The COVID-19 Vaccine is here!
Now available to all Veterans pg. 3

Want to Make Healthy Changes?
Intro to Whole Health / Gateway to Healthy Living pg. 5

Embrace Your Creative Side
Creative Arts and Humanities Programs pg. 18
<table>
<thead>
<tr>
<th>Page</th>
<th>Section</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>What to Know about COVID-19</td>
</tr>
<tr>
<td>4</td>
<td>Virtual Care Resources</td>
</tr>
<tr>
<td>5</td>
<td>Whole Health and Wellness</td>
</tr>
</tbody>
</table>
| 6    | Primary Care  
Diet  
Diabetes Management |
| 7    | Sleep |
| 7    | Pain |
| 8    | Stress Management and Relaxation |
| 9    | Quitting Tobacco |
| 9    | Weight Management |
| 10   | Healthy Cooking |
| 10-11| Mental Health |
| 12-13| Posttraumatic Stress |
| 13   | Women’s Health |
| 13   | Yoga |
| 14-15| Substance Use |

16 | Memory and Concentration |
17 | Speech Pathology Services for Stroke and LSVT |
17 | Peer Support Resources |
18 | Creative Arts and Humanities |
19 | Caregiver Support Services |
20 | Intimate Partner Violence Assistance Program |
21 | Additional Resources  
College Tools  
Veterans Voice Council  
Community Resources |
22 | Tips for Coping with Stress During COVID-19 |
23 | Not Sure About Getting the COVID-19 Vaccine Right Away? |
24 | Important Phone Numbers |

Schedule your COVID-19 vaccine!  
562-826-5300

*For additions or changes to the Bulldog, contact: Sonika Ung, Ph.D. at sonika.ung@va.gov*

*Some clinics do not list their services in the Bulldog. Please ask your healthcare providers if they offer any additional services.*
What to know about COVID-19

The COVID-19 Vaccine is here!

✓ Are you an enrolled Veteran? Call 562-826-5300 to schedule or walk-in to our vaccination center (Bldg. 165 Learning Center), Monday-Friday, 8:00 AM – 2:00 PM.
✓ Not enrolled? Non-Enrolled Veterans, Veteran spouses, caregivers and CHAMPVA beneficiaries who are age 18 or older can sign up for vaccinations at https://www.va.gov/health-care/covid-19-vaccine/sign-up. At least 4 hours after registration, call 562-826-5300 to book an appointment (Mon - Fri 7:30 AM-7:00 PM.)

➢ Not sure about getting the vaccine right away? See page 23.

Daily screening questions at all entrances
Answer these survey questions to skip the line
https://www.va.gov/covid19screen/

How to Get Tested for COVID-19 as an Enrolled Veteran
Tibor Rubin VA Medical Center 5901 E. 7th St., Long Beach, CA 90822
✓ WITH COVID-19 Symptoms: Go to the COVID-19 screening tent near Bldg. 164 (near Primary Care building)
✓ With NO symptoms: COVID-19 Drive-Thru Testing
By appointment only. Please call 562-826-5151

Lab now located in lobby of Bldg. 126
Hours: 6:00 AM to 4:30 PM

COVID Coach
Check out this free app for more resources!
https://www.ptsd.va.gov/appvid/mobile/index.asp

*COVID-19 information is being continually updated as needed. Information listed is subject to change.
Virtual Care Resources

Myhealthevet
Get access to refilling prescriptions, track appointments, communicate securely with your providers online, and get access to your health records!
https://www.myhealth.va.gov/mhv-portal-web/home

Ask your provider to sign-up for Myhealthevet Premium or sign-up online (watch this video to learn how: https://www.youtube.com/watch?v=87dt_z8LeRM)

VA Video Connect
Allows Veterans and their caregivers to quickly and easily meet with VA health care providers through live video on any computer, tablet, or mobile device with an internet connection.
https://mobile.va.gov/app/va-video-connect

24/7 Help Desk (866) 651-3180

Trouble Shooting Tips:
https://www.youtube.com/watch?v=edQ8XuU87D0&feature=youtu.be
# Whole Health and Wellness

