

Fall 2016

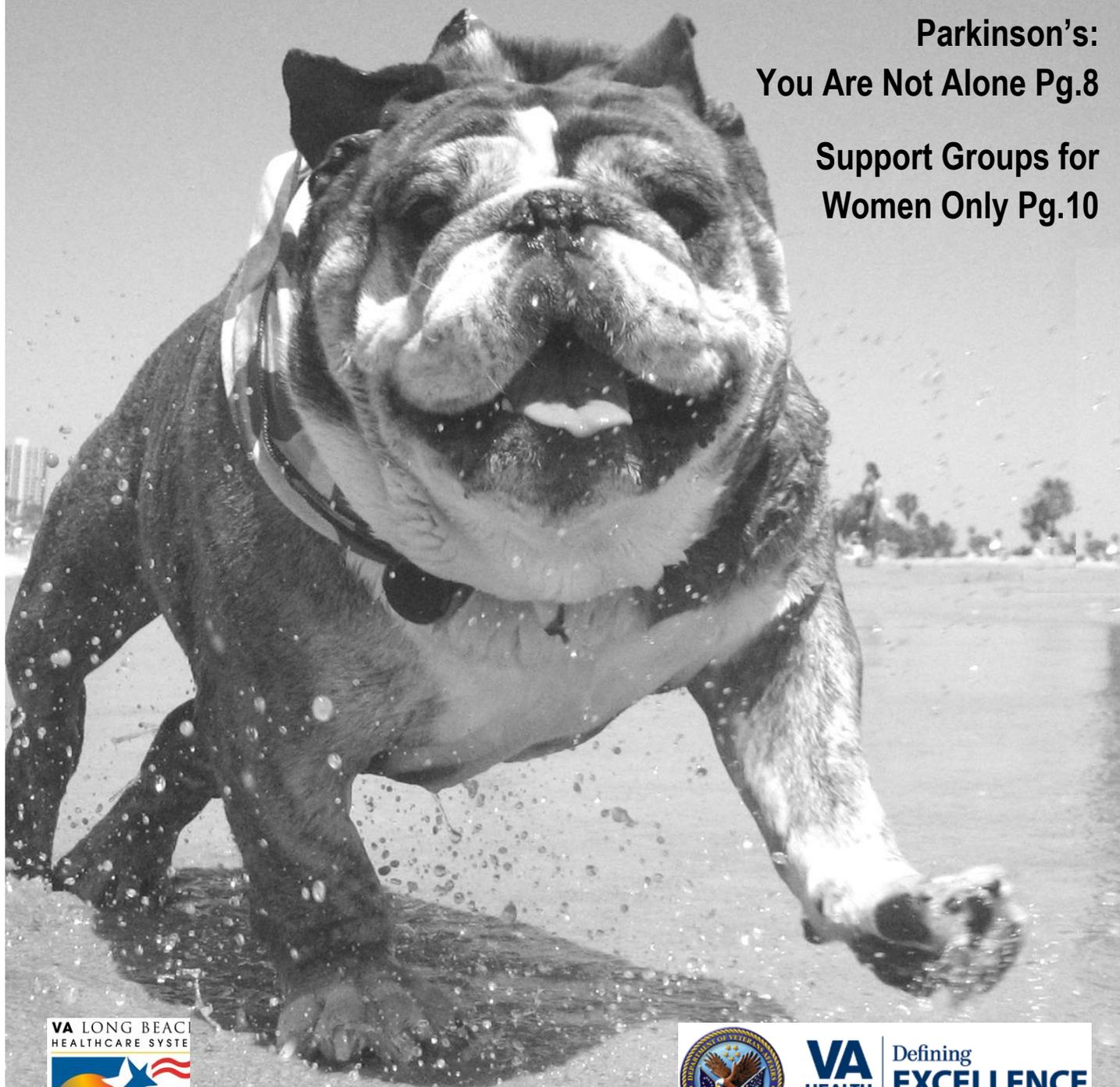
VA Long Beach Healthcare System

Health Education Classes and Groups

Quit Tobacco. WE Can Help! Pg.4

Parkinson's:
You Are Not Alone Pg.8

Support Groups for
Women Only Pg.10



"Rosie's Dog Beach"
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VA
HEALTH CARE | Defining
EXCELLENCE
in the 21st Century

