

Tibor Rubin VA Medical Center

The Bulldog

Health Education Classes and Groups Catalog

Improve Your Memory!

Cognition Class p.8

Outsmart Diabetes!

Pre-Diabetes/Diabetes Prevention p.2

Old Guys Rule!

Managing Life's Transitions & Losses p.7



"Bulldog"

CC0 Public Domain, Pixabay.com accessed 3.16.17



VA
HEALTH CARE | Defining
EXCELLENCE
in the 21st Century

For additions or changes to this document contact

Christopher Lauderdale, MS, RDN

Veterans Health Education Coordinator

christopher.lauderdale@va.gov

Visit the Patient Education Resource Center

Open Monday - Friday 8 a.m. - 4 p.m.

Bldg. 165, Rm C212

Services:

- Open access computers for health information searches, resume writing, job search, check email, download VA forms, access eBenefits.
- MyHealthVet registration.
- Staff is available to assist in health information searches.

Coming in 2017

Our New Location

Patient Education Resource Center

Bldg 126 Lobby

Visit the Veteran's Health Library online for Health Education Materials

<http://www.veteranshealthlibrary.org/>

Spring 2017 Classes Open to Veterans

Contents

Primary Care:.....	1
Cancer.....	1
Diabetes	1
Heart Failure (CHF)	1
Hepatitis C.....	2
Insomnia/Sleep.....	2
Pain/Chronic Pain.....	2
Relaxation and Stress Management.....	3
Tobacco Cessation.....	3
Weight Management	3
Other Primary Care Classes and Groups	4
Mental Health.....	5
Anger Management.....	5
Anxiety, Depression, and Stress Management.....	5
Memory, Concentration and Thinking Skills.....	7
PTSD.....	8
Severe Mental Health Conditions (Schizophrenia, Bipolar Disorder, Etc.)	9
Substance Abuse and Addiction.....	9
Women’s Issues (Female Veterans only)	11
Complementary Medicine	12
Arts and Music.....	12
Energy.....	13
Be Active	15
Other Classes and Groups	16
Vocational Rehab Groups/Programs	18
Employment and Housing	19
Volunteer – Make a Difference.....	19

[Type text]

Primary Care

Cancer

1. Cancer Support Group

- a. For cancer survivors and those currently in treatment
- b. Meets Tuesdays 1:00 – 2:30 pm
- c. Bldg 1, Rm 420 (4th floor)
- d. **To enroll:** 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. **To enroll:** call (562) 826-8000 ext. 23530 or ext. 22045

3. *Diabetes Basic Training Class

- a. For Veterans with Diabetes taught by Diabetes NP.
- b. Held on Monday each month 1:00-4:00 pm Bldg. 164
- c. **To enroll:** Veterans may call (562) 826-8000 ext. 24303

4. * Living Low Carb

- a. For triglyceride reduction, blood sugar control and weight loss taught by Diabetes NP.
- b. Meets *Quarterly* in the first Monday 1:00 pm-3:00 pm in Bldg.164 Rm 328
- c. **To enroll:** Veterans may call (562) 826-8000 ext. 24303

5. *Pre-Diabetes/ Diabetes Prevention Class

- a. For Veterans with pre-diabetes taught by Diabetes NP.
- b. Held on Wednesday each month 1:00-3:00pm in Bldg. 164
- c. **To enroll:** Veterans may call (562) 826-8000 ext. 24303

Heart Failure (CHF)

6. *Living Successfully with Heart Failure

- a. For Veterans with congestive heart failure and CHF
- b. Meets every Wednesday from 3:30pm – 4:30 pm
- c. Bldg 164, Room 228 (second floor conference room)
- d. **To enroll:** call Dr. Jennifer Ballard-Hernandez, NP at (562) 826-8000 ext. 22005

Walk-Ins
Welcome!

*Family and caregivers welcome.

Hepatitis C

7. *Curing Hepatitis C

Walk-Ins
Welcome!

- 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. **To enroll:** call Jackie Recendez at (562) 826-8000 ext. 22944

Insomnia/Sleep

8. 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. **To enroll:** Veterans may ask their provider for a consult to join the group.

9. 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. **To enroll:** Juliet Hung, PhD (714) 434-4626

10. 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. **To enroll:** Juliet Hung, PhD (714) 434-4626

11. *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. **To enroll:** Veterans may contact Dr. Lia Kraemer to enroll (562) 826-8000 ext.22698

Pain/Chronic Pain

12. *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. **To enroll:** Veterans may call Dr. Lia Kraemer to enroll (562) 826-8000 ext. 22698

*Family and caregivers welcome.

