

Veterans Bridge to Recovery: May 2024 Program Calendar

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Calendar Updated: 3/22/24			1 0900: Community Meeting – All Phases 1030: Women’s Only Peer Support – All Phases	2 1230: Whole Health: Spirit and Soul with VA Chaplains - Phase 1 NOTE CHANGE IN GROUP TIME!!!!!!	3 1000: Social Hour - Phase 1 & Phase 2 No in-person, WebEx only	4
5 CARF Survey Visitors 5/6-5/8	6 0900: Weekend Update - Phase 1 1000: Self-Compassion - Phase 1 Meditation Monday!	7 0900: Community Meeting – Phase 1 1000: Resiliency: Using Your Strengths and Skills - Phase 1	8 0900: Community Meeting – All Phases 1030: Mind Body Skills with Ben - All Phases	9 0930: Move With Ben – Phase 1 1000: Whole Health: Spirit and Soul - Phase 1	10 1000: Social Hour - Phase 1 & Phase 2 No in-person, WebEx only	11
12	13 0900: Weekend Update - Phase 1 1000: Self-Compassion - Phase 1 Meditation Monday!	14 0900: Community Meeting – Phase 1 1000: Improve Your Mental Health to Manage your Heart with Dr. Marissa Evans - Phase 1	15 0900: Community Meeting – All Phases 1030: Women’s Only Peer Support – All Phases	16 0930: Move With Ben – CANCELLED 1000: Show & Tell - Phase 1	17 1000: Social Hour - Phase 1 & Phase 2 No in-person, WebEx only	18
19	20 0900: Weekend Update - Phase 1 1000: Self-Compassion - Phase 1 Meditation Monday!	21 0900: Community Meeting – Phase 1 1000: Resiliency: Using Your Strengths and Skills - Phase 1	22 0900: Community Meeting – All Phases 1030: Mind Body Skills with Ben – All Phases	23 0930: Move With Ben – Phase 1 1000: Whole Health: Spirit and Soul - Phase 1	24 1000: Social Hour -Phase 1 & Phase 2 No in-person, WebEx only	25
26	27 VBR CLOSED MEMORIAL DAY	28 0900: Holiday Update – Phase 1 1000: Resiliency: Using Your Strengths and Skills - Phase 1 1300: Graduates Group	29 0900: Community Meeting – All Phases 1030: Women’s Only Peer Support – All Phases	30 0930: Move With Ben – Phase 1 1000: Whole Health: Spirit and Soul - Phase 1	31 1000: Social Hour -Phase 1 & Phase 2 No in-person, WebEx only	

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:

<https://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