VA Long Beach Healthcare System

Health Education Classes and Groups

Fall 2016

Classes Open to Veterans

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* Family and Caregivers welcome at classes with *

For most up-to-date list go to <http://vaww.long-beach.med.va.gov/Education/PatientEd.cfm> from any VA computer

Primary Care:

Cancer

1. Cancer Support Group

- a. For cancer survivors and those currently in treatment
- b. Meets Tuesdays 1:00 – 2:30 pm beginning March 1, 2016
- c. Bldg 1, Room 420 (4th floor)
- d. To RSVP, call Matt Litton, LCSW, (562) 826-8000 ext. 27647

Diabetes

2. *Carbohydrate Counting Class

- a. For Veterans with diabetes
- b. Meets one Friday a month 10:00-11:30 am
- c. Veterans may call 562-826-8000 ext. 3530 or ext. 22045 to make an appointment

3. *Diabetes Basic Training Class

- a. For Veterans with Diabetes taught by Diabetes NP.
- b. Held on Monday or Wednesday each month 1:00-4:00 pm, Bldg. 164 Room 328.
- c. Veterans may call (562)826-8000 ext. 24303 with questions.
- d. *Requires pre-registration* and consult placed by Primary Care Team.

4. *Eating to Control Weight, Diabetes, Blood Pressure and Cholesterol Class

- a. For Veterans with diabetes, high blood pressure, high cholesterol or overweight
- b. Meets on Tuesday, twice/month 2:00 pm-3:30 pm
- c. Veterans may call 562-826-8000 ext. 23530 or ext. 22045 to make an appointment

5. Living Low Carb

- d. For triglyceride reduction, blood sugar control and weight loss.
- e. Meets *most* first Mondays of the month, 1:00 pm-3:00 pm, Bldg. 164 Room 328.
- f. Veterans may call (562)826-8000 ext. 24303 with questions.
- g. No pre-registration necessary, taught by Diabetes NP.

6. *Pre-Diabetes/ Diabetes Prevention Class

- a. For Veterans with pre-diabetes taught by Diabetes NP.
- b. Held on Monday or Wednesday each month 1:00-3:00pm, Bldg. 164 Room 328.
- c. Veterans may call (562)826-8000 ext. 24303 with questions.
- d. *Requires pre-registration* and consult placed by Primary Care Team.

Heart Failure (CHF)

7. *Living Successfully with Heart Failure

- a. For Veterans diagnosed with congestive heart failure of CHF
- b. Meets very Wednesday from 3:30pm – 4:30 pm

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- c. Bldg 164, Room 228 (second floor conference room)
- d. Veterans may call Dr. Jennifer Ballard-Hernandez, NP at 562-826-8000 ext. 22005 to make an appointment

Hepatitis C

8. *Living with Hepatitis C

- a. For Veterans who tested positive for Hepatitis C
- b. Meets:
 - 3rd Wednesday of the month 1:00 – 2:30 pm
 - 4th Wednesday of the month 10:00 – 11:30 am
- c. Bldg 164, Room 228 (second floor conference room)
- d. Veterans may call Jackie Recendez at 562-826-8000 ext. 22944 to make an appointment

Insomnia/Sleep

9. CBT-I for Insomnia

- a. 6-week class for Veterans wanting to learn how sleep-related behaviors, cognitions, and physiological arousal impact your quality of sleep for good or for ill.
- b. Get expert consultation on finding your individual “sleep window.”
- c. Meets on Thursdays, 11am-12pm
- d. Veterans may ask their provider for a consult to join the group.

10. Cognitive Behavioral Therapy for Insomnia (CBT-I) – Santa Ana CBOC

- a. 6-session group therapy for insomnia
- b. Thursdays, 8:30 a.m. to 10:00 a.m., Santa Ana Medical Outpatient Clinic (Suite # 100)
- c. Contact Juliet Hung, PhD 714-434-4626 or Juliet.Hung@va.gov

11. CPAP Class – Santa Ana CBOC

- a. For Veterans having significant difficulties using their CPAP mask. Addresses the behavioral problems of keeping the mask on through the night.
- b. 4 sessions class/group. This is a psychoeducation group.
- c. Mondays, 8:30 a.m. to 10:00 a.m., Santa Ana Medical Outpatient Clinic (Suite # 100)
- d. Contact Juliet Hung, PhD 714-434-4626 or Juliet.Hung@va.gov

