

San Francisco VAMC Fort Miley Psychosocial Rehabilitation and Recovery Center

~ Winter 2012 Schedule ~ January 3 - March 30, 2012~

(415) 750-2226

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
9:00 - 9:45	Healthy, Hopeful, & Wise  Jackie/NP Room GA-39	Speaking of Smoking  Maria/Grace Room GA-41	Vet 2 Vet  Room GA-91	One to One Support  John Room GA-34 by apt	Veterans Community Council  Room GA-41	Coping Thru the Senses  Karen/John Room GA-39 *register*	Heart of Recovery  Jennifer/Maria Room GA-41		Anger Mgmt  Maria/Adrian Room GA-41 *register*	Committing to Life  Yukie/Carrie Room GA-39	9:00 - 9:45	
10:00 - 10:45	Finding Stillness  Maisie/Karen Room GA-39	Hope & Recovery  Rob/Maria Room GA-41	Orientation  Room GA-41 by apt	Healthy Living  Jackie/Gloria Room GA-39	Relationship Skills  Yukie/Carrie Room GA-39	Sounds of Recovery  Dan Room GA-41	Coping with Voices  Jennifer/John Room GA-39 *register*	Mind Over Mood  Carrie/Jackie Room GA-41	Orientation  Room GA-39 by apt	10- 11:45 Mindful Photography  Yukie/Jackie Maisie Room GA-18	Social Skills  Yukie/Jackie Maisie Room GA-18	10:00 - 10:45
11:00 - 11:45	There is a Solution!  John Room GA-39	Skillful Emotions  Maisie/Michael Room GA-41	Techniques & Role Recovery  Karen/Carrie Room GA-41	Community Integration  Yukie/Jackie Room GA-39	WRAP  Karen/Maisie Room GA-39 *Community Meeting 1st Wed of month		Health and Wellness  Jackie Room GA-41	Stress Mgmt  NP Room GA-39	Techniques & Role Recovery  Maria/Jackie Room GA-41	Wellness Mgmt  Carrie/Yukie Room GA-39	 Richard/Adrian Room GA-41 "Health is... the balance of mind, body, and soul." Hippocrates	11:00 - 11:45
1:00 - 1:45	Psychosis Support  John/Karen/Jennifer Room GA-91 *register*	12:30-2:00 Veterans Story Corps  Richard Chanel/Dan Room GA-41	Art of Life 1:00 - 2:45  Chanel Adrian	Social Skills  Yukie/Carrie Room GA-39 *register*	Seeking Sanctuary  Jon Wright Room GA-39	Reading for Recovery  Karen/Michael Room GA-41 *register*	Dual Recovery  John/Maisie Room GA-41		Positive Viewpoints  Maria Room GA-41 *register*	Veterans Meeting in the Community Fridays 1:00-2:30pm Independent Living Resource Center 649 Mission St. (415) 543-6222	1:00 - 1:45	
2:00 - 2:45	Women Create!  Maisie/Chanel *register* Room GA-41	Wellness Mgmt  Michael/Carrie GA-39	Art Guild 3:00 - 5:00  Room GA-41	Move with Maisie  Maisie Room GA-39	Recovery Resource Lab Books, videos, & other resources Starts 1/18 PRRC Volunteers Room GA-37		Recovery Walk  John Room GA-39	Med Ed  NP Room GA-41	Recovery Walk  John Room GA-39 Note: in the event of bad weather, John will be avail. for peer support		2:00 - 2:45	
			Family Support  6:00- 7:30 Debbie *register* Room GA-41									



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) Contact specific class facilitator if you know them OR
- 2) Leave a voicemail on (415) 750-2226.