## 1. Introduction to Whole Health

<table>
<thead>
<tr>
<th>Details</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>2nd Thursday of the month</td>
<td>1:00 – 3:00 PM</td>
</tr>
<tr>
<td>To enroll: contact Zeta Amos at 562-826-8000 ext. 1-3210</td>
<td>Learn how to use your own strengths to improve your well-being with a focus on what is important to YOU using the Whole Health approach.</td>
</tr>
<tr>
<td>VA Video Connect</td>
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## 2. Taking Charge of My Life and Health

<table>
<thead>
<tr>
<th>Details</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Mondays and Wednesdays</td>
<td>10:00 – 12:00 PM</td>
</tr>
<tr>
<td>To enroll: contact Zeta Amos at 562-826-8000 ext. 1-3210</td>
<td>Veterans explore their new Mission, Aspiration and Purpose, complete a Personal Health Inventory and create a Personal Health Plan on the pathway to Whole Health.</td>
</tr>
<tr>
<td>VA Video Connect</td>
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</tbody>
</table>

## 3. Whole Health Coaching, Personal Health Inventory

<table>
<thead>
<tr>
<th>Details</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>To enroll: contact Zeta Amos at 562-826-8000 ext. 1-3210 or ask your provider to place a consult for “Whole Health Coach Personal Health Inventory (PHI)”</td>
<td>What matters most to you? Meet with a Health Coach to develop a Personalized Health Inventory (PHI) and begin your pathway to a healthier you.</td>
</tr>
<tr>
<td>VA Video Connect</td>
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## 4. Gateway to Healthy Living

<table>
<thead>
<tr>
<th>Details</th>
<th>Description</th>
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<tbody>
<tr>
<td>1st Thursday of every month</td>
<td>10:00-11:30 AM</td>
</tr>
<tr>
<td>To enroll: call Dr. Sonika Ung at 562-269-9488.</td>
<td>Gateway will introduce you to strategies for success: choosing something important to you, getting support, tracking progress, managing roadblocks, changing routines, sticking to it, and creating realistic goals.</td>
</tr>
<tr>
<td>No referral needed, call in! 1-404-397-1596</td>
<td>Entry Code: 1991681871##</td>
</tr>
</tbody>
</table>
5. Living Low Carb Class
First two Mondays of the month at 2:00 PM, one-hour sessions*
For healthier eating habits, weight loss or to lower blood sugar and triglycerides. Learn to identify and count carbs and use better choices for high carb items. Taught by a Diabetes Nurse Practitioner.
To enroll (required): call 562-826-8000 ext. 1-4303
VA Video Connect

6. Pre-Diabetes/Diabetes Prevention Class
Last two Mondays of the month at 2:00 PM, one-hour sessions*
For Veterans with Pre-Diabetes. Includes your diabetes related blood tests and proven ways to prevent or at least delay getting Type 2 Diabetes. Taught by a Diabetes Nurse Practitioner.
To enroll (required): call 562-826-8000 ext. 1-4303
VA Video Connect

7. Diabetes Basic Training Class
First four Tuesdays of the month at 2:00 PM, one-hour sessions*
For Veterans with Diabetes. Includes your diabetes related blood tests, what to eat, when to move, and how to take pills and insulin to lower your sugar. Taught by a Diabetes Nurse Practitioner.
To enroll (required): call 562-826-8000 ext. 1-4303
VA Video Connect

8. Diabetes Wellness Group (Santa Fe Springs CBOC)
Mondays 11:00-12:00 PM, 6 weeks
Managing difficulty with motivation for lifestyle changes, and distress that is common among people who have diabetes. Now that this class is virtual, Veterans from any VA Long Beach location can enroll!
To enroll: Ask provider for consult or call Dr. Sonika Ung at 562-269-9488.
VA Video Connect

*dates may vary due to holidays, etc.
9. Sleep Education Class
- 1st Tuesday 1:00 - 2:30 PM
- 3rd Wednesday 3:00 - 4:30 PM
- 3rd Thursday 1:30 - 3:00 PM

A 90-minute class for Veterans wanting to learn ways to improve their sleep.

To enroll: Ask your Primary Care Provider (PCP) for a consult
VA Video Connect or VANTS Teleconference Line

This class is required before enrolling in Cognitive Behavior Therapy for Insomnia (CBT-I).

