

REGISTERED CLASSES: SPRING 2012

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.
 - ✚ Leave a voicemail on (415) 750-2226.

Anger Management. Fridays 9:00 – 9:45am



Learn ways to avoid letting anger take control of your interactions. Avoid becoming angry in the first place and learn to recognize warning signs early and take measures to defuse tense encounters. Veterans will learn to decrease their overall arousal, feel they have more control over the challenging events in their lives, and be less likely to act in ways that either take them further from their goals or lead them to feel worse about themselves.

Committing to Life. Fridays 11:00 – 11:45am



Be an active participant in your life! Learn how to be more present in your daily life as well as how to be more engaged in activities that are meaningful to you. This class teaches skills from Acceptance and Commitment Therapy (ACT) to help you:

- Accept your experience and be present in your life,
- Choose the values that mean the most to you, and
- Take action to live more fully.

Coping Through the Senses. Tuesdays 11:00 – 11:45am



Success-oriented experiences that will help students develop skills that will enable them to tolerate distress. This class will help students learn to create a refuge from the stimulation of daily life.

Happiness Boot Camp. Fridays 1:00 – 1:45pm



Learn the techniques and experience the satisfaction of inner peace and joy! The science of happiness (a.k.a. Positive Psychology) now has specific ways for people to learn how to create a sustainable inner peace for themselves. We will be reviewing and practicing these techniques together. Benefits of positive emotions include: better health, achievement, resilience, a buffer against anxiety and depression – and just plain feeling good.

Insomnia Management. Tuesdays 10:00 – 11:00 am



Having trouble sleeping? This class will help you improve your sleep. This is a structured class that includes homework such as keeping track of how much you sleep. You are expected to attend regularly so that you can learn new skills and practice them.

More classes on the other side →

OWL-Optimal Wellness Living. Wednesdays 11:00 – 11:45am

Steer yourself on the right track by joining this fun, enjoyable fitness based class. From a recreational standpoint, this class will focus on cardiovascular endurance, muscular strength, core function, and flexibility while incorporating wellness principles of the mind, body, and spirit to get you WELL and STAY WELL! In addition, this class will offer education about various fitness domains so that you can identify and organize physical activities conducive to your needs. Plus, it will be great in developing social skills and build camaraderie amongst your peers. What have you got to lose?



Psychosis Support Group. Mondays 1:00 – 1:45 pm

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. Contact Dr. Jennifer Boyd (415-221-4810, ext. 3421) to enroll as a member.



Reading for Recovery. Mondays 10:00 – 10:45 am

This bibliotherapy class involves selected readings from the first-person recovery-oriented literature. Attendees will be asked to read and discuss selections from books and articles describing an individual's recovery stories. Some of the selections will be from the following: "I Never Promised You a Rose Garden," "The Center Cannot Hold," "An Unquiet Mind," "Free to Fly," and "Get Me Out of Here." Reading and discussing recovery oriented stories can often inspire hope and serve to point out that recovery is real and possible. Veterans will also have the opportunity to create their own recovery story using a variety of media.



Social Skills. Tuesdays 1:00 – 1:45 pm

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. ***Tuesday's section requires registration and will feature smaller class sizes with consistent attendees. It is recommended for first-time participants or those who need extra support to role play.***

An open section of Social Skills will still be offered Fridays at 10:00 – 10:45 am.



Women Create! Mondays 2:00 – 2:45 pm

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.

