

Veterans Bridge to Recovery: April 2021 Program Calendar

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Last Updated: 3/4/2021				1 0900: Community Meeting 1000: Sleep Hygiene	2 0900: Weekend Plans 1000: Peer Support Group	3
4	5 0900: Weekend Updates 1000: PTSD	6 0900: Community Meeting 1000: Anger Management	7 0900: Community Meeting 1000: Fake It Til You Make It	8 0900: Community Meeting 1000: Roll for Growth – Thomas & Allison	9 0900: Weekend Plans 1000: Games	10
11	12 0900: Weekend Updates 1000: Pet Show and Tell	13 0900: Community Meeting 1000: Anger Management	14 0900: Community Meeting 1000: Fake It Til You Make It	15 CLOSED – get out in the community!	16 0900: Weekend Plans 1000: Peer Support Group	17
18	19 0900: Weekend Updates 1000: Anxiety Disorders	20 0900: Community Meeting 1000: Anger Management	21 0900: Community Meeting 1000: Fake It Til You Make It	22 0900: Community Meeting 1000: What is Recovery?	23 0900: Weekend Plans 1000: Games	24
25	26 0900: Weekend Updates 1000: Life Stories	27 0900: Community Meeting 1000: Anger Management	28 0900: Community Meeting 1000: Fake It Til You Make It	29 0900: Community Meeting 1000: What's Going on in the Community???	30 0900: Weekend Plans 1000: Peer Support Group	

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

Ben Fischer (Social Worker): 651-230-2132

Karey Mason (Registered Nurse): 651-373-5591

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

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