13. Chronic Pain Coping Skills Group

- a. The Chronic Pain Coping Skills Group is a 12 week therapy group focused on knowledge and coping skills for the self-management of chronic pain.
- b. Tuesdays, 11:00 am – 12:00 pm
- c. Veterans must first be enrolled in group to attend and are able to be enrolled the first week of each month. Please have provider place a consult for group.
- d. **To enroll:** contact Dr. L. Jennifer Chou, (562) 826-8000 ext. 22553

Relaxation and Stress Management

14. 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. **To enroll:** Veterans may call Dr. Lia Kraemer to enroll (562) 826-8000 ext. 22698

Tobacco Cessation

15. 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. **To enroll:** Veterans may call (562) 826-8000 ext. 23841 to enroll

16. 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
- e. No appointment needed.

Walk-Ins
Welcome!

Weight Management

17. *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. **To enroll:** call (562) 826-8000 ext. 23530 or ext. 22045

*Family and caregivers welcome.

18. 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

Walk-Ins
Welcome!

19. * Introduction to MOVE!

- a. An hour-long introduction to MOVE! Weight Loss Program
- b. Tuesdays and Fridays 10:00am – 11:00am
- c. **To enroll:** call (562) 826-8000 ext. 23530 or ext. 22045

20. *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. **To enroll:** call (562) 826-8000 ext. 23530 or ext. 22045

21. *MOVE! Weight Management – Introduction

- a. For Veterans wanting to lose weight
- b. Meets Tuesday or Friday 10:00 am – 11:00 am
- c. **To enroll:** call (562) 826-8000 ext. 22980 or ext. 23543

22. *MOVE! Weight Management – 7 week class

- a. For Veterans wanting to lose weight – must first attend Intro to MOVE!
- b. Meets Monday, Wednesday or Thursday for 7 weeks 10:00 am -11:30 am
- c. **To enroll:** call (562) 826-8000 ext. 22980 or ext. 23543 to schedule for intro class.

23. *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 165, room C212
- d. No appointment necessary

Walk-Ins
Welcome!

Other Primary Care Classes and Groups

24. 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. **To enroll:** Call Karen Duddy, (562) 826-8000 ext. 25517

*Family and caregivers welcome.

Mental Health

Anger Management

25. Anger Management Group

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

26. 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. **To enroll:** Contact Yasmeeen Yamini-Benjamin, Ph.D. at (562) 826-8000 ext..23567

27. Scream Free Parenting

- a. Learn how create more calm, mutually respectful, and loving relationships with your kids. For Veteran parents and spouses.
- b. This is a FREE two-part workshop for veterans and their spouses/partners, to be held at various times through the year.
- c. **To enroll:** contact Tara Fairbanks (562) 826-8000 ext.23207 or Jason Cencirulo ext.23206 for a schedule of upcoming classes.

Anxiety, Depression, and Stress Management

28. 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 patters, 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-3:00pm.
- d. **To enroll:** Contact Dr. Jamie Yadavaia, at (562) 826-8000 ext..27336

29. 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. **To enroll:** Contact Juliet Hung, PhD (714) 434-4626

30. 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. **To enroll:** call Glenn Syrop (562) 592-0055

Walk-Ins
Welcome!

31. Family Support Group

- a. An ongoing support group that helps family members of Veterans learn about mental health issues, identify ways to support loved ones, and practice self-care. All family members and significant others welcome to attend (must be over age 18)
- b. Mondays, 5-6:30pm (except federal holidays)
- c. Building 128, Room A-227
- d. **To enroll:** Chantel Frazier, M.S.Ed, (562) 826-8000 ext. 23706 or Tara Fairbanks, M.A., ext. 23207

32. Generalized Anxiety Group

- a. Unable to stop worrying? Afraid something awful will happen? Feeling nervous, anxious, on edge? Trouble relaxing? Join this Weekly PCMH Group for help!
- b. Thursdays 1pm - 2pm
- c. Building 164 2nd Floor Conference Room
- d. **To enroll:** contact Lisa Zipp, MSW, LCSW, (562) 826-8000 ext. 22010

33. 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

*Family and caregivers welcome.