Check out the free Insomnia Coach app!
https://www.ptsd.va.gov/appvid/mobile/insomnia_coach.asp

10. Cognitive Behavior Therapy for Insomnia (CBT-I)

Dates/times of group appointments vary

Sleep Education Class (above) is required before enrolling. This is a 6-week group therapy to manage insomnia.

To enroll: By consult only. Please contact your provider.
VA Video Connect

Use the free CBT-I Coach App in this class!
https://www.ptsd.va.gov/appvid/mobile/cbticoach_app_public.asp

11. Chronic Pain Management Class

1st and 3rd Wednesday from 9:00 – 11:00 AM

A two-part class for Veterans wanting to better manage their pain.

To enroll: Call Dr. Caroline Prouvost (714) 434-4666

VA Video Connect

Use the free CBT-I Coach App in this class!
https://www.ptsd.va.gov/appvid/mobile/cbticoach_app_public.asp
12. Stress Management & Relaxation Group

**Tuesdays 9:30 – 11:00 AM**
(Long Beach, currently virtual)

**Wednesdays 11:00 AM – 12:30 PM**
(Santa Ana, currently virtual)

To enroll: request consult from provider or call Dr. Sonika Ung at 562-269-9488

6-weeks long. For Veterans seeking ideas and help with stress management and relaxation. Now that we are virtual, Veterans from any VA Long Beach location can enroll!

**Check out the free Mindfulness Coach App!**
https://www.ptsd.va.gov/appvid/mobile/mindfulcoach_app.asp

13. Relaxation/Meditation Group

**Thursdays 11:00 AM – 11:50 AM**

To enroll: Contact Dr. Huang at 562-826-8000 ext.1-4384 or Dr. House at ext.1-4394

Join to practice relaxation and meditation exercises.

14. Mantram Repetition for Rapid Relaxation (Long Beach)

**Tuesdays 11:00-12:00 PM**
Dates vary

To enroll: Ask provider to place a consult (location: Primary Care → PC Behavioral Health → Mantram Repetition for Relaxation)

6-weeks long. For Veterans to learn a technique to calm the mind, reduce unwanted emotions.

For more information call Gina DeOcampo, RN CCM 562-826-5527

15. Mantram Repetition for Rapid Relaxation (Santa Ana CBOC)

**Tuesdays 3:00 – 4:00 PM**
Dates vary

To enroll: call Dr. Messinides (562) 826-8000 ext. 13218

7-weeks long. For Veterans to learn a technique to calm the mind and handle stressful situations better. While virtual, Veterans from any VA Long Beach location can enroll!
16. Quitting Tobacco by Phone, Text, and Online

**smokefree.gov**  Visit for information on how to quit and staying quit.

**Quit VET**  A toll-free telephone smoking Quitline: 1-855-784-8838

**Smokefree for Veterans**  Text VET to 47848 from mobile phone

**Tips to Quit**  [www.publichealth.v.a.gov/smoking](http://www.publichealth.v.a.gov/smoking)

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17. MOVE! Weight Management – Introduction

**Dates and times vary**

To enroll: call (562) 826-8000 ext. 1-6571

**VA Video Connect**

For Veterans wanting to lose weight. This class is required before the 7-week program listed below.

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18. MOVE! Weight Management Class

**Dates and times vary, one class per week, 7-weeks**

To enroll: call 562-826-8000 extension 1-6571

**VA Video Connect**

For Veterans wanting to lose weight. Please take Move! Weight Management-Introduction before enrolling in this class.

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**MOVE! Coach**  [https://www.move.va.gov/movecoach.asp](https://www.move.va.gov/movecoach.asp)

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**Healthy Cooking**

19. Free Recipes for Healthy Cooking  
[https://www.nutrition.va.gov/Recipes.asp](https://www.nutrition.va.gov/Recipes.asp)  
The VA Healthy Teaching Kitchen Program has put together a collection of healthy recipes that can be downloaded and printed. Visit the [Healthy Teaching Kitchen YouTube Channel](https://www.nutrition.va.gov/Recipes.asp) to watch video recipes.

