Psychosocial Rehabilitation and Recovery Center (PRRC)

San Bruno VA Clinic ~ Summer 2012 Schedule ~ July 5 – September 28

MONDAY

Speaking of Smoking
9:00 – 9:45 am
Amanda/Extern
Conference Room
Offered By V-TEL

Wellness Management
10:00 – 10:45 am
Carrie/Jackie
Conference Room
Offered by V-TEL

Vet 2 Vet
11:00 – 11:45
Conference Room
Offered by V-TEL

Veterans Story Corps
12:30 – 2:00 pm
Richard, Chanel, Dan
Conf Rm 2nd and 4th Mon
Dan's office (38) 1st and 3rd
Offered by V-TEL

Reducing Isolation
2:00-3:00 pm
Dan
Conference Room

Women Create!
2:00 – 3:30 pm
Chanel/Julie
Dan's office Rm 38
Offered by V-TEL
***Pre-registration required!**

TUESDAY

Individual Recovery Advising available by appointment with Dan Evenhouse LCSW

Orientation
10:00 – 10:45 am
Conference Room
Offered by V-TEL
***By appointment ONLY**

MOVE with Recovery
11:30 – 12:15 pm
Dan and Janet
Meet in Lobby

Rise Above Depression
1:00 – 1:45 pm
John and Dan
Conference Room

Peer Support
2:00 – 2:30 pm
John
Conference Room

Vietnam Vet Stress Management
2:30 – 3:45 pm
Judith
Room 36
***Pre-registration required!**

WEDNESDAY

Veterans Community Council
9:00 – 9:45 am
Dan's office Rm 38
Offered by V-TEL

Sounds of Recovery
10:00 – 10:45 am
Dan
Conference Room
Offered by V-TEL

Community Meeting
11:00 – 11:45 am
*1st Wed of month
Conference Room
Offered by V-TEL

Al-Anon Meeting
12:00 – 1:00 pm
Conference Room

Additional PRRC classes at Ft. Miley

Individual Recovery Advising available by appointment with Dan Evenhouse LCSW

THURSDAY

Music Over Mood
9:00 – 9:45 am
Dan
Conference Room
Offered by V-TEL

Art of Life
10:00 – 11:45 am
Richard and Chanel
Conference Room
Offered by V-TEL

MOVE with Mindfulness
11:30 – 12:15pm
Dan
Meet in Lobby

LifeRing
12:00 – 1:00 pm
LifeRing Staff
Room 36

Mindfulness
1:00 – 2:00 pm
Dan and Chanel
Conference Room

Individual Recovery Advising available by appointment with Dan Evenhouse LCSW

FRIDAY

Resolving Anger and Stress
9:00– 10:00 am
***Pre- Registration Required!**

Orientation
10:00 – 10:45 am
Room 36
Offered by V-TEL
***By appointment ONLY**

Vietnam Vet Stress Management
10 – 11:15 am
Judith and Rob
Conference Room
***By appointment ONLY**

Individual Recovery Advising available by appointment with Dan Evenhouse LCSW

Adapting to Change
2:00 – 3:00 pm
Register
Conference Room
Crystelle

San Bruno Clinic (650) 615-6019
Fort Miley (415) 221-4810 x2839

RED = PRRC Classes

BLACK = other VA groups
PRRC NOT responsible for content or scheduling