34. Old Guys Rule...Managing Life's Transitions & Losses Group

- a. Is adjusting to retirement more difficult than you had imagined? Have you lost your spouse? Friends? Are you feeling alone? Are you noticing you do not have meaningful activities to fill your days?
- b. Date/Time: Fridays 1-2pm; Rolling Admissions, weekly group
- c. **To enroll:** contact Lisa Zipp, MSW, LCSW at (562) 826-8000 ext. 22010 for referral.

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. 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.
- d. **To enroll:** Call Dr. Leigh Messinides (562) 826-8000 ext.23218 and leave a message indicating interest in the group.

36. Suicide Prevention Support Group

- a. This is an open group to assist veterans with managing their suicidal thoughts. Group members will learn and improve upon healthy coping skills to prevent acting upon those suicidal thoughts in a safe and supportive environment. The goal is to facilitate positive growth and an increase in functioning through the group process and peer support.
- b. Every Friday, 1:00 – 2:30 p.m., Bldg. 165, Room C-214 (above the Patriot Store) .
- c. Drop in to a group—no enrollment needed. For additional questions, please contact Whitaker Rehm, LCSW (562) 826-8000 ext.23002 or Katie Smisko, LSW ext.22161

Walk-Ins
Welcome!

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. **To enroll:** 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

*Family and caregivers welcome.

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. **To enroll:** 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. Combat Medics Group

- a. A support group for all military medical personnel
- b. Tuesdays from 11 am to Noon
- c. **To enroll:** Contact Dr Larry Albers at ext 22150

40. PTSD for Combat Trauma

- a. **To enroll:** 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.

41. 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. **To enroll:** Contact your provider, Social Worker, or Psychologist for referral.

42. 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. **To enroll:** Contact Juliet Hung, PhD (714) 434-4626

43. Veterans Health and Wellness Group

- a. For Combat PTSD Program Veterans interested in actively participating in a healthy lifestyle that compliments their medical and mental health therapies
- b. This is a closed Group, 12-week session, meeting weekly, starting on designated dates throughout the year
- c. By referral only from Combat PTSD Program providers
- d. **To enroll:** Contact: Kevin Vejar (562) 826-5067

Severe Mental Health Conditions (Schizophrenia, Bipolar Disorder, Etc.)

44. Social Skills Training (SST)

- a. For veterans with a serious mental illness (schizophrenia, bipolar disorder or other similar **chronic** conditions) to practice interpersonal skills
- b. Offered in small groups at different times
- c. By referral only.
- d. **To enroll:** Contact: Ann Costa (562) 826-8000 ext.22911

45. Pathways Recovery Center

- a. The PRC is an intensive program that meets M-F, 9:00am – 3:00pm. There are a number of classes/groups offered in the Pathways Recovery Center (PRC) . Veterans must be willing to attend a minimum of three days per week for 2-3 hour blocks of time.
- b. Stop by or call the clinic during the above hours to find out more.
- c. Located in Building 128, Room L209 (562) 826-8000 ext. 25602
- d. **To enroll:** Ask a provider for a referral

Substance Abuse and Addiction

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

- a. Attitude Adjustment and Patients in recovery
- b. **To enroll:** call Substance Abuse Treatment Clinic (562) 826-8000 ext. 25603

47. Alcoholics Anonymous

Walk-Ins
Welcome!

- 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
- d. No appointment needed.

48. 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. **To enroll:** Contact: Sondra Snyder, RN (562) 826-8000 ext. 24344 or ext 24881

49. Harm Reduction Group

Walk-Ins
Welcome!

- 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. **To enroll:** Call Randy Young (562) 826-8000 ext.24338 for more information

50. 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. **To enroll:** For more information call SUTP, (562) 826-8000 ext. 25610

51. 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. **To enroll:** Contact Sondra Snyder, RN or Ricardo Restrepo-Guzman, MD ext 24344 or ext 24881

*Family and caregivers welcome.