12. *Sleep Class

- a. For Veterans wanting to learn ways to improve their sleep
- b. Meets on the 1st Tuesday of the month from 1:00 pm to 2:30 pm
- c. Veterans may contact Dr. Lia Kraemer to enroll 562-826-8000 ext.22698

Pain/Chronic Pain

13. *Chronic Pain Management Class

- a. For Veterans wanting to better manage their pain
- b. Meets on the first three Wednesdays of certain months from 10:30 am – 12:00 pm
- c. Veterans may call Dr. Lia Kraemer to enroll 562-826-8000 ext. 22698

14. Chronic Pain Coping Skills Group

- a. The Chronic Pain Coping Skills Group is a 10 week therapy group focused on knowledge and coping skills for the self-management of chronic pain.
- b. Wednesdays, 9:00 - 10:00 am

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- c. Veterans must first be enrolled in group to attend. To enroll please contact your mental health provider or a primary care mental health provider.
- d. For more information contact Dr. L. Jennifer Chou, 562.826.8000 Ext. 22553

Relaxation and Stress Management

15. Relaxation/Meditation Group

- a. A group for Veterans that want to learn a variety of experiential techniques to deeply relax and re-lease tension.
- b. Group will cover: · Diaphragmatic Breathing · Meditation · Guided Imagery · Body Scan Progressive Muscle Relaxation and more...
- c. Drop in group
- d. Time: Meets every 2nd and 4th Tuesday of the month from 3- 4 pm
- e. Location: Bldg. 164 Rm. 328
- f. Contact: Corina Lopez, PhD 562-708-7969

16. Mindful Living with Chronic Illness

- a. 8 week closed mindfulness based group for Veterans with long standing physical or psychological disorders
- b. TIME: Tuesdays 8:00 - 9:30am LOCATION: Bldg. 164, 3rd floor conference room, 328
- c. Contact Corina Lopez, PhD at 562-708-7969 to register or for additional information.

17. Stress Management & Relaxation Group

- a. For Veterans seeking ideas and help with stress management
- b. Meets weekly for 6 weeks on Mondays from 1:00 – 2:30 pm
- c. Veterans may call Dr. Lia Kraemer to enroll 562-826-8000 ext. 22698

Tobacco Cessation

18. Tobacco Cessation Group

- a. For Veterans wanting to quit tobacco
- b. New cohort enrollment every month; 8-week series (Wednesdays 1:00-3:00PM). Co-facilitated by psychology and pharmacy. Includes behavior modification, nicotine replacement therapy, and Carbon Monoxide monitoring.
- c. Veterans may call 562-826- 8000 ext. 23841 to enroll

19. Tobacco Cessation by phone, text and on-line

- a. For Veterans wanting to quit smoking
- b. Quit VET is a toll free telephone smoking quitline: 1-855-784-8838
- c. SmokefreeVET a mobile text message smoking cessation service: text the word VET to 47848 from mobile phone or visit www.smokefree.gov/VET
- d. Online tips and tools to help quit: www.publichealth.va.gov/smoking

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Weight Management

20. Bariatric Surgery Support Group

- a. Meet other Veterans who have had weight loss surgery, share experiences, challenges and solutions.
- b. Meets on the 2nd Thursday of the month 2:30 pm – 3:30 pm
- c. Meets in Building 165, room C214
- d. No appointment needed

21. *Meal Planning: In the Kitchen with Nutrition

- a. For Veterans wanting to learn some simple, healthy eating tips
- b. Meets on Tuesday, every other month 2:00 pm -3:30 pm
- c. Veterans may call ext. 23530 or ext. 22045 to make an appointment

22. *MOVE! Weight Management – Introduction

- a. For Veterans wanting to lose weight
- b. Meets Tuesday or Friday 10:00 am – 11:00 am
- c. Veterans may call 562-826-8000 ext. 22980 or ext. 23543 to make an appointment

23. *MOVE! Weight Management – 7 week class

- a. For Veterans wanting to lose weight – must attend MOVE! Intro class 1st
- b. Meets Monday, Wednesday or Thursday for 7 weeks 10:00 am -11:30 am
- c. Veterans may call 562-826-8000 ext. 22980 or x23543 to schedule for intro class.

