

# Psychosocial Rehabilitation and Recovery Center (PRRC)

## San Bruno VA Clinic ~ Fall 2013 Schedule ~ October-December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Explore Your Community!</b></p> <ul style="list-style-type: none"> <li>• Community College</li> <li>• Public Library</li> <li>• Volunteer Work</li> </ul> 	<p style="text-align: center;"><b>Orientation</b></p> <p>10:00 – 10:45 am By appointment Conference Room <i>Offered by V-TEL</i></p> 	<p style="text-align: center;"><b>Veterans Community Council</b></p> <p>9:00 – 9:45 am Dan's office Rm 38 <i>Offered by V-TEL</i></p> 	<p style="text-align: center;"><b>Music Over Mood</b></p> <p>9:00 – 9:45 am Dan, Jill, Christine Conference Room <i>Offered by V-TEL</i></p> 	<p style="text-align: center;"><b>Anger Management Support</b></p> <p>9:00 – 10:00 Conference Room <i>*Pre-Registration Only</i></p> 
<p style="text-align: center;"><b>Pathways to Recovery</b></p> <p>10:00 – 10:45 am Michael, Karen, Shilpa Conference Room <i>*Broadcast from Fort Miley Offered by V-TEL</i></p> 	<p style="text-align: center;"><b>Veterans Advisory Council</b></p> <p>12:15 – 1:00 <b>*2<sup>nd</sup> Tuesday of month</b> Conference Room</p> 	<p style="text-align: center;"><b>Spiritual Support</b></p> <p><i>by appt</i> Chaplain Jon Wright (415) 221-4810 x4505</p> 	<p style="text-align: center;"><b>Art of Life</b></p> <p>10:00 – 11:00 am 11:00 – 11:45 am Richard, Jill, Christine Conference Room <i>Offered by V-TEL</i></p> 	<p style="text-align: center;"><b>Orientation</b></p> <p>10:00 – 10:45 am By appointment Room 36 <i>Offered by V-TEL</i></p> 
<p style="text-align: center;"><b>Vet 2 Vet</b></p> <p>11:00 – 11:45 Conference Room <i>Offered by V-TEL</i></p> 	<p style="text-align: center;"><b>MOVE with Recovery</b></p> <p>11:30 – 12:15 pm Dan and Janet Meet in Lobby</p> 	<p style="text-align: center;"><b>Wellness Music Box</b></p> <p>10:00 – 11:00 am Dan Conference Room <i>Offered by V-TEL</i></p> 	<p style="text-align: center;"><b>MOVE with Mindfulness</b></p> <p>11:30 – 12:30 pm Dan Meet in Lobby</p> 	<p style="text-align: center;"><b>Vietnam Vet Stress Management</b></p> <p><i>*By appointment ONLY</i> Tuesday and Friday Judith Conference Room</p> 
<p style="text-align: center;"><b>Veterans Story Corps</b></p> <p>12:30 – 2:00 pm Richard, Christine, Jill, Dan Conf Rm <i>Offered by V-TEL</i></p> 	<p style="text-align: center;"><b>Rise Above Depression</b></p> <p>1:00 – 1:45 pm John and Dan Conf Rm by VTEL</p> 	<p style="text-align: center;"><b>Community Meeting</b></p> <p>11:00 – 11:45 <i>*1<sup>st</sup> weds of month</i> Offered by VTEL Conference Room</p> 	<p style="text-align: center;"><b>LifeRing</b></p> <p>12:00 – 1:00 pm LifeRing Staff Room 18</p> 	<p style="text-align: center;"><b>MM MODERATION MANAGEMENT</b></p> <p>12:00 – 1:00 pm REGISTER VIA DAN</p> 
<p style="text-align: center;"><b>Reducing Isolation</b></p> <p>2:00-3:00 pm Dan Conference Room</p> 	<p style="text-align: center;"><b>Peer Support</b></p> <p>By appointment  John</p> 	<p style="text-align: center;"><b>AI-Anon Meeting</b></p> <p>12:00 – 1:00 pm Conference Room</p> 	<p style="text-align: center;"><b>Mindfulness</b></p> <p>1:00 – 2:15 pm Dan, Jill, Christine Conference Room <i>Offered by V-TEL</i></p> 	<p style="text-align: center;"><b>ILRC Meetings: Photography Class, Vet to Vet, Writing and RESMO Workshops</b></p> <p>(In person-not by vtel) <i>*All Veterans Welcome*</i> 649 Mission St @ 3<sup>rd</sup> St, 3<sup>rd</sup> Floor FRIDAYS 12:15-4PM</p> 
<p style="text-align: center;"><b>Hope and Support</b></p> <p>3:00 – 3:45 pm Dan Room 38 <i>Offered by V-TEL</i> Pre-registration required</p> 	<p style="text-align: center;"><b>Launch Into the Community</b></p> <p>3:00-4:00pm  LOCATION VCMC 1720 Market (at Valencia) SF</p> 	<p style="text-align: center;"><b>Individual Recovery Advising</b></p> <p>available by appointment with Dan Evenhouse LCSW</p> 		

**San Bruno Clinic (650) 615-6019**  
**Fort Miley (415) 221-4810 x6019**

RED = PRRC Classes

BLACK = other VA groups

\*PRRC NOT responsible for content or scheduling\*