Military Sexual Trauma

52. Military Sexual Trauma: Co-ed Skills Group

- a. The MST group is designed to help veterans who have experienced MST gain knowledge about trauma and learn skills to cope in day-to-day life.
- b. 6 week closed group
- c. Wednesdays 8:00—9:00am
- d. **To enroll:** For more information or to register contact Dr. Shaquita Tillman (562) 826-8000 ext.26381

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. (562) 826-8000 ext. 24919

53. 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. **To enroll:** Call North Orange County Vet Center (714) 776-0161 for next start date

54. Life Coaching for Women Veterans

- a. The Life Coaching program supports women veteran in achieving their goals, creating healthy habits and routines, and engaging in meaningful activity.
- b. One-on-one sessions, by appointment only.
- c. **To enroll:** Please contact Allie Ross for more information (562) 826-8000 ext. 24190

55. 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. **To enroll:** For more information or to register contact Dr. Shaquita Tillman (562) 826.8000 ext.26381

56. 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. **To enroll:** New members: please call Dr. Williams (562) 826-8000 ext.24919 before attending

Complementary Medicine

Arts and Music

57. 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. **To enroll:** Veterans may call (562) 826-8000 ext. 25353 or ext. 25568 for more information

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

- a. For all Long Beach Veterans interested in learning art skills.
- b. Mondays and Tuesdays, 1:00 pm to 4:00 pm, CLC Bldg 133 Y-Pod Dayroom.
- c. Instructor: Lupe Ambriz. For more info contact Recreation Therapy (562) 826-8000 ext..24289
- d. No appointment needed.

Walk-Ins
Welcome!

59. Driftwood Art Group

- a. Express yourself with driftwood & shells from the beaches of Mexico! Volunteers host and encourage all levels of creativity. Projects can be started, saved and worked on over time.
- b. Mondays and Wednesdays 11:00 am – 2:00 pm
- c. Bldg 150, Second Floor, Rm U200
- d. For more info: contact SCI Recreation Therapy (562) 826-8000 ext. 22121

Walk-Ins
Welcome!

60. 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 ext..24384 for more information. However, no appointment needed, veterans are welcome to attend without a referral.

Walk-Ins
Welcome!

***Family and caregivers welcome.**

61. Evening At The Vet

Walk-Ins
Welcome!

- a. **Come, relax and listen to classical music! Presented by “Commodore’s Classics”**
- b. Every Saturday and Sunday, 7:00 pm – 8:30 pm.
- c. Bldg 165, Room D101, The Learning Center Auditorium (aka, the “Egg”)

62. Lapidary/Jewelry Making Clinic

- a. Provides instruction in lapidary and jewelry making skills.
- b. Available Monday through Friday from 8:00am - 12:00pm and from 1:00pm - 4:00pm.
- c. For questions contact Cailine Kim (562) 826-8000 ext. 25593 or Jesse Lee ext. 25587.
- d. **To enroll:** Ask a provider for a VRT/CWT/IT referral.

63. Veterans Digital Photography Program

- a. For all Long Beach Veterans interested in Photography.
- b. Presentations and workshops "Seeing the World Creatively".
- c. Ongoing program meets weekly, Wednesday and Thursdays, 1:00 to 4:00 PM, CLC Bldg. 133, Y-Pod Dayroom
- d. **To enroll:** Visit us at the CLC to enroll, or contact Linda Hicks, hickslin@yahoo.com

64. Women’s Art Group

Walk-Ins
Welcome!

- a. Create art projects individually or with peers in this weekly art group. Drop-ins welcome—women veterans only!
- b. Wednesdays from 1:00-2:30
- c. Building 128, Room A115A (Women’s Mental Health Group Room)
- d. **To enroll:** Please contact Allie Ross for more information (562) 826-8000 ext. 24190

65. Woodworking Clinic

- a. Provides instruction in woodworking skills.
- b. Available Monday through Friday from 8:00am - 12:00pm.
- c. For questions contact Cailine Kim (562) 826-8000 ext. 25593 or Jesse Lee ext. 25587.
- d. **To enroll:** Ask a provider for a VRT/CWT/IT referral.

Energy

66. *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.) Healing Touch works with your energy field to support your natural ability to heal. It can 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. **To enroll:** Ask your Primary Care Team for a referral to Healing Touch.
- e. Or contact: Leilani Alforque, RN, HTI-PA (562) 826-8000 ext. 23122.

*Family and caregivers welcome.

67. 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. **To enroll:** Have your Primary Care Provider place a consult.
- c. For questions, please call:
Gina De Ocampo, RN CM (562) 826-8000 ext. 25527 or Jerelyn Dugas ext. 25528 (Jan-Feb, May-June, Sept-Oct)

68. 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. **To enroll:** Have your Mental Health Provider place a consult.
- d. For questions, please call: Call Jenny Williams, LCSW (562) 826-8000 ext.23486

69. 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. **To enroll:** Call Leigh Messinides, Ph.D. at (562) 826-8000 ext..23218

70. *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. **To enroll:** Call Cayce at (831) 600-6029; no consult needed.