---

**Mental Health**

20. Grief Support Group  

1st and 3rd Fridays  
11:00 – 12:00 PM  

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.  
To enroll: call Dr. Lara Barbir  
(562) 826-8000 ext. 1-5444  
VA Video Connect

21. Drop-In Mindfulness Group  

2nd and 4th Fridays  
11:00 – 12:00 PM  

Learn sitting meditation techniques to help relieve stress, anxiety, depression, and/or pain.  
**Mindfulness Coach App**  
To enroll: call Dr. Lara Barbir  
(562) 826-8000 ext. 1-5444  
VA Video Connect

22. DBT Skills for Emotional Eating  

Tuesdays 2:00-3:30 PM  
12-weeks long  

For Veterans who are struggling with eating disorders (overeating, binging, purging, restricting) and emotion dysregulation. Skills will be taught to manage disordered eating behaviors, perfectionism, and body image.  
To enroll: Call Dr. Monisha Motiwala  
(562) 826-8000 ext. 1-7371 for more information.  
VA Video Connect
23. BHIP Mindfulness-Based Stress Reduction Group

Fridays 8:00 – 10:50 AM, 10 weeks long, 1 all day session near the end of group

For Veterans currently in treatment in the Outpatient Mental Health Clinic only. MBSR is an intensive, experiential introduction to mindfulness meditation. Joining requires a commitment to attend all sessions and to practice mindfulness meditation at home for 45 minutes to one hour daily.

To enroll: ask your Mental Health Provider to place a BHIP Psychotherapy Consult for “BHIP MBSR group with Dr. Fayazmanesh”

VA Video Connect

24. Life Paths

Fridays 8:30 – 10:00 AM, new 4-session series offered each month

For Veterans enrolled in Primary Care Mental Health Integration only. It will teach skills to 1) Be more open to your experience 2) Let go of the struggle that brings more emotional and physical pain 3) Build awareness of what is occurring in the present moment 4) Engage in what really matters and is meaningful in our lives

To enroll: ask your provider for a referral or contact Dr. Barbir at 562-826-5444

VA Video Connect

25. Mental Health Pathways Recovery Center

Monday-Friday 09:00 AM - 3:00 PM
Bldg. 128, Room L209

For Veterans with Serious Mental Illness. Individual counseling and 21 groups are offered weekly. Most Veterans attend 3-5 days per week, but time spent varies.

To enroll: Ask your provider for a consult

Call 562-826-8000 ext. 1-5602 for more information

App that helps share your treatment preferences during a mental health crisis https://smiadviser.org/getapp
26. PTSD For Combat Trauma

Dates and times Vary

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.

27. Combat Medics Group

Tuesdays 11:00 - 12:00 PM

To enroll: Contact Dr. Larry Albers at ext. 1-2150

VA Video Connect

A support group for all military medical personnel.

28. PTSD Mindfulness-Based Stress Reduction Group

Fridays 1:00 – 3:50 PM, 10 weeks long, 1 all day session near the end of group

To enroll: ask your Mental Health Provider in Combat PTSD to place a BHIP Psychotherapy Consult for “PTSD MBSR group with Dr. Fayazmanesh

VA Video Connect

For patients currently in treatment in the Combat PTSD Program in Mental Health only. MBSR is an intensive, experiential introduction to mindfulness meditation. Joining requires a commitment to attend all sessions and to practice mindfulness meditation at home for 45 minutes to one hour daily.

29. Cognitive Processing Therapy Trauma Group

Tuesdays 8:30 AM – 10:00 AM

To enroll: Ask provider to add Dr. Juliet Hung as cosigner. (For providers: do not place a “San Psychology” consult.)

Cisco Webex Video platform

For Veterans currently enrolled at the Santa Ana CBOC only. Veteran will need to be screened first by the group provider.
Posttraumatic Stress Resources: Free Apps

PTSD Coach
https://www.ptsd.va.gov/apppvid/mobile/ptsdcoach_app.asp

PTSD Family Coach
https://www.ptsd.va.gov/apppvid/mobile/familycoach_app.asp

AIMS for Anger Management
https://www.ptsd.va.gov/apppvid/mobile/aims_app.asp

Beyond MST
https://www.ptsd.va.gov/apppvid/mobile/beyondMST.asp

Women’s Health

30. Women’s THRIVE Group

Thursdays 10:00 – 12:00 PM
To enroll: Contact Laurie Rudisill, 562-826-5617
Virtual

