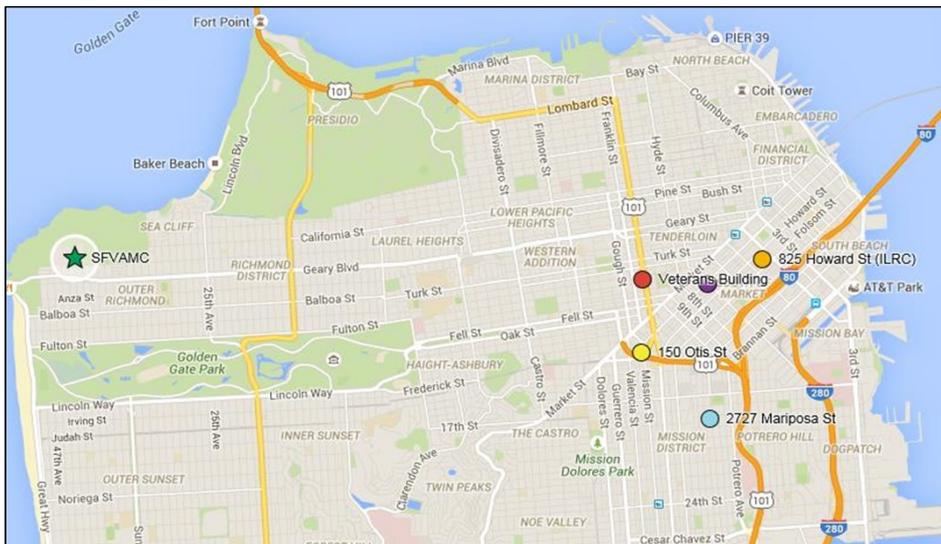
<b>1:30-2:30</b>
<b>1st Thurs. monthly Recovering Yourself through Video</b>
<i>BAVC Digital Storytelling</i> 2727 Mariposa Street

<b>12:30-1:30</b>
<b>Writing, Music and Art Class (35)</b>
Veterans Building, Room 213 401 Van Ness Ave

<b>1:30-2:30</b>
<b>Self-Directed Art Lab (supplies provided)</b>
Veterans Building, Room 213 401 Van Ness Ave

<b>1:30-2:30</b>
<b>2nd &amp; 4th Thurs. Drumming for Change (34)</b>
Veterans Building, Room 202, 401 Van Ness Ave

<b>3:00-4:00</b>
<b>Photography Class (36)</b>
Sixth on Seventh Gallery 105 7th Street



<b>12:30-1:30</b>
<b>Computer Basics Class</b>
5th Floor Computer Training Ctr. Main Library, 100 Larkin St.

<b>12:30-2:30</b>
<b>Creative Writing Class</b>
Faithful fools 234 Hyde Street

<b>4:00-5:00</b>
<b>Digital Device Drop In</b>
5th Floor Computer Training Ctr. Main Library, 100 Larkin St.

**Veterans Building: 401 Van Ness Ave.**

**Events Calendar:**  
<http://bit.ly/1RaVr2b>

**PRRC Community Events Calendar:**  
<http://tinyurl.com/hf6b3he>

**\* See catalog for details. For up-to-date class info call: Mark Smith, OTR/L (415) 609-7986 or PRRC (415) 221-4810 ext.22226**