71. *Tai Chi

- a. Improve balance to reduce falls, improve physical well-being
- b. Meets Monday and Friday 3:00 – 4:00 pm or Tuesdays and Thursday 8:00 – 9:00 for 12 weeks.
- c. Ask your Primary Care Team for a referral to Rehab for Tai Chi
- d. If you have questions call Cynthia Howell, RKT 562-826-8000 ext. 24446

72. Yoga Group for Beginners (Yoga and Meditation to Help with Pain)

- a. Six groups meet weekly for 6 weeks
- b. Wednesdays from 9:00 – 10:00am, Bldg 164 Rm 228 Conference Room
- c. Wednesdays from 11:00am – 12:00pm, Bldg 164 Rm 228 Conference Room
- d. Thursdays from 5:00 – 6:00pm, Bldg 164 Rm 228 Conference Room
- e. Fridays from 1:00 – 2:00pm, Bldg 164 Rm 228 Conference Room
- f. For questions about the groups, please call Pam Pence, RYT (562) 826-8000 ext.22996
- g. **To enroll:** Ask your Primary Care Team for a referral to enroll in the group

73. Yoga Group for Graduates (Yoga and Meditation to Help with Pain)

- a. Six groups meet weekly for 6 weeks
- b. Wednesdays from 9:00 – 10:00am, Bldg 164 Rm 228 Conference Room
- c. For questions about the groups, please call Pam Pence, RYT (562) 826-8000 ext.22996
- d. **To enroll:** Ask your Primary Care Team for a referral to enroll in the group

74. Yoga Group for Santa Ana CBOC (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
- b. For questions about the groups, please call Pam Pence, RYT (562) 826-8000 ext.22996
- c. **To enroll:** Ask your Primary Care Team for a referral to enroll in the group

Be Active

75. Healing Garden Class

- a. 6-week class covers plant education and gardening, gardening body mechanics, composting, weeding, relaxation, and other gardening-related projects.
- b. Tuesdays, 9:00am – 11:00am, VALB Patient Garden
- c. **To enroll:** If you have questions, contact Scot Moon (562) 826-8000 ext.23166 or Cheryl lwata ext.25511

76. Motivate the Warrior

- d. Bring your inner warrior back in play! Join motivated Veterans for hiking, kickboxing, and yoga (nacho' momma's yoga!!)
- e. **To enroll:** Join by consult from your primary care provider, or your mental health provider.
- f. If you have questions, contact Jonas Jacoba, MSN, RN (562) 826-8000 ext. 28476.

77. Patients' Garden

- Come out and enjoy the outdoors while learning about plants and gardening.
- Available Monday through Friday from 8:00am - 12:00pm.
- For questions contact Scot Moon (562) 826-8000 ext. 23166 or Cheryl Iwata ext. 25511.
- To enroll:** Ask a provider for a VRT/CWT/IT referral.

78. Veterans On The Move

- Improve your health with a regular walk-and-talk about health and wellness: better diet, increasing physical activity, reducing drinking, stress management
- Thursdays 12:00pm-1:00pm, Outside Bldg 128 facing roundabout driveway and Veteran's Canteen/Cafeteria
- To enroll:** Call Jennefer S. Ho, Psychology Fellow, at (562) 826-8000, ext 23657

Other Classes and Groups

79. Blind Rehabilitation

- To enroll:** Call VIST Coordinator Linda Fitzgerald (562) 826-8000 ext.25696 for screening

80. College Connection Study Skills Workshop

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

81. Free Legal Clinic For Veterans

- Free legal assistance for bankruptcy, discharge upgrades, landlord-tenant, estate planning, expungements, immigration, small business, and many other areas.
- Second Tuesday of each month, 9:30am to 11:30am. (No clinic Aug or Dec.)
- Pantages Theater
- No Appointment Necessary. First Come, First Served.
- Sponsored by Veterans Legal Institute

Walk-Ins
Welcome!

82. Introduction to Computers

- Provides basic instruction in personal computers including Microsoft Office.
- Available Monday through Friday from 8:00am - 12:00pm and from 1:00pm - 4:00pm.
- For questions contact Cailine Kim (562) 826-8000 ext. 25593 or Jesse Lee ext. 25587.
- To enroll:** Ask a provider for a VRT/CWT/IT referral.

