

REGISTERED CLASSES: Fall 2014

See the course catalog for a description of all of our classes, available on our website <http://www.sanfrancisco.va.gov/SANFRANCISCO/services/prrc.asp>

This quarter, the PRRC is excited to also offer an exclusive selection of classes that require registration prior to attendance. These classes either serve a specific group of clients or offer a curriculum that builds as the class progresses.

- Students need to register and commit to attending the class regularly.
- There are a couple of ways to register:
 - Contact the class facilitator directly if you know them.
 - Attend Registration Day on September 29, 30, October 1, or 2, 2014.
 - Attend classes the first week and let the instructor know you would like to register.

Community Mindfulness Photography

This is a registered community living skills training series of 11 three-hour classes. The purpose is learning, practicing and photographing mindful recovery in the real time SF community outside the VA hospital. Each session begins with an orientation to active “lens cap off” mindfulness techniques integrated with digital photography. Veterans will each have a unique staff coach assigned for recovery support during the session. We will choose a destination, get on MUNI and then go take photos in SF for 2 hours. This class will provide wellness-oriented, socially-engaging, sustainable here/now experiences to sharpen mental focus and spotlight the present. **Registered class**



Music Project.

The music support group is a recovery-oriented group with a focus on enhanced community integration. This is not a “get together and jam” type of group. Interested individuals meet individually prior to the possible start of the group to answer questions, discuss individual goals for the group based on one’s recovery plan with the group facilitator, and so forth. Weekly material and content is driven based on group need and goals. Weekly groups will consist of topics such as, but are not limited to the following: developing one’s “musical ear,” basic blues structures, the role of the drummer and bass player, the group performing “cover songs,” playing music as a group in the park, and/or creating and performing originals. **Registered class**



Man in Society.

Man in Society is a group for men exploring life from a deep sense of core values, committed to developing a fuller sense of purpose in life particularly in modern society **Registered class**



Psychosis Support Group.

This is a support group for people who hear or see things that are not there, or have fears about things that are not true. The group shares tips on coping with these experiences, and discusses other topics of mutual interest such as relationships with loved ones. **Registered class**



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Social Skills.



This class is based on a well-researched model of social skills training. The class provides an easy and fun way to learn about and practice expressive, receptive, and conversational skills involved in human relationships. The group focuses on training skills in the following areas: Conversation, Assertiveness, Conflict Management, Communal Living, Friendship and Dating, Health Maintenance, Work, and Coping Skills for Drug and Alcohol Use. **Registered class**

Women Create!



Female veterans will be invited to discuss, share, visualize and actualize recovery goals through discussion of recovery concepts and through active creative expression. Class will encourage women to share aspirations and unique methods of creativity such as visual art, writing, and performing. Class will encourage mindfulness and support healthy social involvement through the discussion of shared interests of female veterans. **Registered class**