24. *MOVE! Support Group

- a. For all Veterans who are involved in the MOVE! Program
- b. Meets on the 2nd Thursday of the month 1:00 pm – 2:00pm
- c. Meets in Building 8, room 102
- d. No appointment necessary

Other Primary Care Classes and Groups

25. Creative Art Expression Workshop – along with the 24 Foundation workshops focus on use of creative art expression to improve and add to the physical, mental and emotional well-being of Veterans.

- a. 4 hour sessions for 4 weeks: drawing/painting, creative writing. 2:30 pm – 6:30 pm.
- b. Meets in the Pantages Theatre, 2nd floor, building 2
- c. Veterans may call 562-826-8000 ext. 25353 or ext. 25568 for more information

26. Healthy Living Workshop

- a. Meets for 6 weeks, 2 hour classes – call for current schedule
- b. Meets in Building 8, room 119 times vary with courses.
- c. This is the Stanford Chronic Disease Self-Management program. Build and Master skills in Action planning; problem solving; pain and fatigue management; healthy eating, sleeping , breathing; making informed decisions.
- d. Call Occupational Therapy 562-826-5512

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Mental Health

Anger Management

27. Anger Management Group

- a. For Veterans who wish to learn new coping skills to manage their anger
- b. Offered at several different times.
- c. Have a provider place a referral to the Anger Management Program

28. OEF/OIF/OND Anger Management Class

- a. Veterans learn to identify anger triggers, learn common reactions to anger, learn the negative health consequences to anger, and learn skills to successfully manage anger.
- b. 8 week class on Thursdays from 1:30-2:30p
- c. Contact Yasmeen Yamini-Benjamin, Ph.D. at (562) 826-8000 x.23567

Anxiety, Depression, and Stress Management

29. Acceptance & Commitment Therapy for Depression

- a. This is a 6-week group for Veterans interested in learning to use mindfulness and acceptance-based practices to address symptoms of depression.
- b. Group will incorporate experiential exercises that promote self-acceptance and detachment from painful or difficult thoughts, feelings, and sensations, with an emphasis on defining and moving towards one's personally-defined values.
- c. Time: Tuesdays 2pm-3pm
- d. Location: Primary Care, BLDG. 164, 2ND FL. Rm 228
- e. Contact: Hannah Jones, M.A. (562) 826-8000 x22915

30. ACT on Life! Acceptance & Commitment Therapy

- a. The "ACT" in the title stands for Acceptance & Commitment Therapy. ACT is a well-researched, behavioral therapy approach that effectively treats a wide range of conditions, such as PTSD, depression, anxiety, and pain.
- b. The ACT approach and this group aim to help you to: Decrease the hold that difficult emotions and/or stress have on your ability to engage in life, Recognize and detangle from unhelpful thinking patterns, Respond more flexibly to difficult emotions, thoughts, memories, and other experiences, Clarify what is most important to you and commit to valued actions so you can live life as you want to now.
- c. This 12-session group meets Fridays from 1:30pm-2:50pm.
- d. Veterans may call Dr. Jamie Yadavaia at 562-826-8000 x 27336 to discuss interest in this group.

31. BEYOND THE "BLUES" – Santa Ana CBOC

- a. 16 sessions class/group, CBT based, designed to provide education and skills to veterans in learning new coping skills to decrease and/or manage their depression symptoms. This group includes education and discussion.
- b. Tuesdays, 10:00 a.m. to 11:30 a.m. Santa Ana Medical Outpatient Clinic (Suite # 100)
- c. Contact Person: Juliet Hung, PhD 714-434-4626 or Juliet.Hung@va.gov

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32. *Cognitive Behavioral Therapy for Depression

- a. For Veterans with depression
- b. Meets weekly for 6 weeks on Fridays from 10:00am-11:00am
- c. Bldg. 164, Room 228 (second floor conference room)
- d. Veterans may call Stacy Eisenberg, Ph.D. at 562-826-8000 ext. 26334 to register

33. Depression & Bipolar Support Alliance Support Group

- a. Community run support group for those with depression and bipolar illness
- b. No referral needed. Wednesday, 7 pm, Bldg. 128, Room J-216
- c. Veterans may call Glenn Syrop 562-592-0055

34. Grief Support Group

- a. For Veterans who have experienced loss of a loved one. The goal of the group is to help Veterans find healthy ways to honor and incorporate grief in their lives.
- b. Every 1st and 3rd Tuesdays, 2:00 – 3:15 p.m., Bldg 164 Room 228
- c. To enroll, call Corina Lopez, PhD 562-708-7969

35. Santa Ana Weekly Psychotherapy Group

- a. Group uses supportive and group process techniques to help veterans share their experiences, become more aware of their emotional reactions, and to practice using group support in coping.
- b. Ongoing, weekly Mondays 1-2:30 pm.
- c. There is no consult - Add Dr. Leigh Messinides to your note or call x.23218 and leave a message indicating interest in the group.
- d. Pt.'s should be able to interact in a calm and supportive way with others and be interested in examining their reactions to events and others.