*Family and caregivers welcome.

83. LGBTQ Veterans' Support Group

Walk-Ins
Welcome!

- a. All lesbian, gay, bisexual, transgender and questioning Veterans and military personnel are welcome. Join us for support, community, affirmative forum for discussion.
- b. Gay, Bisexual & Questioning Men's Group: 1st and 3rd Tuesdays, 4:00-5:00pm
- c. Lesbian, Bisexual & Questioning Women's Group: 2nd and 4th Tuesdays, 4:00-5:00pm
- d. Transgender, Gender Non-Conforming and Questioning Group: 1st and 3rd Thursdays, 4:00-5:00pm
- e. Contact Dr. Shelly Crosby at (562) 826-8000 ext. 23409

84. LGBTQ DBT Skills Training

- a. Skills training class for LGB veterans who wish to increase distress tolerance skills (e.g. surviving a crisis without making it worse and accepting reality)
- b. Pre-group interview is required.
- c. Concurrent individual psychotherapy is required for veterans with suicidal / self-harm behaviors and for veterans with therapy interfering behaviors.
- d. Fridays, 10:30am -12:00pm
- e. Contact: Jeff Cohen, M.S. ext. 27094 or Dr. Jamie Yadavaia, ext 27336

85. 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. **To enroll:** Contact Yasmeen Yamini-Benjamin, Ph.D. at (562) 826-8000 ext.23567.

86. 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

87. 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. **To enroll:** Call Carol Zizz in Audiology at (562) 826-8000 ext. 25698

88. 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. **To enroll:** Call Cynthia Vincent, RT (562) 826-8000 ext. 25833

*Family and caregivers welcome.

89. *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; Wheelchair Maintenance
- c. Wednesdays, Ward V2 Conference Room
- d. **To enroll:** Contact: Cathy Anderson (562) 826-8000 ext..22713

90. *Stroke Support Group

- a. Meets in Bldg. 1, Rm. S102 on Wednesdays from 10-11 am
- b. **To enroll:** Call Amanda Stephens, Speech Pathology (562) 826-8000 ext. 23288

91. Transitioning Veterans Group

- a. Transitioning from the military to civilian life can be very challenging. Meet to discuss topics related to transitioning from military to civilian life (e.g., role changes, effective communication, managing emotions) . For any OEF/OIF/OND veteran that wishes to focus on transitioning difficulties.
- b. Wedensdays, 10:00-11:00am
- c. Bldg 128 Room C-202
- d. **To enroll:** Contact Chantel Frazier directly at (562) 826-8000 ext.23706 or Dr. Yamini-Benjamin (562) 826-8000 ext.23567

Vocational Rehab Groups/Programs

92. 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)

Walk-Ins
Welcome!

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

93. 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.

Walk-Ins
Welcome!

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

***Family and caregivers welcome.**

94. 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.

Walk-Ins
Welcome!

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

Employment and Housing

95. 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

Volunteer - Make a Difference

96. Veteran's Voice Council

Walk-Ins
Welcome!

- a. Become a Veteran's Voice Council Member
- b. Help all Veterans at the VA Long Beach through outreach events and programs in Long Beach and throughout the South Bay.
- c. Meets every Thursday, Bldg 128, Rm K102, 8:00 am – 8:50 am.

*Family and caregivers welcome.

THE EIGHT AREAS OF SELF-CARE

Self-care is often the most important factor in living a healthy life, which in turn allows you to live your life fully, in the ways that matter to you.

