

# Veterans Bridge to Recovery: April 2024 Program Calendar

\*\*Calendar is subject to change. Please watch for updates! \*\*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Calendar Updated:</b> 3/5/24</p>	<p>1 <b>0900:</b> Weekend Update - <b>Phase 1</b> <b>1000: Open Forum - Phase 1</b> <b>Meditation Monday!</b></p>	<p>2 <b>0900:</b> Community Meeting – <b>Phase 1</b> <b>1000:</b> Resiliency: Using Your Strengths and Skills - <b>Phase 1</b></p>	<p>3 <b>0900: Open Forum</b> – All Phases <b>1030: Women’s Only Peer Support Group - CANCELLED</b></p>	<p>4 <b>0930:</b> Move With Ben - <b>Phase 1</b> <b>1000: Open Forum - Phase 1</b></p>	<p>5 <b>1000:</b> Social Hour - <b>Phase 1 &amp; Phase 2</b>  <i>No in-person, WebEx only</i></p>	<p>6</p>
<p>7</p>	<p>8 <b>0900:</b> Weekend Update - <b>Phase 1</b> <b>1000:</b> Fake It Till You Make It - <b>Phase 1</b> <b>Meditation Monday!</b></p>	<p>9 <b>0900:</b> Community Meeting – <b>Phase 1</b> <b>1000: Improve Your Mental Health to Benefit Your Heart – Dr. Marissa Evans - Phase 1</b></p>	<p>10 <b>0900:</b> Community Meeting - All Phases <b>1030:</b> Breathe With Ben – All Phases</p>	<p>11 <b>0930:</b> Move With Ben - <b>Phase 1</b> <b>1000:</b> Whole Health: Family &amp; Friends- <b>Phase 1</b></p>	<p>12 <b>1000:</b> Social Hour - <b>Phase 1 &amp; Phase 2</b>  <i>No in-person, WebEx only</i></p>	<p>13</p>
<p>14</p>	<p>15 <b>0900:</b> Weekend Update - <b>Phase 1</b> <b>1000:</b> Fake It Till You Make It - <b>Phase 1</b> <b>Meditation Monday!</b></p>	<p>16 <b>0900:</b> Community Meeting – <b>Phase 1</b> <b>1000:</b> Resiliency: Using Your Strengths and Skills - <b>Phase 1</b></p>	<p>17 <b>0900:</b> Community Meeting – All Phases <b>1030:</b> Women’s Only Peer Support Group- All Phases</p>	<p>18 <b>0930:</b> Move With Ben - <b>Phase 1</b> <b>1000:</b> Whole Health: Family &amp; Friends - <b>Phase 1</b></p>	<p>19 <b>1000:</b> Social Hour - <b>Phase 1 &amp; Phase 2</b>  <i>No in-person, WebEx only</i></p>	<p>20</p>
<p>21</p>	<p>22 <b>0900:</b> Weekend Update - <b>Phase 1</b> <b>1000:</b> Fake It Till You Make It - <b>Phase 1</b> <b>Meditation Monday!</b></p>	<p>23 <b>0900: Medication Talk with Andra - Phase 1</b> <b>1000:</b> Community Meeting - <b>Phase 1</b> <b>1100:</b> Let’s Chat Books! – <b>Phase 1</b> <b>1300:</b> Graduate Group:</p>	<p>24 <b>0900:</b> Community Meeting – All Phases <b>1030:</b> Tap Away Your Stress – All Phases</p>	<p>25 <b>0930:</b> Move With Ben - <b>Phase 1</b> <b>1000:</b> Whole Health: Family &amp; Friends - <b>Phase 1</b></p>	<p>26 <b>1000:</b> Social Hour - <b>Phase 1 &amp; Phase 2</b>  <i>No in-person, WebEx only</i></p>	<p>27</p>
<p>28</p>	<p>29 <b>0900:</b> Weekend Update - <b>Phase 1</b> <b>1000:</b> Fake It Till You Make It - <b>Phase 1</b> <b>Meditation Monday!</b></p>	<p>30 <b>0900:</b> Community Meeting – <b>Phase 1</b> <b>1000:</b> Resiliency: Using Your Strengths and Skills - <b>Phase 1</b></p>				

**VBR Website:**

<https://www.va.gov/minneapolis-health-care/health-services/veterans-bridge-to-recovery/>

**VA Whole Health Home for education handouts and wellness videos:**

[Whole Health Home \(va.gov\)](http://www.va.gov/wholehealth/) www.va.gov/wholehealth/

**CRRC main phone:** 612-313-3240

**Veterans Crisis Line:** 988, Press 1

**Text Veterans Crisis Line:** 838255

**Dr. Martina Rodgers, PhD, LP (VBR Program Manager):** 612-313-3286

**Ben Fischer, LICSW (Social Worker):** 651-230-2132

**Karey Mason, RN (Registered Nurse):** 651-373-5591

**Michelle Kelly, CPS (Peer Specialist):** 651-347-3616

**Please reach out to your fellow Veterans. Ask VBR staff for the VBR member contact list.**

**VBR WEBEX LINK: Please use this VBR Webex link for ALL VBR groups.**

<https://veteransaffairs.webex.com/veteransaffairs/j.php?MTID=m42f3d4a7d75f5d27fa1f6e356b073b32>

**[JOIN MEETING](#)**