A group held for 14 consecutive weeks, 2-hour sessions. Personal health planning, didactic instruction, conversation, community-building, creative activities, home practice exercises

Yoga

31. Yoga
- Mondays 8:30 – 9:30 AM
- Wednesdays 3:00 – 4:00 PM
- Thursdays (Women Only) 3:00 – 4:00 PM
- Fridays 9:00 – 10:00 AM

To enroll: contact your primary care team to request a consult.
VA Video Connect

A 60-minute class for Veterans wanting to learn and practice gentle yoga.
<table>
<thead>
<tr>
<th>32. Substance Abuse Cognitive Behavior Therapy - Overcoming Your Alcohol or Drug Problem</th>
</tr>
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<tbody>
<tr>
<td>Fridays 10:30 – 11:30 AM</td>
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<tr>
<td>To enroll: Call Emma Martin, RN or Ricardo Restrepo-Guzman, MD</td>
</tr>
<tr>
<td>(562) 826-8000 ext. 1-4344 or ext. 1-4881</td>
</tr>
<tr>
<td>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</td>
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<tr>
<th>33. Harm Reduction Group</th>
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<tr>
<td>Thursdays from 10:00 – 11:00 am</td>
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<tr>
<td>To enroll: Call Randy Young</td>
</tr>
<tr>
<td>(562) 826-8000 ext. 1-4338</td>
</tr>
<tr>
<td>VA Video Connect</td>
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<tr>
<td>For Veterans who want to learn skills to reduce or quit drinking or other substance use</td>
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<thead>
<tr>
<th>34. Alcoholics Anonymous</th>
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<tbody>
<tr>
<td>Tuesdays, 7:30pm</td>
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<tr>
<td>To enroll: Call Substance Use Treatment Program (SATP)</td>
</tr>
<tr>
<td>(562) 826-8000 ext. 1-5610</td>
</tr>
<tr>
<td>For Veterans and community members. No referral or appointment needed.</td>
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<table>
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<tr>
<th>35. Narcotics Anonymous</th>
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<tbody>
<tr>
<td>Thursdays, 7:30pm</td>
</tr>
<tr>
<td>To enroll: Call Substance Use Treatment Program (SATP)</td>
</tr>
<tr>
<td>(562) 826-8000 ext. 1-5610</td>
</tr>
<tr>
<td>For Veterans and community members. No referral or appointment needed.</td>
</tr>
</tbody>
</table>
36. Buprenorphine Group
Tuesdays, 2:00 - 3:00 PM and Thursdays, 5:00 - 6:00 PM
All patients on Suboxone maintenance.
To enroll: call Theodore Jones/Emma Martin RN ext. 1-4881

37. Attitude Adjustment and Patients in Recovery
To enroll: Call Substance Use Treatment Program (SATP) (562) 826-8000 ext. 1-5610

Free Self-Help Apps for Substance Use

VetChange
A mobile app that can help users with posttraumatic stress disorder (PTSD) build skills to reduce problem drinking.
https://www.ptsd.va.gov/appvid/mobile/VetChange_app.asp

Veterans Health Library:
https://www.veteranshealthlibrary.va.gov

National Institute on Alcohol Abuse and Alcoholism (NIAAA):
https://www.niaaa.nih.gov/alcohol-health

VHA National Center for PTSD
https://www.ptsd.va.gov/understand/related/problem_alcohol_use.asp
### 38. Cognitive Education Class for Aging Veterans

Select Mondays, 1:00-3:00 PM  
A four-part series for aging Veterans.

To enroll: Contact Dr. Lauren Dill at (562) 826-8000 ext.1-4716  
Cisco Webex Video platform

Learn ways to improve memory, concentration, and organizational abilities. Learn how to keep your brain healthy as you age and reduce risk factors for cognitive impairment.

### 39. GEM Dementia Education Group

4th Thursday of the month  
10:30 – 12:30 PM, four-part series

To enroll: Contact Dr. Lauren Dill at (562) 826-8000 ext.1-4716  
Cisco Webex Video platform

For caregivers/family members of loved ones with a diagnosis of dementia. Learn about the disease, behavioral changes, reduce caregiver burden and gain resources. Led by a geriatrician, social worker, psychologist, pharmacist, and nurse.

