

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

Spring 2016 | April 4th—June 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			
Social Skills Training (1)  Matthew/ Francesca/Lisa GA-41	Techniques in Role Recovery (2)  Rainey/ Miriam GA-39	Seeking Safety & Strength (8)  Elena/Nava GA-41	Anger Management (9)  Sara/Bethany GA-39	Veterans Community Council (15)  Dan/Gabe GA-41		Health Workshop (22)  Jackie GA-41	Relationship & Dating Skills (23)  Mark/Elena GA-39	Outsider Art (30) 9:00-10:00 GA-41 10:00-12:00 Community  Richard/ Ashley/ Aaron/ Gabe	Dual Recovery (31)  Amy/Aaron GA-39		
10:00—10:45 Skillful Emotions Part I (3) 	Financial Fitness (4)  Amy/Rainey GA-39	Knowledge is Power (10)  Elena/Bethany GA-41	Orientation I  by appt GA-39	Peer Support (16)  Matthew/Carl/ Sarah GA-41	Happiness Boot Camp (17)  Maisie/Dan/Gabe GA-39	Back to School (24)  Mark/Sara GA-41	Work Zone (25)  Amy/Jackie GA-39		10:00—10:45 Social Skills Training: Community (32)  Mark/Jackie Vets Bldg 11:00—11:45 Supported Volunteering (33)  Mark/Jackie Vets Bldg	Orientation II  by appt GA-39	
11:00—12:30 Part II (5) Maisie/Miriam/ Francesca GA-41	NEW-R (6)  Amy/Matthew GA-39	CBT for Anxiety & Paranoia (11)  Elena/Anastasia GA-41	WRAP (12)  Mark/Jackie GA-39	Recovery in Young Adulthood (18)  Elena/Matthew GA-41	Speaking of Smoking (19)  Amy/Jessie GA-18	ACT (20)  Anastasia/ Jennifer GA-39	Psychosis Support (26)  Nick/Sinmi GA-41			HeART of Recovery (27)  Richard/Ashley GA-39	11:00—11:45 Man in Society (34)  Matthew/ Carl GA-41
12:00-1:15 Women Create (7)  Nava/Miya GA-41		12:15—1:00 Art Guild (13)  Richard/Ashley/Aaron/Nava/Gabe GA-41		12:30-1:30 Music Toolbox (21)  Gabe/Dan Vets Bldg		12:30—2:00 Story Corps (28) 12:30-2:00  Richard/ Ashley/Aaron GA-41				Seeking Sanctuary (29) 1:00-1:45  Jon Wright GA-39	
12:00-1:15		1:00—2:00 Art Therapy (14)  Richard/Ashley/Aaron/Nava/Gabe GA-41		PRRC Classes shaded in blue have a community component and/or are held at the Veterans Building!						<p style="text-align: center; color: red; font-weight: bold;">See course catalogue for course descriptions!!!</p> <p style="text-align: center;"> http://www.sanfrancisco.va.gov/services/prrc.asp </p>	

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

Family Support
6:00-8:30pm
 Contact Jackie:
 415-221-4810

****All classes require registration.****

There are a few ways to register:

- 1) Attend Registration on March 28th & 29th
- 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 class, please call: 415-750-2226 in advance if you are unable to attend.

CLASSES IN THE COMMUNITY!

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****ALL Veterans Welcome****

WEDNESDAY

Recovering Yourself through Video (35)
BAVC Digital Storytelling Podcast and Public Access TV workshop
 1:30-2:30 PM,
1st Wed. monthly
 2727 Mariposa Street

THURSDAY

Community Passport (38)
 9:00-10:00 AM

Recovery through Music and Art (39)
 10:00-11:00 AM
 1101 National Ave,
 San Bruno

FRIDAY

Self-Directed Art Lab (supplies provided)
 12:00-1:00 PM
 Veterans Building,
 401 Van Ness Ave

Writing and Art Class (40)
 1:00-2:45 pm
 Veterans Building,
 401 Van Ness Ave

Photography Class (41)
 3:00-4:00 PM
 Sixth on Seventh Gallery
 105 7th Street

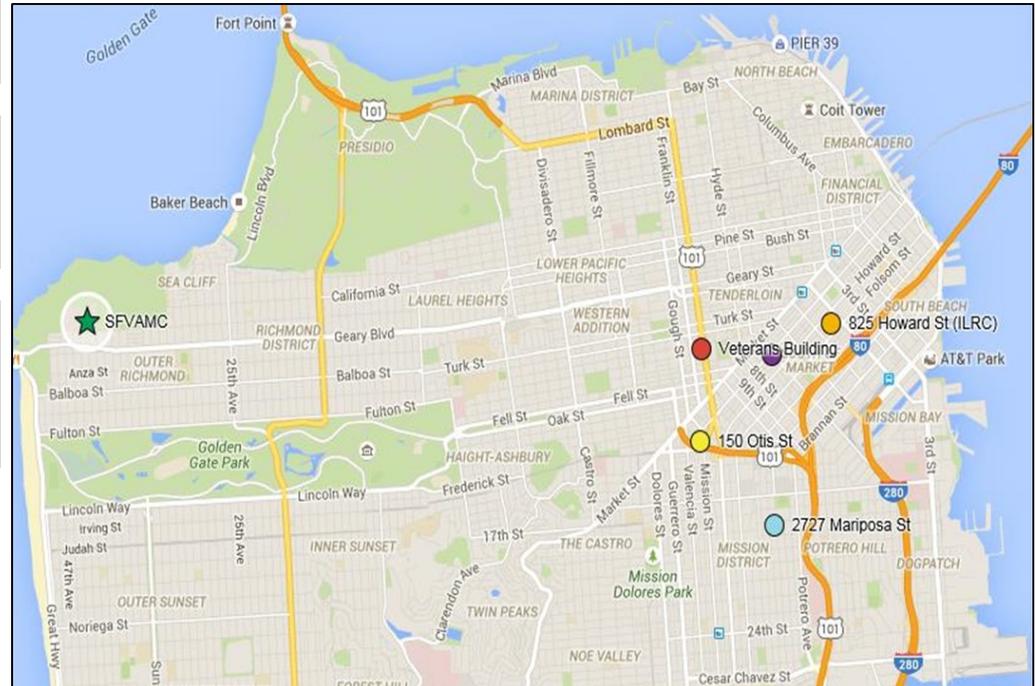
Drumming for Change (36)
 1:30-2:30 PM,
2nd & 4th Wed. monthly
 Veterans Building,
 401 Van Ness Ave

Vet-to-Vet
 10:00-11:00 AM
 Veterans Building,
 401 Van Ness Ave

Creative Wellness (37)
 co-sponsored by American Legion
 1:30-2:30 PM,
3rd Wed. monthly
 Veterans Building,
 401 Van Ness Ave

To check out the schedule of activities at the Veterans Building, see the website:
bit.ly/1RaVr2b

A snapshot of our SF Community!



Classes may be added or changed due to scheduling factors.

**** Call to verify ****

Dan Evenhouse, LCSW, Director of Community Based Services
 # 415-221-4810 ext. 22839