



# PRRC SPRING 2024 Group Schedule



April 1, 2024- June 29, 2024

Please join the Psychosocial Rehabilitation and Recovery Center (PRRC) via VA Video Connect for daily groups. Invitations to group will be sent to your email from [Video.Appointment@va.gov](mailto:Video.Appointment@va.gov) unless otherwise noted.

Bridge Week 6/24-6/29 Programming may be limited in preparation for the new quarter.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>11:00-12:00</u> S.M.A.R.T. Goals* (PRRC Group Room)	<u>9:00-10:00</u> Moving Past Anxiety	<u>9:00-9:50</u> Get Fit/Stay Fit	<u>11:00-12:00</u> WELLFOCUS	<u>9:00-10:00</u> Inspiring Motivation
<u>1:00-2:00</u> Vet To Vet* (PRRC Group Room)	<u>9:30-10:30</u> Self-Care & Empowerment* (PRRC Group Room)	<u>10:00-11:00</u> Stress Management	<u>1:00-2:00</u> Moving Past Depression	<u>11:00-12:00</u> Your Stitch Fix
	<u>10:00-11:00</u> DJ Recovery	<u>10:00-11:00</u> Be Open, Be Present, Do What Matters		<u>12:00-1:00</u> VA CALM
	<u>11:00-12:00</u> Healthy Living* (PRRC Group Room)	<u>1:00-2:00</u> Process Group		

\*-Groups held in person in the PRRC group room

**Monday 11:00am-12:00pm (In the PRRC Room)**

**S.M.A.R.T Goals (Deb & Mark)**

In this group you will use the acronym- *Specific, Measurable, Attainable, Relevant* and *Time Bound* to develop personal goals. The group will provide a supportive setting to explore, practice, and achieve your recovery goals.

**Monday 1:00-2:00 pm (In the PRRC Room)**

**Vet To Vet (Mark & David)**

This group joins Veterans to talk about barriers to recovery. Join with other Veterans and PRRC staff to promote healthy conversation (Social Skills practice), discuss current events, along with generating new ideas for PRRC programming/improvement. Note: this is not a therapeutic group.

**Tuesday 9:00-10:00**

**Moving Past Anxiety (Erik, Emily, Mark)**

This group will discuss and practice various coping skills and activities to help reduce the symptoms of anxiety. The group will use skills from CBT to help you learn concrete skills to address symptoms of anxiety and its impact on your life. You are encouraged to complete exercises outside of group and be prepared to share you experience in group.

**Tuesday 9:30-10:30**

**Self-Care & Empowerment (Amy & Natasha)**

Learn about taking care of YOU! In this group, you will learn about different ways to care for yourself by meeting physical, mental, and emotional needs.

**Tuesday 10:00-11:00**

**DJ Recovery (Emily, Erik, & Dr. Joshua)**

When words fail music speaks. This group will utilize modern music as a tool to solicit rich discussion. While you listen to the songs, you will be encouraged to process emotions and thoughts evoked by the song. The group will listen to music from various genres such as country, hip hop, rock and roll and more!

**Tuesday 11:00 am-12:00pm (In the PRRC Room)**

**Healthy Living\* (Deb & Amy)**

Developing a healthy life style is a vital strategy for improving mood, thought processes, and accomplishing recovery goals. Nutrition and exercise are key factors for health and well-being. This quarter will focus on methods to ensure healthy eating habits and assist in implementing nutritional goals.

**Wednesday 9:00-9:50 am**

**Get Fit, Stay Fit (Amy & Mark)**

In this group you will use a variety of methods and items easily found at home. We will work towards better balance, flexibility, and strength.

### Wednesday 10:00-11:00am

#### **Stress Management (Deb, Amy, & Mark)**

Stress is the body's response to situations perceived as dangerous. Stress reactions are protective for short periods, but when prolonged, physical and emotional issues develop. This group will help the participant identify and initiate healthy stress management techniques.