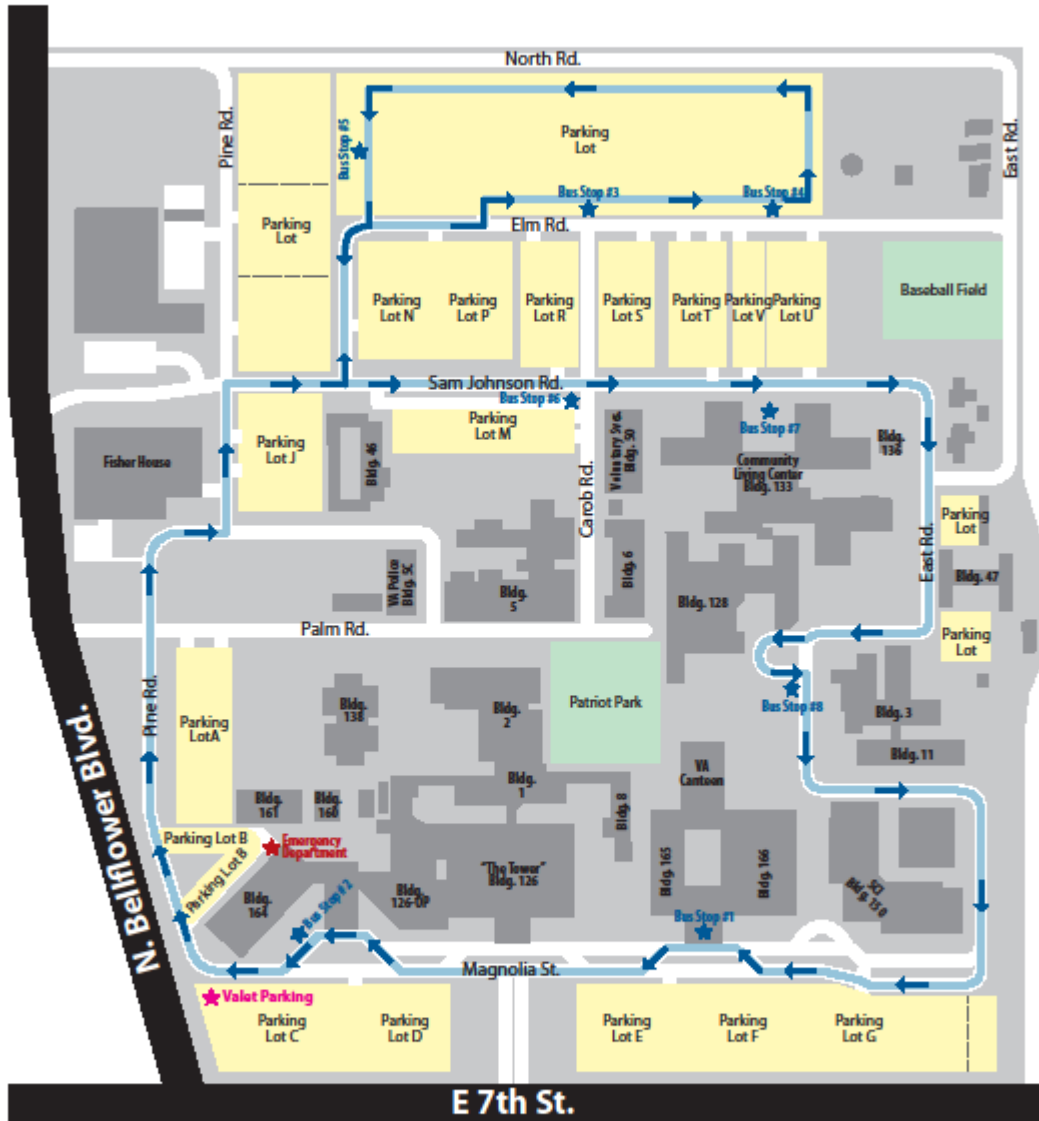
Self-care includes all the choices you make on a daily basis that affect your physical, mental, and spiritual health. In fact, how you take care of yourself will have a greater impact on your health and well-being than the medical care you receive.

Evidence shows that each of these eight areas of self-care contributes a great deal to your overall health and well-being. They can also affect your chances for developing diseases as well as the seriousness of that disease.

Consider your values, lifestyle, habits, and motivations in each area. Taking stock of where you are now and where you want to be in each of these areas is the first step in living a healthier life.



Tibor Rubin VA Medical Center Bus Route and Parking Lots



Veterans Health
Administration

Bus Operational Time
6 a.m. - 6 p.m.
Bus Service Dispatcher
562-826-5715

- Parking Lot
- Bus Route
- Bus Stop

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

*Family and caregivers welcome.

Tibor Rubin VA Medical Center

Important Phone Numbers



Or visit: www.veteranscrisisline.net

Tibor Rubin VA Medical Center(562) 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

24-hour National Call Center for Homeless Veterans 1-877-424-3838



Tibor Rubin VA Medical Center, 5901 East 7th Street, Long Beach, CA 90822, (562) 826-8000 | 888-769-8387

[Type text]