

San Francisco VAMC Fort Miley Psychosocial Rehabilitation and Recovery Center

~ Summer 2012 Schedule ~ July 5 - September 28, 2012~

(415) 750-2226

	MONDAY		TUESDAY			WEDNESDAY		THURSDAY		FRIDAY		
9:00 - 9:45	Speaking of Smoking Amanda/Extern Room GA-39	Leisure and Wellness Gary Room GA-41	Health & Wellness Jackie/Sara Room GA-41	Study Lab PRRC Staff Room GA-39	Your Recovery, Your Choice John Rm GA-34 by appt	Veterans Community Council Dan Room GA-41	Healthy Living Jackie/Gloria Room GA-39	Heart of Recovery Jennifer/Extern Room GA-41	Relationship Skills Sara/ Michael/Intern Room GA-39	Leisure and Wellness Gary Room GA-41		
10:00 - 10:45	10-11:45 Nutrition & Exercise for Wellness & Recovery Carrie/Jackie Room GA-41	Wellness Management Carrie/Jackie Room GA-41	Orientation Room GA-41 by appt	Vet 2 Vet Room GA-91	Social Skills Jackie/Extern Room GA-39 *register*	Sounds of Recovery Dan/Jackie Room GA-41	This is Self-Esteem Julie/ Amy Room GA-39	Mind Over Mood Carrie/Jackie Room GA-41	Coping with Voices Jennifer/John Room GA-39	Orientation Room GA-41 by appt	Social Skills Carrie/ Intern Room GA-39	Social Skills Richard/ Extern Room GA-91
11:00 - 11:45	Karen/ Amy/John GA-18 *register*	Healthy, Hopeful, & Wise Sara/Julie Room GA-41	Techniques & Role Recovery Michael/Amy Room GA-41	Ending Self Stigma 11:00-12:30 Jennifer/Extern Room GA-39	WRAP Carrie/Intern Room GA-41 *Community Meeting 1st Wed of the month	Happiness Boot Camp Maria Room GA-39 *register*	Techniques & Role Recovery Jackie/Extern Room GA-41	Anger Mgmt Julie/Intern Room GA-39 *register*	Wellness Mgmt John/ Michael Room GA-41	Study Lab PRRC Staff Room GA-39		
1:00 - 1:45	Psychosis Support John/ Jennifer Room GA-39 *register*	12:30-2:00 Veterans Story Corps Richard/Chanel/Dan Room GA-41	Art of Life 1:00 - 2:45 Chanel/ Richard	Independent Living Skills Karen/Amy Room GA-39	Skillful Emotions Carrie/Extern Room GA-41	Seeking Sanctuary Jon Wright Room GA-39	Dual Recovery John Jackie/Julie Room GA-41	Back to School Ashley Room GA-39	Recovery Walk John Room GA-34			
2:00 - 2:45	Hope, Transcend., & Recovery Rob/Extern Room GA-39	Women Create 2:00-3:30 Chanel/Julie Room GA-41 *register*	Art Guild 3:00 - 5:00 Room GA-41	Reading for Recovery Karen/Michael Room GA-39 *register*	Recovery Resource Lab Books, videos, & other resources Joseph Room GA-37	Recovery Walk John Room GA-34		Veterans Meeting in the Community Fridays from 1:00-2:30pm Independent Living Resource Center 649 Mission Street (415) 543-6222				
			Family Support 6:00-8:30 Carrie *register*									



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 July 2nd 2) Contact the specific class facilitator if you know him/her 3) Leave a voicemail on (415) 750-2226.