### Wednesday 10:00am-11:00

#### **Be Open, Be Present, Do What Matters (Dr. Joshua, Emily, & Erik)**

Crap happens in life and that sucks...You can put your life on hold and wait for it to resolve, OR live a meaningful life NOW. This group empowers veterans to live a life that matters to them even when crappy things happen. This also group utilizes weekly mindfulness exercises, metaphors (e.g., Passengers on the Bus, Hole in the ground) and acceptance skills to assist veterans in creating and living a meaningful and purposeful life.

### Wednesday 1:00-2:00

#### **Process Group (Dr. Joshua, Erik & Emily)**

Each week we will utilize a reading to prompt conversation. You will process your own experience hearing the reading and share relevant personal experiences. Facilitators and veterans give you support and feedback.

### Thursday 11am-12:00pm

#### **WELLFOCUS (Emily, Natasha, & Mark)**

This group will utilize WELLFOCUS Positive Psychotherapy (PPT) which is based on the assumptions that difficulties in mental health can occur when we struggle to be fulfilled and happy, that positive emotions and strengths should be valued, and that therapy should be built on personal strengths and positive experiences. This group will promote wellbeing through: positive emotions, engagement, relationships, meaning, and accomplishment.

### Thursday 1:00pm-2:00pm

#### **Moving Past Depression (David & Mark)**

In this group you will identify strategies for improving mood, activity level, thought processes, and other important aspects of our overall mental and emotional well-being.

### Fridays 9:00-10:00am

#### **Inspiring Motivation (Natasha, Emily, Mark & Erik)**

This group will help you build motivation by fostering a sense of optimism. You will learn skills to improve your ability to cope with and solve problems, better manage negative emotions, overcome procrastination, and to approach challenging situations in a more planful way.

### Fridays 11:00-12:00

#### **Your Stitch Fix: Crocheting or Knitting (Amy)**

In this group we will explore the art of crochet and knitting together. We will learn basic stitches and help each other gain a new skill. This group is for any skill levels, or none at all. Studies show that crochet and knitting can reduce stress, anxiety and depression. If you need assistance with supplies for group, please contact Amy.

Fridays 12:00-1:00pm

**VA CALM (Natasha)**

This mindfulness and compassion based group will offer opportunities to practice meditation. You will also be provided with support in developing your personal practice outside of the group. No prior experience is needed! This will be a small, closed group and will provide an opportunity to practice in community with fellow veterans in the PRRC. Have questions? Natasha is happy to answer (614) 735-6014

Our ultimate goal is to provide a safe and therapeutic environment for you and all veterans in the PRRC. Please assist us with this by adhering to the following group rules and expectations:

- During VVC groups, please mute your microphone when not talking. Group facilitators are happy to assist if you are unsure of how to do this.
- Please be on time. Group rooms will be locked 10 min after the start of the group to prevent distractions/late entry.
- Small snacks and beverages are ok, but please remove snacks from packages prior to the start of group to minimize background noise.
- Be respectful of the needs, perspectives, and opinions of others. Avoid interrupting, cursing, using threatening or vulgar language, or yelling during group, as these may be triggering to other group members.
- Please maintain confidentiality of what is shared. Avoid having other adults present or within earshot of what is being shared.
- Have fun and aim to learn something new each day!

For questions or comments please reach out to a member of the PRRC Recovery Team:

David Meeks LISW-S - PRRC Coordinator – (614) 388-7346

Amy Brown CTRS - Recreation Therapist – (614) 743-1043

Deborah Klopfer MS, RN – Registered Nurse – (614) 388-7176

Mark Arrowsmith CPRS – Peer Support Specialist – (614) 388-7344

Emily Beavers LISW-S – Social Worker – (614) 962-0659

Natasha Abraham LISW-S – Social Worker – (614) 735-6014

Erik Feole LISW-S- Social Worker- (614) 966-5062

Dr. Micharra Joshua Psy. D – Clinical Psychologist- (614) 257-5825

New number, same support.  
Dial 988 then Press 1.