36. Thoughts, Feelings and Behavior Therapy Group

- a. Group uses cognitive-behavior techniques, mindfulness & communication skill-building to help depression & anxiety
- b. Starts several times a year, 10-12 weeks in duration – requires a referral from your provider
- c. Call Dr. Peggy Lacascia for more information 562-826-8000 ext. 2750

Memory, Concentration and Thinking Skills

37. Cognition Class

- a. Veterans of all ages are invited to attend a one day class to learn about: cognition (thinking skills and memory), cognitive changes due to aging and stress, interventions to improve cognition or slow down declines, strategies to compensate for cognitive changes.
- b. Time: Saturdays*, 10:00 AM to 12:00 NOON
- c. Location: VA Long Beach Primary Care Building 164
- d. Contact Dr. Megan Gomez at (562) 706-0740 for additional information. *Dr. Gomez will let you know which date(s) this class will be offered

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38. Parkinson's Support Group

- a. Parkinson's is most commonly characterized as a "movement disorder" but there are many non-motor symptoms that are equally, if not more, bothersome to individuals with Parkinson's and their care partners. Non-motor symptoms of Parkinson's can include: apathy, anxiety, depression, fatigue, pain, sexual changes, sleep problems, and cognitive changes. Spend time with others who are affected by Parkinson's, share your concerns, and provide encouragement, comfort, & knowledge.
- b. Time: Saturdays (typically the first Saturday of each month), 1 to 2:30PM
- c. Location: VA Long Beach Primary Care Building 164
- d. Contact Dr. Megan Gomez at (562) 706-0740 for additional information, including date of next meeting, room number, and topic to be covered.

PTSD

Mantram Repetition – (see listing under Complementary Medicine list)

39. PTSD for Combat Trauma

- a. Veterans may ask for a referral by their provider to the PTSD Team for male Veterans or the Women's Mental Health Team for female Veterans. Each program offers many different groups, including some that are late afternoon, on topics that help Veterans address combat related trauma reactions.

40. PTSD for Trauma that is not combat related

- a. **Trauma Skills Group** A group for veterans with trauma from childhood or adulthood including military non-combat trauma
- b. It utilizes mindfulness and ACT (Acceptance and Commitment Therapy) approaches, 16 weeks.
- c. Location: VA Long Beach – Various Bldgs and Room #'s
- d. Contact – OPP MH Providers, OPP Social Workers or Psychology for referral.

41. Trauma Focus Grp (CPT) – Santa Ana CBOC

- a. 12 sessions class/group (CPT base) designed to provide education and skills to veterans in learning new coping skills to decrease and/or manage their PTSD symptoms. This group includes education and discussion.
- b. Tuesdays, 8:30 a.m. to 10:00 a.m. Santa Ana Medical Outpatient Clinic (Suite # 100)
- c. Contact Person: Juliet Hung, PhD 714-434-4626 or Juliet.Hung@va.gov

Substance Abuse and Addiction

Addiction

42. Addiction Groups , first have your provider make a referral to SUTP:

- a. Attitude Adjustment and Patients in recovery
- b. For more information call Substance Abuse Treatment Clinic 562-826-8000 ext. 25603

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43. Alcoholics Anonymous

- a. For Veterans and community members, no referral or initial call needed
- b. Meetings are Tuesdays, 7:30pm Bldg. 2, 2nd floor, Pantages Theatre
- c. For more information call Substance Use Treatment Program (SUTP) 562-826-8000 ext. 25610

44. Buprenorphine Group

- a. All patients on Suboxone maintenance
- b. Mondays, 2-3pm, Wednesday, 2:00 pm-3:00 pm and Thursday, 5:00 pm-6:00 pm
- c. Bldg. 128, 2nd Floor, Room A226B
- d. Contact: Tim Morrissette, ext. 23456