### 40. Dementia Support Group

Bi-monthly on Tuesdays from  
11:00 AM – 12:00 PM

To enroll: Contact Dr. Lauren Dill at (562) 826-8000 ext.1-4716  
Cisco Webex Video platform

Being a dementia caregiver is a difficult and stressful job. Reduce that burnout by spending time with other caregivers, sharing your concerns, and receiving encouragement, comfort, and helpful suggestions.

### 41. Parkinson’s Support Group

Select Saturdays, 1:00 - 2:30 PM  
Spend time with others who are affected by Parkinson’s, share your concerns, and provide encouragement, comfort, & knowledge.

To enroll: Contact Dr. Megan Gomez at (562) 706-0740  
VA Video Connect
42. Stroke Support Group

Wednesdays from 10:00-11:00 AM

Weekly support group for Veterans recovering from stroke.

To enroll: Ask your provider for a referral to Speech Pathology. For more information call 562-826-8000 ext. 1-3280

VA Video Connect

43. Lee Silverman Voice Treatment Maintenance Group

Held monthly, time/dates vary.

A monthly maintenance group for those who have completed the LSVT LOUD Program.

Ask your provider for a referral to Speech Pathology. For more info: Call (562) 826-5415

VA Video Connect

44. Group Coffee Talk

Tuesdays 09:00 – 10:30 AM

A self-motivation group to cultivate a positive mindset, build optimism and resilience in a supportive atmosphere.

90 minutes

To enroll: contact Marilse Palma, PS: Marilse.Palma@va.gov / 562-335-8983

VA Video Connect

45. Veterans Social Group

Fridays 10:00 – 11:30 AM

For Veterans that would like to connect and socialize with other Veterans

To enroll: contact Burgess Brown at 562-477-7797

VA Video Connect
46. Veterans Digital Photography Program

Wednesdays and Fridays 3:00 PM

For all Long Beach Veterans interested in Photography. Presentations and workshops "Seeing the World Creatively".

To enroll: contact Linda Hicks, hickslin@yahoo.com
Virtual

47. Long Beach Veterans’ Story Corps Workshop

Tuesdays 1:00 – 2:30 PM (dates vary)

90 minutes. Share stories (writing, photography, video, etc.) with fellow Veterans and create a story about a "challenge" from your life that may help others.

To enroll: contact Zeta Amos at 562-826-8000 ext. 1-3210 or ask your provider to place a consult for “Story Corps-VCAW”
Virtual - Group and Individual Requires a computer with WiFi

48. Operation Art

Fridays 9:00 AM -11:00 AM

For all Long Beach Veterans interested in exploring their creative side through the arts, utilizing different mediums, and finding connections through creating together.

To enroll: contact Zeta Amos at 562-826-8000 ext. 1-3210 or ask your provider to place a consult for “Operation Art-Virtual”
Virtual

49. ReImaging as Service: The Peer Specialist as Listener and Teller of Stories

Dates/times vary

From interviews conducted by peer Veterans and recorded on smartphones, the Veteran reconstructs their story from the perspective of serving fellow Veterans along their individual paths.

To enroll: contact Burgess Brown at 562-477-7797
Virtual platform to be determined

While not part of the VA, this organization provides craft kits to Veterans: https://www.healvets.org/
### 50. Caregiver-Family Support Group

**Tuesdays 11:00 – 12:00 PM (except federal holidays)**

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 over 18 welcome to attend.

To enroll: contact Dr. Stacy Reger 562-826-8000 ext. 1-4915

VA Video Connect

### 51. REACH VA Individual Coaching Program for Caregivers of Veteran Loved ones with ALS, Dementia, MS, PTSD, SCID for All Eras

**Dates & times of appointments vary**

Resources for Enhancing All Caregivers Health is a structured approach to address Caregiver challenges. Reach out if you are interested in individual coaching to learn valuable skills such as problem solving, stress management, positive thinking, and find time to care for you as well.

