

Veterans Recovery Center

Course Catalog

October 3th – December 30th, 2016



Location:

Independence
Life Beyond Mental Health
responsibility **HOPE**
treatment
support **community**
relationships challenges
courage
choice

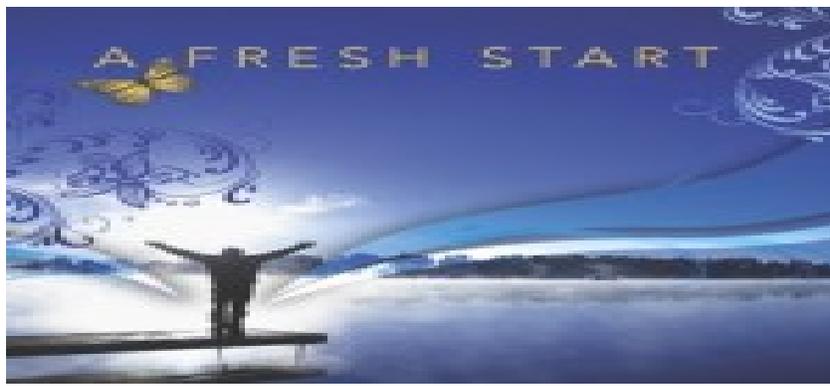
San Jose Clinic: 80 Great Oaks Boulevard

San Jose, CA

Rooms: F-107, F-316, F-115

VRC Web link: <http://www.paloalto.va.gov/services/vrc.asp>

Telephone: (650) 493-5000 ext. 22823



Making the Most of a Fresh Start

A fresh starts take place in your life every day. If there's something you're doing for the first time, you can consider that a fresh start. The term "fresh start" has a warm, exciting sound.

Room Location

Monday

10:00-11:15 Stroll For the Soul
Walking Group

**Check in at the security
desk
Arianne**

This class will combine exercise (walking) and visiting places with discussion, blending in cognitive therapy, thinking about one's values, issues around recovery and community integration, and other psychological/philosophical topics.

New

11:30-12:30 Self Esteem Booster

**Room F-107
Tammy**

In over 12 weeks in this self-esteem course, you will learn to:

- Deep down feel like you truly trust yourself to be able to handle life and making the important decisions and that you deserve to have and to get more good and awesome things in your life.
- Finally lay off and overcome your own most self-critical and most self-esteem damaging thought habits such as perfectionism and comparing yourself to others.
- Handle mistakes, failure and criticism in a healthy way that preserves your self-esteem.

Each week the group will learn, practice and explore:

- Exercises for understanding self
- Strategies so that you don't get dragged down in everyday life.
- The habits of maintain high self-esteem



Room Location

Tuesday

9:30-10:45 Financial Fitness

**Room F-107
Ren**

Financial Fitness is a group that meets once a week and is dedicated to the nuts and bolts of learning how to handle money. The goal is to help the group participants become financially independent.

Topics covered include:

1. Keeping track of your daily expenditures
2. How to balance a checkbook painlessly
3. How to deal with payees and build a relationship
4. How to save money on your day to day necessities
5. How to budget in a fun way
6. How to get the best buys...strategies
7. How to make you income last for a whole month
8. Credit cards vs. Debit cards
9. When to say "yes" to credit and when to say "no"
10. How to avoid becoming a human ATM machine for your friends and associates. (Using your social skills to say "no".)
11. How to build a relationship with a bank...start a savings account or checking account.
12. Strategies for dealing with bill paying
13. How to deal with creditors

Room Location

Tuesday

9:30-10:45 Short Story Book Club

**Room F-316
Trent**

Come get lost in a great book and enjoy the company of others who are reading the same book! Everyone will start out with the same book and read some in the class and read a chapter or two every week at home. During the class sessions there will also be a discussion about what the assigned chapters were to read about. The discussion would consist of what one thinks about the chapter, what they like and dislike and what they think will happen in the next chapter. We look forward to see you in the class!

11:00-12:00 Managing Your Mood

Based on Acceptance & Commitment Therapy (ACT)

**Room F-107
Ren & Rotating Staff**

ACT is an innovative approach to help individuals clarify their values and live the life they want to live. The idea behind ACT is that we often get so caught up in a struggle of trying to change our thoughts, feelings, and memories that we miss out on everyday opportunities to make meaningful choices in our lives. ACT combines present moment mindful awareness with value-driven planning for the future.

11:00-12:00 Practicing Etiquette for Success

**Room F-115
Arianne**

Have you ever wondered how to improve your success in life? Come on out and learn how to be your best to impress! Here you will practice the skills on how to think good, act good, feel good and look good. At the end of this class I am hoping you will have a handful or more life skills that will help you feel better living in the society you live in and being the best you.

Room Location

Wednesday

9:30-10:45 Your Mind, Body, & Soul

Movement Group

Room F-115

Pia & Sonia

In this group we will use combine music, movement and physical expression to explore how we can use these tools to affect our mood.

*****Please dress in comfortable clothes for easy movement.*

11:00-12:00 Spirituality

Room F-107

Chaplain Fishman

Spirituality is the way we make meaning out of our lives. The VRC Spirituality Group strives to help us to gain new perspectives on our life stories and to focus our attention on how we wish to live today. Join us in a safe, inclusive, supportive environment for weekly conversations on the beliefs and values you hold dear. Spirituality may or may not find expression through religious. VRC participants of all backgrounds and perspectives are welcome.

New

11:00-12:00 12 Small Changes

Room F-115

Arianne

This class involves identifying one goal or change per week to improve our mental or physical health. Each session includes information about the goal/change and discussion of how we might accomplish this throughout the week.



Room Location

Thursday

9:30-10:45 WRAP
Wellness Recovery Action Plan

Room F-107
Ren & Tammy

WRAP is an evidence-based practice, consisting of a personalized wellness and crisis plan development program, and is included on the [SAMHSA](#) National Registry for Evidence-Based Programs and Practices. WRAP is a fluid, holistic and pliable program adaptable to all forms of Recovery. WRAP can be modified for families, veterans, children, and other emerging recovery models. WRAP undertakes a strengths-based approach to recovery. Participants are encouraged to manage their own Wellness and Recovery in a manner that is comfortable to them and within their means. The key recovery concepts of WRAP are hope, education, personal responsibility, support and self-advocacy.

11:00-12:00 Social Skills Training

Room F-115
Trent & Ty

The Social Skills Training class is a great opportunity for you to feel more comfortable when communicating with others. This class is interactive, with students practicing role plays to enhance their ability to have a conversation with others, be more assertive, and to more effectively manage conflicts, for example. Students will receive on-going feedback, and will be encouraged to practice their skills out in the community.

12:15-1:15 Basic Computer Skills

Room F-107
Trent

This class is designed to teach veterans basic computer skills including how to surf the internet using search engines, how to create e-mails, use Microsoft word and to access MyHealthVet.



Room Location

Friday

9:30-10:30 Current Events

**Room F-107
Sonia**

This course offers an opportunity to start thinking and talking more about the world of Current Events, Ideas and Opinions whether politics, economy, environment or current events.

10:45-12:00 “The Great Oaks Gardeners” *Gardening Group*

**Check in at the
security desk
Arianne & Sonia**

Come out and enjoy the fresh air while you explore the grounds and wonders of gardening. Here you will learn the ins and outs about growing your own food from seeds to food. This is a perfect class to work on socialization, learning about healthy food, relaxing and watching something grow that you have been a part of from day one. Come on out to see what your land has to offer you.

The garden is a short distance away from the San Jose Clinic.