

VA NY HARBOR

NY HARBOR CLUB ROOM 2694

Recovery & Hope through Community Integration



Monday 1PM – 2PM

Budgeting	Nov 14 to Dec 9
(WRAP) Wellness Recovery Action Plan	Dec 19 to Jan 16
Social Skills	Jan 30 to Mar 3

Anger Management & Stress Management by appointment
 Hope-Open-Proud to Decrease Stigma of Mental Illness - by appointment
 Wellness Self -Management each Friday 12-1 in RM 2693 w Pio & Anthony

Daily groups from 10:30 am to 11:15 am except WED

MONDAY	Goals group
TUESDAY	Self-esteem group
THURSDAY	Coping skills group
FRIDAY	Self-empowerment

Tuesday	12PM to 2PM	Guitar group with Justin
Wed	10AM to 11AM	Pet Therapy
Thursday	10AM to 11AM	Pet Therapy
Friday	12PM to 1PM	Wellness group by an RN
Friday	1PM to 2PM	Music with Sarah

For more information call P.J. or Anthony Stamatouras at Ext. 7697



RECOVERY & INCLUSION FOR ALL

Each Thursday from 11AM to 12PM we have the pet therapy dog Bodie a beagle and Joan his handler coming to us.



CLUBHOUSE

RM 2694

Women Veterans ONLY



**Each Thursday afternoon
from 12:30PM to 3:00PM
Comradery, Games, Laughter,
and Sharing Information**



WSM Wellness Self-Management
Hope. Choice. Involvement. Recovery.

- Understanding what helps and what hinders recovery
- Understanding how having goals helps recovery
- Practical facts about mental health symptoms, treatment, and causes
- How social support and using community resources help recovery
- Developing and using a relapse prevention plan
- Knowing and using your strengths to support recovery
- Finding and using coping strategies that work *and many more*

Open Group Drop-in On-going

Fridays @ 12 – 1 PM; RM # 2693

Anthony Stamatouras (7697) and Pio Cabada (3158)

An adventure to who you will become!!!

Participant must be fully connected to Outpatient Mental Health Clinic