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

#### Monday
- **Peer Support**
  - Matthew/G
  - GA-41/V-TEL

#### Tuesday
- **CBT for Voices & Paranoia**
  - Elena/Karen
  - GA-39
- **Tech & RR**
  - Mary/Matthew
  - GA-41/V-TEL
- **Let's Go!**
  - Karen/Jackie/Marla
  - GA-39
- **Orientation**
  - by appt
  - GA-41/V-TEL
- **Ending Self-Stigma**
  - Elena/Maryam
  - GA-39
  - Jennifer/Maddie
  - GA-41/V-TEL

#### Wednesday
- **Veterans Community Council**
  - G
  - GA-41/V-TEL
- **Social Skills**
  - Elena/Maryam
  - GA-39
  - Jennifer/Maddie
  - GA-41/V-TEL
- **Heart of Recovery**
  - Mary/Maddie
  - GA-39
- **Speaking of Smoking**
  - Amy/Zlatena
  - GA-41/V-TEL

#### Thursday
- **Dual Recovery**
  - Amy/Jackie
  - GA-39
  - GA-41/V-TEL
- **Wellness Management**
  - Sara/Richard/Marilyn
  - GA-41/V-TEL

#### Friday
- **Family Support**
  - 6:00-8:30
  - Beginning in January 2015

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### Note:
- Classes listed in yellow are closed after the first 3 weeks.
- Activities listed in gray are hosted by the PRRC but may have other sponsors and/or be non-clinical.

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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/prc.asp
## Winter 2015 Schedule ~ January 5th-March 27th, 2015 ~

### V-TEL PRRC CLASSES

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>Peer Support</td>
<td>Optimal Wellness Living</td>
<td>Veterans Community Council</td>
<td>Wellness Management Sara/Richard/Marilyn</td>
<td>Man in Society Michael/Matthew</td>
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<tr>
<td>Matthew/G</td>
<td>G</td>
<td>Maisie/G</td>
<td>9:00-9:45</td>
<td>9:00-9:45</td>
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<tr>
<td>Techniques and Role Recovery</td>
<td>Orientation</td>
<td>Ending Self Stigma</td>
<td>Relationship Skills Jackie/Sara/Josephine</td>
<td>Orientation Richard/Cait/Marial</td>
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<tr>
<td>Mary/Matthew</td>
<td>By Appt.</td>
<td>Jennifer/Maddie</td>
<td>10:00-10:45</td>
<td>10:00-10:45</td>
</tr>
<tr>
<td>Healthy Living</td>
<td>Wellness Management Sara</td>
<td>Speaking of Smoking</td>
<td>Mind Over Mood</td>
<td>Pathways to Recovery Dan/Mariah</td>
</tr>
<tr>
<td>Jackie/Mary</td>
<td>Maddie/Stephanie</td>
<td>Amy/Extern</td>
<td>11:00-11:45</td>
<td>11:00-11:45</td>
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### SAN BRUNO PRRC CLASSES

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### CLASSES IN THE COMMUNITY

**All Veterans Welcome**

<table>
<thead>
<tr>
<th>WEDNESDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>Recovering Yourself Through Music, Art, and Drama**</td>
<td>Writer's Workshop ILRC</td>
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<tr>
<td>825 Howard St. SF btwn 4th &amp; 5th</td>
<td>150 Otis St.</td>
</tr>
<tr>
<td>1:00-2:00</td>
<td>10:00-11:30</td>
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<tr>
<td>Resilience in Motion (RESMO) ILRC</td>
<td>1:30-2:30 PM</td>
</tr>
<tr>
<td>2:00-2:45</td>
<td>11:30-12:15</td>
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</tbody>
</table>

**Call Dan Evenhouse or PRRC to verify next class date**

### Contact Information

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