

Psychosocial Rehabilitation and Recovery Center (PRRC)

San Bruno VA Clinic ~ Winter 2012 Schedule ~ January 3 – March 30

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|---|--|
| <p>Hope, Transcendence and Recovery  10:00 – 10:45 am Rob and Maria Conference Room <i>Offered by V-TEL</i></p> | <p> MOVE with Recovery 11:30 – 12:15 pm Dan and Jane Meet in Lobby</p> | <p>Veterans Community Council  9:00 – 9:45 am Dan's office Rm 38 <i>Offered by V-TEL</i></p> | <p>Music Over Mood  9:00 – 9:45 am Dan Conference Room</p> | <p> Individual Recovery Advising available by appointment with Dan Evenhouse, LCSW</p> |
| <p>Vet 2 Vet  11:00 – 11:45 Conference Room</p> | <p>Rise Above Depression 1:00 – 1:45 pm John and Dan Conference Room </p> | <p>Spiritual Support  by appt Chaplain Jon Wright (415) 221-4810 x4505</p> | <p>Art of Life  10:00 – 11:00 am 11:00 – 11:45 am Richard and Adrian Conference Room</p> | <p>Vietnam Vet Stress Management *By appointment ONLY  Judith and Rob Conference Room</p> |
| <p>Veterans Story Corps 12:30 – 2:00 pm  Richard, Chanel, Dan Conf Rm 2nd and 4th Mon Dan's office (38) 1st and 3rd <i>Offered by V-TEL</i></p> | <p>Peer Support  2:00 – 2:45 pm John Conference Room</p> | <p>Sounds of Recovery  10:00 – 10:45 am Dan Conference Room <i>Offered by V-TEL</i></p> | <p>WWII & Korean Veterans Support Group  11:00 – 12:00 am Judith 1st and 3rd Thursdays *By appointment ONLY</p> | <p>Anger Management 10:00 – 11:15 am  Zach Room 36</p> |
| <p>Reducing Isolation 2:00-3:00 pm  Dan Conference Room</p> | <p>Vietnam Vet Stress Management  2:30 – 3:45 pm Judith Room 36 * Pre-registration required!</p> | <p>Al-Anon Meeting  12:00 – 1:00 pm Conference Room</p> | <p>LifeRing  12:00 – 1:00 pm LifeRing Staff Conference Room</p> | <p>Alcoholics Anonymous Meeting  12:00 – 1:00 pm Conference Room</p> |
| <p>Additional PRRC classes at Ft. Miley</p> | <p>Explore Your Community!  • Community College • Public Library • Volunteer Work</p> | <p>Mindfulness  1:00 – 2:00 pm Dan, Adrian and Chanel Conference Room</p> | | |

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