

## What will I gain by joining a SacPort class?

SacPort offers a wide array of classes that teach skills for Social & Independent Learning. By joining you will learn how to:



Communicate more effectively with your Doctor to help him/her better understand your needs.



Make friends and learn how to take friendships to the next level. Learn how to establish trust, friendships, and how to make informed decisions about sex.



Make your life easier and more fun by learning how to find recreational activities in your community.



Understand and control your medications and symptoms.



Use resources wisely to help you stay out of the hospital & in the community

## Join in on the fun and learning...

Find out what classes are currently being taught & sign up for classes now!

Please feel free to call the following people to find out more information:

**916-485-6500**



**SacPort Instructor  
Thomas Fisher ext. 262**

**SacPort SAMM Instructor  
Lawrence Carrell ext. 248**

Or call your Personal Service  
Coordinator

**See inside for SacPort classes  
offered at HRC**



# SacPort

Sacramento Psychosocial Options  
for Rehabilitation Training

## The SacPort Program



Presented by  
**HRC**

Human Resources  
Consultants  
3727 Marconi Avenue  
Sacramento, CA 95821  
916-485-6500

# SacPort Modules Offered at HRC

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## Basic Conversation Skills

Build your communication skills by learning how to start a friendly conversation, keep it going & end it pleasantly while making friends in the process!

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## Substance Abuse Management

Learn coping skills to overcome addictions by attending weekly training sessions, which will teach you how to identify triggers that will assist you in avoiding drugs and alcohol, while seeking healthy pleasures.

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## Medication Management

Learn to manage your own medication & achieve the benefits that come from self-management & responsible use of medication

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## Recreation for Leisure

Find out how to plan and enjoy recreational activities in your leisure time while learning effective problem solving techniques.

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## Symptom Management

Become skilled at managing your own symptoms & learn how reduce the possibility of relapse.

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Refreshments are provided at each class. ☺



# SacPort

Sacramento Psychosocial Options for  
Rehabilitation Training

SacPort is a cooperative effort between UCLA, UC Davis, and the Sacramento County Division of Mental Health Services to bring evidenced based services to the Sacramento Mental Health Community.

These classes are **closed classes**, meaning that all participants sign up for a class at the beginning of a module and finish it through to the end (usually a class takes about 3 months). A **graduation party** is held at the end of each module for participants, friends and family.

During the course of the modules you will learn many helpful skills that can assist you on your path to becoming more **independent** and **successful** in handling everyday life.

SacPort wants YOU!