45. Harm Reduction Group

- a. For Veterans who want to learn skills to reduce or quit drinking or other substance use
- b. Meets Thursdays from 10:00 – 11:00 am; Building 164, room 328
- c. Pre-registration is NOT required, Veterans are welcome to drop-in.
- d. Call Randy Young 562-826-8000 ext.24338 for more information

46. Narcotics Anonymous

- a. For Veterans in recovery, no referral or initial call needed
- b. Meeting are Thursdays, 7:30 pm Bldg. 2, 2nd floor, Pantages Theatre
- c. For more information call SUTP, 562-826-8000 ext. 25610

47. Substance Abuse Cognitive Behavioral Group Therapy - Overcoming Your Alcohol or Drug Problem

- a. Learn strategies to manage cravings and thoughts of using. Develop ways to cope with stress and reduce risk of relapse. Improve communication and assertiveness. Increase social support
- b. Friday 10:30 AM to 11:30 AM, Building 128 Room- J218
- c. Contact Heather Sanders ext 4344 or ext 4881

Women's Issues (Female Veterans only)

- **There are a number of groups offered in the Women's Mental Health Center.**
- **Ask a provider for a referral to Women's Psychotherapy**
- **Stop by or call the clinic to find out more, Monday-Friday, 10:00 am -3:00 pm**
- **Located in Building 128, Room A116. ext. 24919**

48. Coping with Fibromyalgia

- a. The Coping with Fibromyalgia group is designed to help women learn diverse strategies to effectively address chronic pain/fatigue.
- b. 6 week closed group for Women Veterans
- c. Wednesdays 7:30—9:00am
- d. For more information or to register contact Dr. Shaquita Tillman 562.826.8000 x26381

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49. Female Veteran Group – At Vets Center

- a. 12-week group, female Veterans are able to voice opinions and concerns in a safe environment free from judgment or criticism. A brief assessment is required before entering the group.
- b. Thursdays 6:00 pm – 7:30 pm.
- c. Call North Orange County Vet Center 714-776-0161 for next start date

50. Relationships in Recovery: Women’s Group

- a. The Relationships in Recovery group is designed to help women in recovery from mental health and/or substance use disorders repair damaged relationships and build healthy relationships.
- b. 8 week closed group for women Veterans
- c. Fridays, 8:00am – 9:30am, Primary Care Bldg 164, Rm 228 (2nd floor conference room.)
- d. For more information or to register contact Dr. Shaquita Tillman 562.826.8000 x26381

51. Seeking Safety for Women

- a. **Skills based treatment for PTSD and substance abuse**
- b. Meetings are Fridays, for open group WOMEN ONLY, 11am Bldg. 128, Rm A116
- c. Women’s Mental Health Center
- d. For more information call WMHC 562-826-8000 ext. 24919
- e. New members: please call Dr. Williams x4919 before attending

Complementary Medicine:

52. Drawing Out The Artist In You (Art Instruction Class)

- a. For all Long Beach Veterans interested in learning art skills.
- b. No appointment necessary.
- c. Mondays and Tuesdays, 1:00 pm to 4:00 pm, CLC Bldg 133 Y-Pod Dayroom.
- d. Instructor: Lupe Ambriz. For more info contact Recreation Therapy x.4289

53. Drum Circle for Veterans

- a. Drums provided, open to any veteran
- b. Benefits: fun, exercise, connecting to other Vets, increases brain function
- c. Meet weekly Friday’s 11 am, outside patio between building 128 and Building 2.
- d. Call Dr. John Huang 562 826 8000 x.24384 for more information. However, no referral needed, veterans are welcome to attend without a referral.

54. *Healing Touch for Chronic Pain, Stress, Anxiety, Depression and PTSD.

- a. For Veterans interested in Healing Touch Treatments. A relaxing, nurturing energy therapy (not massage). Gentle touch assists in balancing your physical, mental, emotional and spiritual well-being. Healing Touch works with your energy field to support your natural ability to heal. It is safe for all ages and works in harmony with standard medical care to reduce stress, calm anxiety and depression, and decrease pain.
- b. One time class meets the first or the third Thursday of each month from 2:00 pm to 3:00 pm; Building 164, 3rd floor, Room 328
- c. After class, you may schedule an appointment for treatments, based on Clinic availability.
- d. Ask your Primary Care Team for a referral to Healing Touch.
- e. Or contact: Leilani Alforque, RN, HTI-PA at 562-826-8000 ext. 3122.

