

# Psychosocial Rehabilitation and Recovery Center (PRRC)

## Community Integration Schedule ~ Winter 2014 ~ January-March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Spiritual Support</b> by appt Chaplain Jon Wright (415) 221-4810 x4505</p> 	<p><b>Orientation</b> 10:00 – 10:45 am By appointment Conference Room <i>Tuesdays and Fridays</i> Offered by V-TEL</p> 	<p><b>Veterans Community Council</b> 9:00 – 9:45 am Dan's office Rm 38 Offered by V-TEL</p> 	<p><b>Music Over Mood</b> 9:00 – 9:45 am Dan, Jill, Christine Conference Room Offered by V-TEL</p> 	<p><b>Anger Management Support</b> 9:00 – 10:00 Conference Room *Pre-Registration Only</p> 
<p><b>Recovering Your Dreams</b> 10:00 – 10:45 am REGISTRATION REQUIRED *Broadcast from Fort Miley Offered by V-TEL</p>	<p><b>Veterans Advisory Council</b> 12:15–1:00 *2<sup>nd</sup> Tuesday of month Conference Room</p> 	<p><b>Wellness Music Box</b> 10:00 – 11:00 am Dan Conference Room Offered by V-TEL</p> 	<p><b>Art of Life</b> 10:00 – 11:00 am 11:00 – 11:45 am Richard, Jill, Christine Conference Room Offered by V-TEL</p> 	<p><b>ILRC Meetings:</b> *All Veterans Welcome* 649 Mission St @ 3<sup>rd</sup>St, 3<sup>rd</sup> Floor FRIDAYS 12PM-4PM</p>
<p><b>Vet 2 Vet</b> 10:30 – 12:30 Conference Room Offered by V-TEL</p> 	<p><b>MOVE with Recovery</b> 11:30 – 12:15 pm Dan and Janet Meet in Lobby</p> 	<p><b>Community Meeting</b> 11:00– 11:45 *1<sup>st</sup> weds of month Offered by VTEL Conference Room</p> 	<p><b>MOVE with Mindfulness</b> 11:30 – 12:30 pm Dan Meet in Lobby</p> 	<p><b>Writer's Workshop</b> 12:00-1:00 AT ILRCSF</p> 
<p><b>Veterans Story Corps</b> 12:30 – 2:00 pm Richard, Christine, Jill, Dan Conf Rm Offered by V-TEL</p> 	<p><b>Rise Above Depression</b> 1:00 – 1:45 pm John and Dan Conf Rm by VTEL</p> 	<p><b>Al-Anon Meeting</b> 12:00 – 1:00 pm Conference Room</p> 	<p><b>LifeRing</b> 12:00 – 1:00 pm LifeRing Staff Room 18</p> 	<p><b>Resilience in Motion (RESMO)</b> 1:00-2:00 AT ILRCSF</p> 
<p><b>Reducing Isolation</b> 2:00-3:00 pm Dan Conference Room</p> 	<p><b>Peer Support</b> 2:00-2:30pm John</p> 	<p><b>Recovering yourself through music art &amp; drama</b> 12:00-3:00 Loc: VCMC Dan /Mahyee</p> 	<p><b>Mindfulness</b> 1:00 – 2:15 pm Dan , Jill, Christine Conference Room Offered by V-TEL</p> 	<p><b>Photography Class</b> 649 Mission St @ 3<sup>rd</sup>St, 3<sup>rd</sup> Floor FRIDAYS 2PM-4PM</p> 
<p>SAN MATEO COUNTY VETERANS ORGANIZATION 4<sup>th</sup> Monday 5pm Call below for details on next meeting</p>	<p><b>Hope and Support</b> 3:00 – 3:45 pm Dan Room 38 Offered by V-TEL Pre-registration required</p> 	<p><b>Connect in the Community</b> PRRC Staff 3:00-4:00PM VCMC 1720 Market St.</p> 	<p><b>Vietnam Vet Stress Management</b> *By appointment ONLY Tuesday and Friday Judith Conference Room</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\***