

San Francisco VAMC Fort Miley Psychosocial Rehabilitation and Recovery Center

~Winter 2015 Schedule | January 5th - March 27th~

(415) 750-2226

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY			FRIDAY							
9:00 - 9:45	Peer Support Matthew/G GA-41/ V-TEL		Vet to Vet Building 11		OWL G GA-41/ V-TEL		Veterans Community Council Maisie/G GA-41/ V-TEL		Dual Recovery Amy/Jackie GA-39		Wellness Management Sara/Richard/Marilyn GA-41/ V-TEL		WRAP Marilyn/Elena GA-39			Community Mindfulness Richard/Jasmine/ Mariah GA-91	Man in Society Michael/Matthew GA-41/ V-TEL
10:00 - 10:45	CBT for Voices & Paranoia Elena/Karen GA-39	Tech & RR Mary/Matthew GA-41/ V-TEL	Let's Go! Karen/Jackie/Maisie GA-39	Orientation by appt GA-41/ V-TEL	Social Skills Elena/Maryam GA-39	Ending Self-Stigma Jennifer/Maddie GA-41/ V-TEL	Meditation for Recovery Mary/Kacey GA-39		Relationship Skills Jackie/Sara/Josephine GA-41/ V-TEL		Mental Health Preferences PRRC Staff GA-39	Orientation by appt GA-41/ V-TEL	Social Skills Matthew/Emory GA-91				
11:00-11:45	Brainstorm Kacey/Karen GA-39	Healthy Living Jackie/Mary GA-41/ V-TEL	Skillful Emotions Maisie/Matthew/Maryam GA-39	Wellness Management Maddie/Stephanie GA-41/ V-TEL	Heart of Recovery Maryam/Maddie GA-39	Speaking of Smoking Amy/Zlatena GA-41/ V-TEL	Psychosis Support Group Nick/Elena/Brandon GA-48	Relationship Lab 11-12:30 Richard/Jasmine/ Josephine GA-39	Mind Over Mood Stephanie/Kacey GA-41/ V-TEL	Pathways to Recovery Elena/Marilyn GA-41/ V-TEL							
	Women Create 12-1:15 Cait/Miya GA-41/ V-TEL	Art Guild 12:15-1:00 Richard/Cait/Mariah GA-41/ V-TEL	Art Therapy 1:00-2:00 Cait/Mariah/Richard GA-41/ V-TEL	My Creative Life 2:00-3:00 Cait/Mariah/Richard GA-41/ V-TEL	Music Box 12:00-12:45 Dan/G GA-41/ V-TEL	WRAP 1:00-1:45 Amy/Maisie GA-41/ V-TEL	Seeking Sanctuary 1:00-1:45 Jon Wright GA-39	Reading for Recovery 12:00-12:45 Michael/Marilyn/Roberto GA-41/ V-TEL	Story Corps 12:30-1:00 GA-39 1:00-2:00 GA-41/V-TEL Jasmine/Richard	Saturday Music Project 10:00-12:00 Matthew GA-41							

Note: Classes listed in yellow are closed after the first 3 weeks

Note: Activities listed in gray are hosted by the PRRC but may have other sponsors and/or be non-clinical

All classes require registration. There are a few ways to register:

- 1) Attend Registration Day on December 29, 30, or 31
- 2) Contact the specific class facilitator
- 3) Attend classes the first week and let the class facilitator know you would like to register

Once you have registered for a class please call (415)750-2226 in advance if you are unable to attend.

See course catalogue for course descriptions
<http://www.sanfrancisco.va.gov/services/prrc.asp>

V-TEL/San Bruno/ Community Class Schedule

~Winter 2015 Schedule ~ January 5th-March 27th, 2015~

V-TEL PRC CLASSES					SAN BRUNO	CLASSES IN THE COMMUNITY	
Monday	Tuesday	Wednesday	Thursday	Friday	PRRC CLASSES	**All Veterans Welcome**	
Peer Support Matthew/G 9:00—9:45	Optimal Wellness Living G 9:00-9:45	Veterans Community Council Maisie/G 9:00-9:45	Wellness Management Sara/Richard/Marilyn 9:00-9:45	Man in Society Michael/Matthew 9:00-9:45	Thursday Music Over Mood Dan/Mariah/Cait 9:00-9:45	WEDNESDAY Recovering Yourself Through Music, Art, and Drama** 150 Otis St. Dan 1:30-2:30 PM Recovering Yourself Through Video** 2727 Mariposa SF Dan 1:30-2:30 PM **Call Dan Evenhouse or PRC to verify next class date	FRIDAY Writer's Workshop ILRC 825 Howard St. SF btwn 4th & 5th 1:00-2:00 Resilience in Motion (RESMO) ILRC 2:00-2:45 Photography Class Sixth on Seventh Gallery 105 Seventh at Mission 2:45-4pm
Techniques and Role Recovery Mary/Matthew 10:00-10:45	Orientation By Appt. 10:00-10:45	Ending Self Stigma Jennifer/Maddie 10:00-10:45	Relationship Skills Jackie/Sara/Josephine 10:00-10:45	Orientation By Appt. 10:00-10:45	Art of Life Richard/Cait/Mariah 10:00-11:30		
Healthy Living Jackie/Mary 11:00-11:45	Wellness Management Maddie/Stephanie 11:00-11:45	Speaking of Smoking Amy/Extern 11:00-11:45	Mind Over Mood Stephanie/Kacey 11:00-11:45	Pathways to Recovery Elena/Marylin 11:00-11:45	Recovery Walk Dan/Mariah 11:30-12:15		
Women Create Cait/Miya 12:00-1:15	Art Guild Cait/Mariah Richard 12:15-1:00		Reading for Recovery Michael/Marylin/Roberto 12:00-12:45				
	Art Therapy Cait/Mariah Richard 1:00-2:00	WRAP Amy/Maisie 1:00-1:45		Story Corps Cait/Richard 1:00-2:00			
	My Creative Life Cait/Mariah/ Richard 2:00-3:00						

Dan Evenhouse, Director of Community Based Services: (650) 615-6019