

REGISTERED CLASSES: SUMMER 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.
 - ✚ Attend Registration Day on July 2nd
 - ✚ Attend the first day of the class



Anger Management. Thursdays 11:00 – 11:45am

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.



Happiness Boot Camp. Wednesdays 11:00 – 11:45am

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.



Nutrition & Exercise for Wellness & Recovery. Mondays 10:00–11:45am

This program will provide you with information, skills and motivation so that you can be successful in creating a healthier life. You will learn the effects of being overweight on both physical and mental health. Some you are probably already aware of, but others you may not know. This is a chance to not only learn why and how to get healthy, but to actually DO IT! People with mental illness who have taken this class lose an average of 8 pounds. So come join us in developing healthful habits while having fun.



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. Tuesdays 2:00 – 2:45 pm

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 10:00 – 10:45 am

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 – 3:30 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.