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55. Mantram Repetition for Rapid Relaxation

- a. For Veterans to learn a technique to calm the mind and reduce anxiety, fear and unwanted emotions. It is an 8-week Mantram Repetition training for Rapid Relaxation; Quarterly classes, times will vary.
- b. Please use consult under Primary Care->PC Behavioral Health-> Mantram Repetition for Rapid Relaxation
- c. For questions, please call:
 - Michael Post, LCSW at ext. 2914
 - Gina De Ocampo, RN CM x 25527 or Jerelyn Dugas x 25528 (Jan-Feb, May-June, Sept-Oct)

56. Mantram Repetition for Rapid Relaxation – PTSD

- a. For Veterans with combat related PTSD, technique to calm the mind and reduce anxiety, fear and unwanted emotions.
- b. 8 week training for Combat Related PTSD
- c. Call Jenny Williams, LCSW 562-826-8000 ext.23486

57. Mantram Repetition at the Santa Ana Community Based Outpatient Clinic

- a. For Veterans to learn a technique to calm the mind and reduce anxiety, fear and unwanted emotions.
- b. 6 week Mantram Repetition training; Quarterly classes, times will vary.
- c. Call Leigh Messinides, Ph.D. at 562 826 8000 x.23218

58. *Mind Training: Mindfulness for Inner Resilience (Mental Health Service)

- a. Mindfulness Meditation, with no religious or spiritual context. Effective for PTSD, Anxiety, Stress, Depression and Chronic Pain.
- b. Meets Mondays 9:00 – 11:00 am, Building 128, room C202
- c. Call Cayce at (831) 6000-6029; no consult needed.

59. Motivate the Warrior

- a. Bring your inner warrior back in play! Join motivated Veterans for hiking, kickboxing, and yoga (nacho' momma's yoga!!)
- b. Join by consult from your primary care provider, or your mental health provider.
- c. If you have questions, contact Jonas Jacoba, MSNed, RN ext. 28476.

60. *Tai Chi

- a. Improve balance to reduce falls, improve physical well-being
- b. Meets Monday and Friday 3:00 – 4:00 pm for 12 weeks.
- c. Ask your Primary Care Team for a referral to Rehab for Tai Chi
- d. If you have questions call Robert Ordonez, RKT 562-826-8000 ext. 24446.

61. Yoga Group (Yoga and Meditation to Help with Pain)

- a. Six groups meet weekly for 6 weeks
 - Wednesdays from 2:00 - 3:00 pm at Santa Ana Clinic
 - Wednesdays from 3:00 - 4:00 pm at Santa Ana Clinic
- b. For questions about the groups, please call Pam Pence, RYT 562-826-8000 ext.22996
- c. Ask your Primary Care Team for a referral to enroll in the group

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62. Yoga and Meditation for Improved Sleep

- a. Reduce insomnia, promote relaxation and rest, ease chronic pain, relieve depression and anxiety
- b. Meets 5:00 pm to 6:00 pm Tuesday in Bldg. 164, Rm 328
- c. For more information call Anna Rourke, MSN, RN 562-826-5144
- d. Ask your Primary Care Team for a referral to the group

63. Walk With A Doc

- a. Take steps toward better health! Come walk and talk with our Docs for some exercise and Healthy Living education!
- b. When: 12:00 Noon. Second and fourth Fridays of every month

Other Classes and Groups

64. Blind Rehabilitation

- a. Call VIST Coordinator Linda Fitzgerald 562-826-8000 x25696 for screening

65. College Connection Study Skills Workshop

- a. Call Amanda Stephens, Speech pathology 562-826-8000 ext. 25415
- b. Meets on Fridays 10:00 am – 11:30 am
- c. A series of classes that teach the study skills needed to succeed in college
- d. Reading; Note-taking; Time Mgmt.; Essay Writing; Exam Prep & Test Taking

66. LGBTQ Veterans' Support Group

- a. All lesbian, gay, bisexual, transgender and questioning Veterans and military personnel are welcome.
- b. Join us for support, community, affirmative forum for discussion.
- c. Time and Start Date: Call for days and times.
- d. Contact Dr. Shelly Crosby at ext. 23409 or Dr. Diane Strother at ext. 24271

67. OEF/OIF/OND Transitions Group

- a. Veterans within 5 years of their military separation learn skills to better cope with their transition from the military
- b. Ongoing group Thursdays from 3:00-4:00p
- c. Contact Yasmeen Yamini-Benjamin, Ph.D. at (562) 826-8000 x23567.

