

Veterans Bridge to Recovery: June 2021 Program Calendar

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Last Updated: 5/13/2021		1 0900: Community Meeting 1000: Anger Management	2 0900: Community Meeting & Breathing Skills	3 0900: Community Meeting 1000: When to Disclose	4 1000: Weekend Plans 1100: Peer Support Group	5
6	7 0900: Weekend Updates 1000: Fake It Til You Make It	8 0900: Community Meeting 1000: Medications Part 2	9 0900: Community Meeting & Breathing Skills	10 0900: Community Meeting 1000: Health & Wellness	11 1000: Weekend Plans 1100: Games	12
13	14 0900: Weekend Updates 1000: Fake It Til You Make It	15 0900: Community Meeting 1000: Anger Management	16 0900: Community Meeting & Breathing Skills	17 0900: Community Meeting 1000: Health & Wellness	18 1000: Weekend Plans 1100: Let's Play! Gaming with Drs. Battles & Quinlan	19
20 Father's Day	21 0900: Weekend Updates 1000: Fake It Til You Make It	22 0900: Community Meeting 1000: Anger Management	23 0900: Community Meeting & Breathing Skills	24 0900: Community Meeting 1000: Resiliency Lessons Learned from the Pandemic	25 1000: Weekend Plans 1100: Peer Support Group	26
27	28 0900: Weekend Updates 1000: Fake It Til You Make It	29 0900: Community Meeting 1000: Emotion Regulation	30 0900: Community Meeting & Breathing Skills			

VBR info: **VBR website: www.minneapolis.va.gov/services/VBR.asp**
Main phone: 612-313-3240

Dr. Martina Rodgers (VBR Program Manager): 612-313-3286

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Michelle Kelly (Peer Support Specialist): 651-347-3616

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