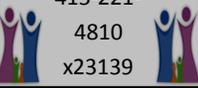


Monday		Tuesday			Wednesday		Thursday		Friday	
9:00—9:45		9:00—9:45			9:00—9:45		9:00—9:45		9:00—9:45	
<b>Dual Recovery (1)</b>  Amy GA-41	<b>Building Relationships (2)</b>  Mark/Miriam GA-39	<b>Social Skills Training (8)</b>  Sara/Sierra GA-41	<b>WRAP (9)</b>  Maisie/Aquila GA-39		<b>Veterans Community Council (16)</b>  Rodney/Michael Pritchett GA-41		<b>Intro to CBT (20)</b>  Sara/Bethany GA-41	<b>Health Workshop (21)</b>  Jackie GA-39	<b>* ALL FRIDAY CLASSES HELD AT THE VETERANS BUILDING/IN THE COMMUNITY! *</b>	
10:00—10:45		10:00—10:45			10:00—10:45		10:00—10:45		10:00—11:30	
<b>Skillful Emotions Part I (3)</b>  Part II (5) Maisie/Miriam/Nava GA-41	<b>Ending Self Stigma (4)</b>  Jennifer/Sarah M./Lisa GA-39	<b>Organizing Time (10)</b>  Mark/Ashley/Aaron GA-41	<b>Seeking Safety (11)</b>  Richard/Nava GA-39	<b>Program Orientation (for new members)</b>  TBD	<b>Peer Support (17)</b>  Matthew/Carl/Sarah GA-41	<b>WRAP Orientation (for new members)</b>  GA-39	<b>CBT for Psychosis (22)</b>  Elena/Aquila/Bethany GA-41	<b>NEW-R (Nutrition and Exercise) (23)</b>  Jackie/Amy GA-39	<b>Outsider Art</b>  * Individual appointments with Richard *	<b>Work Zone (27)</b>  Matthew/Jackie Vets Bldg.
	<b>11:00—11:45</b> <b>Happiness Boot Camp (6)</b>  Amy/Elena GA-39	<b>Knowledge is Power (12)</b>  Sierra/Elena GA-41	<b>11:00—11:45</b> <b>Think SMART (13)</b>  Sarah M./Mark GA-39		<b>Recovery in Young Adulthood (18)</b>  Elena/Matthew GA-41	<b>Speaking of Smoking (19)</b>  Amy/Jessie GA-18	<b>Heart of Recovery (24)</b>  Dan/Bill Powlus GA-41	<b>Community Discovery (30)</b>  Jackie/Mark/Dan Vets Bldg.		
12:00-1:15		12:15—1:00			1:00—2:00		12:30—2:00		1:00—1:45	
<b>Women Create (7)</b>  Nava/Miya GA-41		<b>Art Guild (14)</b>  Richard/Ashley/Aaron/Nava/Gabe GA-41			<b>1:00—2:00</b> <b>Speaking of Smoking Coaching</b>  * Individual appointments with Amy *		<b>Story Corps (25)</b>  Richard/Ashley/Aaron GA-41	<b>Seeking Sanctuary (26)</b>  Jon Wright GA-39	<b>* Blue shading indicates classes held at Veterans Building. *</b>	
		1:00—2:00							1:00-3:00PM	
		<b>Art Therapy (15)</b>  Richard/Ashley/Aaron/Nava/Gabe GA-41							<b>Supported Volunteering</b>  * Individual appointments with Mark Vets Bldg.*	

\* Orange shading indicates individual coaching by appointment. \*

**\*\*All classes require registration.\*\***  
 There are a few ways to register: 1) Attend Registration on June 28th or 29th; 2) Contact the specific class facilitator; 3) Attend classes the 1st week and let the class facilitator know you would like to register. **Once you have registered for a class**, please call: [415-750-2226](tel:415-750-2226) in advance if you are unable to attend.

**Family Support**  
 Contact Maisie:  
 415-221-4810  
 x23139



# CLASSES IN THE COMMUNITY!

Summer 2016 | July 5th—September 23rd

**\*\*ALL Veterans Welcome\*\***

**TUESDAY**

**Basic Computer Skills**

**Drop In Class**

1:00-2:30 PM

5th Floor Computer Training Ctr.  
Main Library, 100 Larkin St

**WEDNESDAY**

**Drop-in Volunteer Opportunity: Sutro Heights Park Maintenance**

9:00-12:00 PM

Old Sutro Heights Park  
(see catalog for details)

**THURSDAY**

**Vet-to-Vet**

10:00-11:00 AM

Veterans Building,  
401 Van Ness Ave

**Computing Basics Class**

12:30-1:30 PM

5th Floor Computer Training Ctr.  
Main Library, 100 Larkin St

**FRIDAY**

**Self-Directed Art Lab (supplies provided)**

**Heroes Voices Guitar Corps (registration required)**

12:00-1:00 PM

Veterans Building,  
401 Van Ness Ave

**SATURDAY**

**Drop-in Volunteer Opportunity: Lands End Habitat Restoration**

1:00-4:00 PM

Lands End (see catalog for details)

**MONDAY TO FRIDAY**

**Veterans' Resource Center**

**Benefits, Services, and Resources Info**

**(No appointment needed)**

12:00-5:00 PM

5th Floor Computer Training Ctr.  
Main Library, 100 Larkin St

**MONDAY TO FRIDAY**

**AMVETS Success Center**

**Employment and Career Services**

**(No appointment needed)**

1:00-5:00 PM

Veterans Building, 2nd Floor  
401 Van Ness Ave

**Recovering Yourself through Video** <sup>(31)</sup>

*BAVC Digital Storytelling Podcast and Public Access TV workshop*

1:30-2:30 PM,  
**1st Thurs. monthly**

2727 Mariposa Street

**Writing, Music and Art Class**

1:00-2:45 pm

Veterans Building,  
401 Van Ness Ave

**Photography Class** <sup>(33)</sup>

3:00-4:00 PM

Sixth on Seventh Gallery  
105 7th Street

**Drumming for Change** <sup>(31)</sup>

1:30-2:30 PM,  
**2nd & 4th Thurs. monthly**

Veterans Building,  
401 Van Ness Ave

**Creative Wellness** <sup>(31)</sup>

co-sponsored by American Legion

1:30-2:30 PM,  
**3rd Thurs. monthly**

Veterans Building,  
401 Van Ness Ave

**Digital Device Drop In**

4:00-5:00PM

5th Floor Computer Training Ctr.  
Main Library, 100 Larkin St

**To see full schedule of activities at the Veterans Building, :**

[bit.ly/1RaVr2b](http://bit.ly/1RaVr2b)

*Classes may be added or changed due to scheduling factors \* Call to verify \**

**Dan Evenhouse, LCSW, Director of**

**Community Based Services**

**# 415-221-4810 ext. 22839**

