

San Francisco VAMC Fort Miley Psychosocial Rehabilitation and Recovery Center

~ Spring 2012 Schedule ~ April 4 - June 29, 2012~

(415) 750-2226

	MONDAY			TUESDAY			WEDNESDAY		THURSDAY		FRIDAY		
9:00 - 9:45	Healthy, Hopeful, & Wise Jackie/Julie Room GA-39	Leisure & Wellness Christian Room GA-18	Speaking of Smoking Maria/Susan Room GA-41	Vet 2 Vet Room GA-39	Sounds of Recovery Dan/John Room GA-41		Veterans Community Council Room GA-41	Healthy Living Jackie/Gloria Room GA-39	Heart of Recovery Sara/Jennifer/Jackie Room GA-41	Study Lab PRRC Staff Room GA-39	Anger Mgmt Julie/Chanel Room GA-41 <i>*register*</i>	Leisure and Wellness Christian GA-18	
10:00 - 10:45	Reading for Recovery Karen/Michael Room GA-39 <i>*register*</i>	Hope, Transcendence, & Recovery Rob/Maria Room GA-41		Orientation Room GA-41 <i>by appt</i>	Tech. & Role Recovery Sara/Karen/Carrie Room GA-39	Insomnia Mgmt 10:00-11:00 Room GA-18 <i>*register*</i>	Wellness Mgmt Karen/Michael Room GA-41	Musical Study Lab Dan Room GA-39	Coping with Voices Jennifer/John Room GA-39	Techniques & Role Recovery Sara/Maria/Jackie Room GA-41	Orientation Room GA-41 <i>by appt</i>	Let's Talk Recovery John Rm GA-34 <i>by appt</i>	Social Skills Jackie/Maisie Room GA-18
11:00 - 11:45	Life Skills Karen/John Room GA-41	Relationship Skills Carrie/John Room GA-39		Coping Thru the Senses Karen/Yukie Room GA-41 <i>*register*</i>	Health & Wellness Jackie Room GA-39		WRAP Karen/Maisie Room GA-41 <i>*Community Meeting 1st Wed of month</i>	OWL Christian Room GA-18 <i>*register*</i>	Coping with Stress Julie Room GA-39	Mind Over Mood Carrie/Jackie Room GA-41	Wellness Mgmt John/Carrie Room GA-41	Committing to Life Yukie/Maria Room GA-39 <i>*register*</i>	
1:00 - 1:45	Psychosis Support John/Jennifer Room GA-39 <i>*register*</i>	12:30-2:00 Veterans Story Corps Richard/Chanel/Dan Room GA-41		Art of Life 1:00 - 2:45 Chanel/Adrian Richard	Social Skills Yukie/Jennifer/Carrie Room GA-39 <i>*register*</i>		Seeking Sanctuary Jon Wright Room GA-39	Skillful Emotions Maisie Yukie/Carrie Room GA-41	Dual Recovery John/Maisie Room GA-41	Vets with Pets Ashley Room GA-39	Happiness Bootcamp Maria Room GA-41 <i>*register*</i>	Recovery Walk John Room GA-34	
2:00 - 2:45	Women Create! Maisie/Chanel Room GA-41 <i>*register*</i>	Study Lab PRRC Staff Room GA-39		Art Guild 3:00 - 5:00 Room GA-41	Study Lab PRRC Staff Room GA-39		Recovery Resource Lab Books, videos, & other resources PRRC Volunteers Room GA-37		Study Lab PRRC Staff Room GA-39	Recovery Walk John Room GA-34	Study Lab PRRC Staff Room GA-39		
			Family Support 6:00- 7:30 Maisie <i>*register*</i>										



See Course Catalog for Class Descriptions

Note: Activities listed in gray are hosted by the PRRC but may have other sponsors and/or be non-clinical

Classes marked **register** require registration prior to attending class. There are a couple of ways to register:
 1) Attend Registration Day on April 3rd 2) Contact the specific class facilitator if you know him/her 3) Leave a voicemail on (415) 750-2226.