

# REGISTERED CLASSES: Winter 2014

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 January 2<sup>nd</sup> and 3<sup>rd</sup>, 2014.
  - Attend the first day of the class.
  -



## **Coping Through the Senses.**

Success oriented experiences that will help students develop skills that will enable them to tolerate distress. This class will help students learn to create a refuge from the stimulation of daily life.

*\*Registered class\**

## **Ending Self Stigma Seminar.**

The Ending Self Stigma Seminar was created for individuals who have taken the Ending Self Stigma class. The goal of this class is to support Veterans in taking the next step in overcoming internalized stigma. This class is largely student-driven so that the class topics are presented by students and facilitators and are of personal interest to students. Key topics include: stigma and stereotypes in society, disclosing to others/telling your story, and advocacy targeting stigma around mental illness.

*\*Registered class\**



## **Family Support.**

Open to caregivers, family members, and significant others of consumers of mental health services. The class will provide a forum for education and discussion of various aspects of living with a person with severe mental illness: medications, side effects, symptomatology, and pathology.

*\*Registered class\**



## **Man in Society.**

Man in Society is a group for men exploring life from a deep sense of core values, committed to developing a fuller sense of purpose in life particularly in modern society

*\*Registered class\**



## REGISTERED CLASSES: Winter 2014

### **Nutrition & Exercise for Wellness and Recovery.**



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.

*\*Registered class\**

### **Schizophrenia Support Group.**



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.

*\*Registered class\**

### **The Self In Context.**



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.

*\*Registered class\**

### **Women Create!**



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.

*\*Registered class\**