

REGISTERED CLASSES: Spring 2013

See the course catalog for a description of all of our classes, available on our website <http://www.sanfrancisco.va.gov/SANFRANCISCO/services/prrc.asp>

This quarter, the PRRC is excited to also offer an exclusive selection of classes that require registration prior to attendance. These classes either serve a specific group of clients or offer a curriculum that builds as the class progresses.

- Students need to register and commit to attending the class regularly.
- There are a couple of ways to register:
 - ✚ Contact the class facilitator directly if you know them.
 - ✚ Leave a voicemail on (415) 750-2226.
 - ✚ Attend Registration Day on April 1st or 2nd.
 - ✚ Attend the first day of the class.



Moving Into Stillness. Fridays 11:00 – 11:45 am

Moving Into Stillness is a registered class combining yoga, mindfulness, meditation, and grounding techniques. The goal of this class is to make the experience of yoga accessible for all, going beyond the physical aspects of a yoga practice in order to support Veterans in developing diverse recovery oriented skills. Additionally, there will be an opportunity for Veterans to research and co-present on a related area of interest.



Nutrition & Exercise for Wellness & Recovery. Wednesdays 10 – 11:30 am

This program will provide you with information, skills and motivation so that you can be successful in creating a healthier life. You will learn the effects of being overweight on both physical and mental health. Some you are probably already aware of, but others you may not know. This is a chance to not only learn why and how to get healthy, but to actually DO IT! People with mental illness who have taken this class lose an average of 8 pounds. So come join us in developing healthful habits while having fun.



Reading for Recovery. Tuesdays 2:00 – 2:45 pm

This bibliotherapy class involves selected readings from the first-person recovery-oriented literature. Attendees will be asked to read and discuss selections from books and articles describing an individual's recovery stories. Some of the selections will be from the following: "I Never Promised You a Rose Garden," "The Center Cannot Hold," "An Unquiet Mind," "Free to Fly," and "Get Me Out of Here." Reading and discussing recovery oriented stories can often inspire hope and serve to point out that recovery is real and possible. Veterans will also have the opportunity to create their own recovery story using a variety of media.



Schizophrenia Support Group. Thursdays 11:00 – 11:45 am

This is a support group for people who hear or see things that are not there, or have fears about things that are not true. The group shares tips on coping with these experiences, and discusses other topics of mutual interest such as relationships with loved ones. Contact Dr. Jennifer Boyd (415-221-4810, ext. 3421) to enroll as a member.

Contact Kate Kaplan at (415) 221-4810 x 6394 to do a brief screening and register.



The Self In Context. Thursdays 2:00 – 2:45 pm

This group has a focus on interpersonal relationships with attention to basic interconnections and interconnectedness. We'll explore our thoughts and feelings and how they impact ourselves and others. While there will be a standard format, each week the topic will emerge from the group process and its ongoing experience. There will be considerable support for utilizing what's learned in the group in real world situations

outside the group.



Wellness Management. Tuesdays 10:00 – 11:30 am

This class will provide knowledge on recovery strategies including practical facts about mental illness, how to build social supports, use medications effectively, cope with stress, problems and symptoms and get your needs met in the mental health system. Each class will build on the previous one, giving you the opportunity to enhance your knowledge each week while working on organizational and time management skills.



Women Create! Mondays 2:00 – 3:30 pm

Female veterans will be invited to discuss, share, visualize and actualize recovery goals through discussion of recovery concepts and through active creative expression. Class will encourage women to share aspirations and unique methods of creativity such as visual art, writing, and performing. Class will encourage mindfulness and support healthy social involvement through the discussion of shared interests of female veterans.