68. OIF/OEF Returning Veterans - There are various groups and individual therapy for OEF/OIF veterans, please have your Treatment Team make a referral to the OEF/OIF Program

69. Progressive Tinnitus Management

- a. Group for Veterans with chronic tinnitus to cope with ringing and noise in the ears
- b. Meets 1st & 2nd Mondays 1:30-3:30 pm and 3rd & 4th Mondays 1-3 pm.
- c. Call Carol Zizz in Audiology at 562-826-8000 ext. 25698

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70. Pulmonary Rehabilitation and Home O2:

- a. Ventilator training, Home Oxygen Instruction, O2 safety. Emergency disaster planning, O2 device training IE Incentive spirometer, nebulizer machines, MDI
- b. Call Cynthia Vincent, RT 562-826-8000 ext. 25833

71. *Spinal Cord Injury/D

- a. New Injury Education: Yes You Can and Mentor Program
- b. Vocational Rehab; Aging with SCI; Common Complications; Respiratory Care; Anatomy and Physiology; Erectile Dysfunction/Fertility; Sexuality; Psychosocial Issues; Bladder Management; Bowel Management; Peer Mentor Program; Nutrition; Pressure Ulcer Prevention;
- c. Wednesdays, Ward V2 Conference Room
- d. Contact: Gabriel Figueroa ext. 4398

72. *Stroke Support Group

- a. Call Amanda Stephens, Speech Pathology ext. 23288
- b. Meets in Bldg. 1, Rm. S102 on Wednesdays from 10-11 am

Vocational Rehab Groups/Programs

73. Government Career Workshop: Veterans learn how to write a resume, apply for government jobs, learn about Knowledge, skills, abilities (KSA) questionnaires Meets Every Month on the 3rd Tuesday at 10:00 am, Building 133, Room Y-3 (Community Living Center – Y-Pod conference room)

- a. No Reservations needed.
- b. Call Cailine Kim 562-826-8000 ext. 25593 for questions

74. Expungement Workshop: Presented by LA County DPSS, how to clean up your criminal record Meets Every Other Month on the 1st Tuesday, 1:00 pm, Building 50, room 108L (Vocational Rehab section) call for dates.

- a. No Reservations needed.
- b. Call Cailine Kim 562-826-8000 ext. 25593 for questions

75. Social Security Benefit Workshop: Social Security Retirement, How to apply for SSDI/SSI (Social Security Disability Insurance/ Supplemental Security Income), What is Medicare, Work vs. disability benefit. Meets Every Other Month on the 1st Tuesday, 11:00am, Building 51, room 108L (Vocational Rehab section) call for dates.

- a. No Reservations needed.
- b. Call Cailine Kim 562-826-8000 ext. 25593 for questions.

Employment and Housing

76. Homeless Outreach Team, 562-826-8000 ext. 23525

- a. Veterans Re-entry Project (VRP)
- b. This program is for homeless OEF/OIF Veterans
- c. US Vets Program Director – John Scott 562-388-8001
- d. Intake/Information – Blas Villalobos 562-388-7989

* Family and Caregivers welcome at classes with *

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For additions or changes to this document contact Christopher Lauderdale,VHEC, christopher.lauderdale@va.gov

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VA Long Beach Healthcare System

Important Phone Numbers



Or visit: www.veteranscrisisline.net

VA Long Beach Healthcare System562-826-8000 | 888-769-8387
5901 East 7th Street
Long Beach, CA 90822

Telephone Advice Nurse:877-252-4866 Available 24 Hours

Pharmacy (Outpatient) Bldg. 164 1st Floor.....Ext 25503

Primary Care (Patient Aligned Care Team - PACT)

Bldg. 164 2nd Floor (Alpha, Bravo, Charlie).....Ext 25151

Bldg. 164 3rd Floor (Delta, Eagle, Foxtrot).....Ext 25151

Appointment Desk.....Ext 25144

Mental Health Treatment Center (MHTC—Walk-in Clinic)Ext 22304
Bldg. 126 Rm W128

Benefits..... 1-800-827-1000

