








































San Francisco VAMC Fort Miley Psychosocial Rehabilitation and Recovery Center

~ Fall 2013 Schedule ~ October 7th- December 27, 2013~

(415) 750-2226

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY						
9:00 - 9:45	Optimal Wellness Living 1  Gerard GA-39	Vet to Vet  Bulding 11	Healthy Living 17  Jackie/Mary GA-39	Nutrition & Exercise for Wellness & Recovery NEW-R 18  Shilpa/Karen Davina GA-18 *register*	Veterans Community Council 19  Maisie/Alan GA-41	Ending Self Stigma 28  Jennifer/Maria/ Josephine/Brandon GA-39	Social Skills Training 29  Sara/Shilpa GA-41	MOVE Into Wellness 36  Lolita GA-41	Heart of Recovery 37  Jen/Julia GA-39	<p><i>Check out ILRC Classes!</i></p>  <p>Community Integration Meeting 11:45-12:15 Dan</p> <p>Photography 12:15-2:15pm 6th St/Dan</p> <p>Writing Workshop 2:30-3:45 Dan</p> <p>Independent Living Resource Center Veterans Meeting in the Community Fridays from 11:45am-4:00pm ILRC 649 Mission Street (415) 543-6222</p>	
10:00 - 10:45	Pathways to Recovery 2  Michael/Karen Shilpa GA-41 *register*	All things Spiritual 3  Mary/Alan GA 39	Orientation 11  Room GA-41 <i>by appt</i>	Art of Life 11  10:00 - 12:00 Jill/Christine /Richard GA-39	Self in Context 20  Townley/Michael GA-39 *register*	Wellness Music Box 22  Dan/Monique GA-41	Putting Tools Into Action 30  10:30-11:00 Shilpa/H'Sien GA-41	Orientation 38  GA-41 <i>by appt</i>	WRAP 38  Maisie/Davina GA-39		
11:00 - 11:45	Women Create 4  11-12:15 Maisie/Jill/Cristine *register* GA-41	Psychosis Support 5  Jennifer Mary GA-39	Putting Tools Into Action 11:00-11:30pm  Laurel/Jackie GA-41	Art Guild 12  12:15-1:00 Richard/Jill/Christine GA-41	Social Skills 23  Mary/Davina GA- 39	Speaking of Smoking 24  Maggie Johnson GA-41	Schizophrenia Support Group 31  Nick/Nadia/Karen GA-41 *register*	Recovering Your Dreams 32  Jackie/H'Sien GA-39	Committing to life 39  11-12:20 Shilpa /Julia GA -39		Resilience in Motion 40  Richard/Monique GA-41
1:00 - 1:45	EndingSelfStigma SEMINAR 1-2:20 6  Jennifer/Shilpa Josephine/Brandon GA-39 *register*	Veterans Story Corps 7  12:30-2:00 Jill/Monique/Richard GA-41	Mind Over Mood 14  Sara/H'Sien/Julia GA-39	Anger Management 15  Mary/Jen GA-41	Techniques in Role recovery 1:2-20 25  Shilpa/Jen GA-39	Man in Society 26  Michael/Alan/Gerry GA-41 *register*	Dual Recovery 33  John/ Laurel GA-41	Wellness Management 34  1:00-2:30 Jackie/H'Sien GA-39	Recovery Advising appointment by 		
2:30-3:15	8 Seeking Sanctuary 2:30-3:15  Jon Wright GA-39	WRAP 9  Townley/Julia GA-41	Supported Volunteering 16  Maisie/Alan /Karen GA-41	Family Support 6:00-8:30  Maisie Beginning 11/5/13 *register*	Launch Into the Community 3:00-4:00 27  PRRC Staff Vet Media Center 1720 Market St.	Recovery Walk 35  John GA-34	Recovery Advising by appointment				

Classes marked *register* require registration prior to attending class. There are a couple ways to register:

- 1) Attend Registration Day on October 1,2,or4
- 2) Contact the specific class facilitator
- 3) Leave a voicemail on (415) 750-2226
- 4) Come into the PRRC on the first day of classes.



See Course Catalogue for Class Descriptions

<http://www.sanfrancisco.va.gov/services/prrc.asp>