Psychosocial Rehabilitation and Recovery Center (PRRC), San Francisco VA HCS

Empowering Veterans to build meaningful lives in their communities. *Website: https://www.sanfrancisco.va.gov/services/prrc.asp*

REMOTE/VVC ONLY **June 29 – September 18** **Summer 2020** **PRRC Voicemail #: (415) 750-2226**

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**
Dual Recovery (1) Amy	**Acceptance and Commitment to Life** (5) Sara & Darlene	**Well Now! (8 Dimensions of Wellness)** (9) Mark	**Seeking Sanctuary** (14) Dan & Jackie	**Civic Participation** (19) Dan & Jackie
10:00-10:45	**10:00-10:45**	**10:00-10:45**	**10:00-10:45**	**10:00-10:45**
Skillful Emotions (2) Maisie & Beth	**Health Forum** (6) Jackie & Beth	**Self-Compassion** (10) Sarah D. & Mark	**Coping with Voices and Paranoia** (15) Elena & Virginia	**Music Toolbox** (20) Dan & Jackie
11:00-11:45	**11:00-11:45**	**11:00-11:45**	**11:00-12:30**	**11:00-12:30**
Inner Resources (3) Sarah D. & Carl	**Recovery 101** (7) Jackie	**Recovery in Young Adulthood*** (11) Elena & Mark	**Women Create*** (16) Miriam & Ileana	**Story Corps** (21) Dan
12:00-12:45	**12:00-12:45**	**12:00-12:45**		
Lunch Break	***Lunch Break***	***Lunch Break***		
1:00-1:45	**1:00-1:45**	**1:00-1:45**	**1:00-1:45**	**1:00-1:45**
	Ending Self-Stigma (8) Virginia & Carl	**Home Fitness** (12) Amy & Jackie	**Growth after Grief** (17) Miriam & Sara	**Art Lab** (22) Dan
2:00-2:45	**2:00-2:45**	**2:00-2:45**	**2:00-2:45**	**2:00-2:45**
Healthy Communication (4) Mark		**Blueprint for Recovery (WRAP)** (13) Amy & Carl	**Social Skills Training** (18) Elena & Mark	

ALL PRRC CLASSES REQUIRE REGISTRATION

Your options: **1)** Tell PRRC staff directly via phone or V-Tel or **2)** Leave a clear message on the PRRC number, 415-750-2226.

ONCE YOU'RE REGISTERED, please call *415-750-2226* if you are unable to attend.

Veterans who are *not enrolled* in the PRRC program may be *screened* into classes above that have an * beside it.

PLEASE TURN CALENDAR OVER FOR A LIST OF *PRRC INDIVIDUAL SERVICES!*

Psychosocial Rehabilitation and Recovery Center (PRRC)

San Francisco VAMC

Individual Services

Evidence-based Psychotherapy

Meet with a psychotherapist (psychologist or social worker) for weekly individual therapy (i.e. CBT, IPT) to help cope with various mental health challenges and pursue your goals.

Contact persons: Elena Bassett, PhD, ext. 25136 or Maisie Ketron, LCSW, ext. 23139

Cognitive Skills Coaching (Cognitive Rehabilitation)

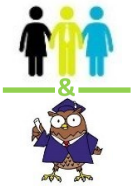
Cognitive skills are the skills you use to think, learn, remember, pay attention, and problem-solve, and can be improved with practice and coaching.

Contact person: Mark Smith, OTR/L, ext. 22387

Individual Tobacco Coaching

Meet with experienced tobacco coach, Amy Rogers, to explore your options (reducing vs. quitting, nicotine replacement, etc.) in a no-pressure environment.

Contact person: Amy Rogers, OTR/L, ext. 23150 (***Friday, all-day drop-in***)



Supported Employment & Supported Education

Request a referral to work with our VA's Supported Employment specialist to get assistance in finding and maintaining employment in the community.

Contact person: Your PRRC Recovery Advisor or Mark Smith, OTR/L, ext. 22387

Supported Volunteering

Get support in pursuing and maintaining a volunteer position in the community - learning new skills, meeting new people, and finding meaning.

Contact person: Mark Smith, OTR/L, ext. 22387

Whole Health Coaching

Develop a personalized health plan that is based on what matters most to you, your own goals, values, preferences, and lifestyle.

Contact persons: Jackie Kempis, RN, ext. 23207; Carl Schuler, MS, CPS, ext. 25890; Sarah Shaffer, CPS, ext. 23131

Creative Arts Therapy

Develop better mental focus and flow experiences, see the SF community in a new light with mindful photography practices, and grow your creative self-expression.

Contact person: Richard Burton, MA, RDT, CPRP, ext. 24597

Housing Consultation

Consult with Miriam Beyer, LCSW, on VA and community resources for Veterans who are currently experiencing homelessness or who are at risk of homelessness.

Contact person: Miriam Beyer, LCSW, ext. 25166

Peer Support

Talk with a peer support specialist, a Veteran who has coped with their own mental health challenges, who has been trained and certified to provide peer support to others.

Contact persons: Carl Schuler, MS, CPS, ext. 25890; Sarah Shaffer, CPS, ext. 23131