

What does PRRC offer me?

Each Veteran has a menu of choices to learn and practice recovery skills including:

- Resiliency Skills
- SMART Goal Setting
- Acceptance & Commitment
- Problem Solving Skills
- Mindfulness Skills
- Relaxation
- Trauma Recovery
- Social Skills
- Mental Health Recovery
- Wellness Management
- Importance of Exercise
- Tai Chi
- Art/Music
- Community Activities
- Cultural Activities

What is expected of me?

All PRRC attendees are expected to be:
Respectful, Supportive,
Responsible, Self-Directed,
Non-Threatening (Verbal or
Physical).



Find Hope.
Find Community.
Achieve Recovery.

Veterans Wellness Recovery Program

3731 South Clyde Morris
Port Orange, FL 32129
(386) 763-8300

Hours of Operation:
Monday–Friday
8 AM to 4:30 PM

Speak to your provider about a
referral

National Crisis Hotline:
1-800-273-8255

Testimonials

“The VWRP has helped me dramatically. It keeps me getting up in the morning and doing something. I have grown through interacting with other veterans, making goals, & getting help in reaching them.”
Deanna

“I find I am not alone in this program. With my P.T.S.D., we share our feelings and role play our dreams so we can understand them a little better. This Wellness Recovery program is helping me cope with life in general.”
Dominic

“I’ve set a lot of goals and a lot of them have come to light. When problems or difficulties arise, I work on them, not run from them.”
Chris

“Me allude con mi problema de P.T.S.D. –(This program) helps me control my P.T.S.D.”
Nick

“This program has allowed me to look inside myself and change behaviors that weren’t working. It helped decrease my depressive episodes and helped me live with P.T.S.D”
Donna

“This program has guided me through (to) respecting others as well as myself through days of understanding why my life is going in the way it is.”
Bill H.

“This program helped me meet people so I can talk to them and practice my social skills.”
Edsel

Want to be closer to loved ones?

Want to get off the emotional roller coaster?

Want to be more active and feel good about yourself?

There is a place to find hope and take your life back.



Veterans Wellness Recovery Program (PRRC)

No one understands.

I'm scared to go out and do things.

I'm totally worthless.

My pills make me feel funny.

I'm so lonely.

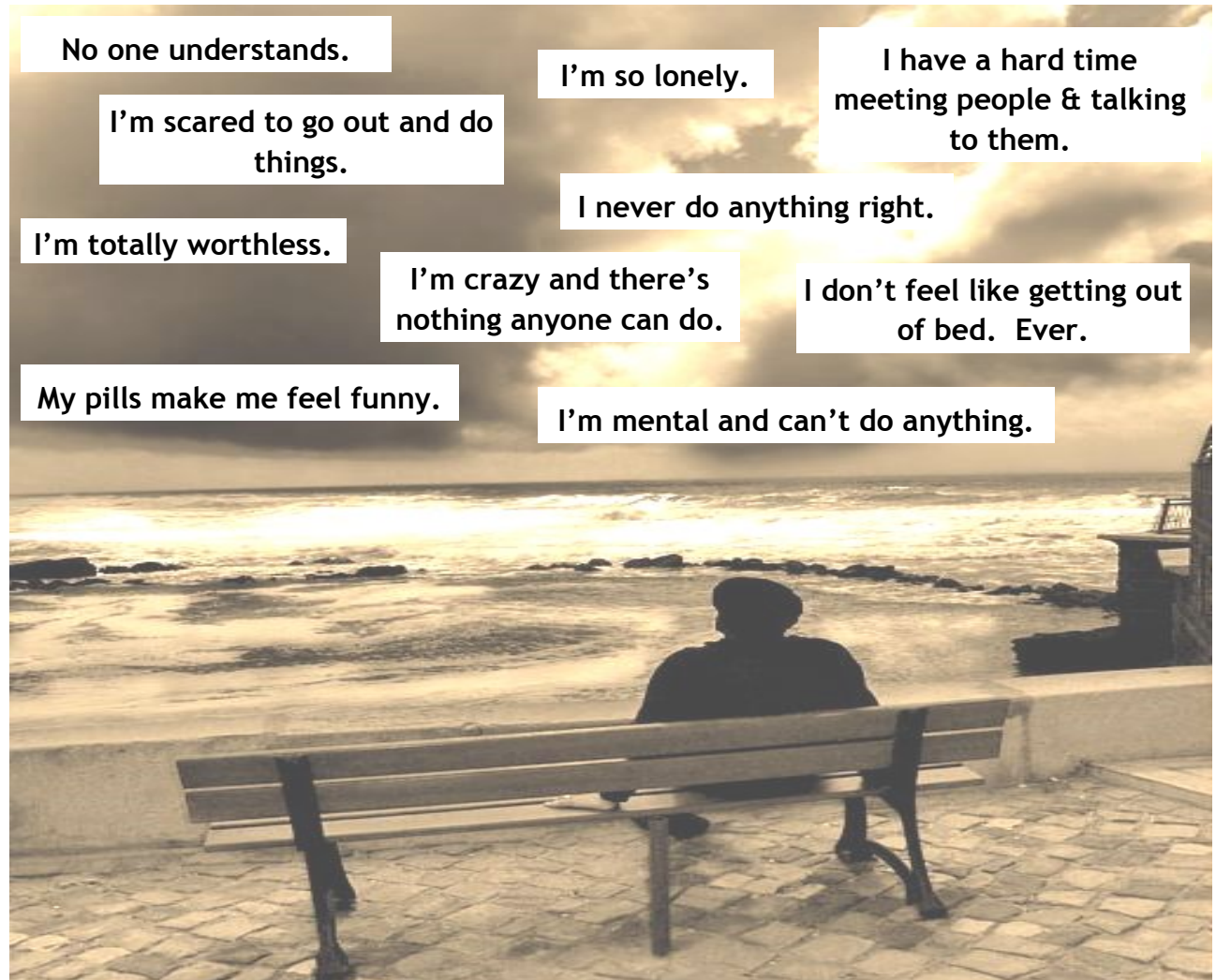
I'm crazy and there's nothing anyone can do.

I never do anything right.

I'm mental and can't do anything.

I have a hard time meeting people & talking to them.

I don't feel like getting out of bed. Ever.



The PRRC is a transitional educational program that inspires Veterans with Serious Mental Illness to reclaim their lives by instilling hope, validating strengths, and developing relationship skills.

For Veterans living with serious mental health challenges, the PRRC is a place to go to develop life goals, meaningful relationships, and therapy. The self-directed program allows you to choose what days, classes, and groups will be most beneficial to you.