For more information or to enroll: Contact Kristy Kleiman 562-583-5558

### 52. REACH VA Telephone Support Group Program for All Eras

**Dates & times of appointments vary**

The REACH VA Telephone Support Group Program teaches valuable skills in a group format, focusing on education, support and skill building throughout 6 bi-monthly sessions including:

1. Taking Care of Yourself
2. Problem Solving
3. Mood Management
4. Asking for Help
5. Stress Management.

For more information or to enroll: Contact Kristy Kleiman 562-583-5558
53. Strength at Home
Dates/times vary, 12-weeks
To enroll: contact Danielle Daniels 562-632-2620
VA Video Connect
Designed to help male Veterans and service members of any conflict era improve their anger management skills and prevent arguments and conflict in intimate relationships.

54. Crisis Drop-In Group for Individuals who Experience IPV
Women: Tuesdays 1:00 – 3:00 PM
Men: Thursdays 1:00 – 3:00 PM
To enroll: contact Danielle Daniels 562-632-2620
VA Video Connect
Our mission is to implement a comprehensive person centered, recovery-oriented assistance program for Veterans, their families and Caregivers and VHA employees who use or experience intimate partner violence.

For more information about IPV:
✓ Visit https://www.longbeach.va.gov/services/ipvap.asp
✓ Call IPVAP Coordinator: Danielle Daniels, MPA, LCSW, (562) 632-2620

National and Local IPV Resources
➢ National Domestic Violence Hotline 1-800-799-SAFE (7233)
  24/7 confidential support, local referrals, safety planning, housing options, & legal resources.
➢ National Sexual Assault Hotline 1-800-656-HOPE (4673)
➢ National Center for PTSD 802-296-6300 https://www.ptsd.va.gov/
➢ VA Mental Health 800-273-8255 https://www.mentalhealth.va.gov/
➢ Women’s Health 855-VA-WOMEN https://www.womenshealth.va.gov/
➢ LA County Domestic Violence Hotline 1-800-978-3600
➢ LA County Human Services Hotline Dial “211” (24/7, bilingual)
➢ Women’s Shelter of Long Beach Hotline: 1-562-437-HOME (4663)
55. College Connection Study Skills Workshop

To enroll: Ask your provider for a referral to Speech Pathology for College Connection.

Call (562) 826-8000 ext. 1-5415 for more information

A series of classes that teach the study skills needed to succeed in college: reading, note-taking, time management, essay writing, studying, and test taking

Veteran Community Resources (non-VA)

Although outside of the VA, these organizations offer services to Veterans and their families and sometimes partner with the VA.

Veterans Voice Council

To become a member:
email darrholgsr@aol.com or

Call Volunteer Services at (562) 826-8000 ext. 1-5715

A voice for all Veterans. Become a member. We partner with PVA, Community Living Center, P.I.E.R., Suicide Prevention and VA Patient Care.

https://ocstrongfamilies.org/pages/about-strong-families-strong-children

https://www.strengthinsupport.org/

OC Veterans and Military Families Collaborative
https://www.ocvmf的合作
It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family by email, phone, and text.

Maintain a healthy lifestyle - including proper diet, sleep, and exercise.

Do not use smoking, alcohol or other drugs to numb your emotions. If you feel overwhelmed, contact your VA providers.

Have a plan for how to seek help:

- Call your Provider(s)
- Veterans Crisis Line
  1-800-273-8255
- Emergency Room
- Urgent Mental Health Center
  Bldg 126, Room W128
  Mon – Fri
  7:00 AM - 5:00 PM

Get the facts so you can be safe without overthinking it:
  CDC, VA’s FAQ’s, and/or California Dept. of Public Health

Listen, read, and watch the media in small doses to give your body and mind a break.

Draw on the coping skills you have used in the past to help you manage your emotions during the challenging time.
Not Sure About Getting the COVID-19 Vaccine Right Away?

All enrolled Veterans are eligible to receive a COVID-19 vaccine!

At VA Long Beach, we are vaccinating with confidence.

- All approved COVID-19 vaccines are safe and effective.
- Over 63 million doses of COVID-19 vaccine were given from December 2020 to February 2021 under the most intense safety monitoring in US history.
- Mild side effects like arm soreness, chills, or tiredness are normal and go away in a few days. They are a sign that your body is building protection against COVID-19.

Not ready to get vaccinated yet?

We understand. Our door is always open!
When you are ready, call the COVID-19 Scheduling Hotline at 562-826-5300, Monday-Friday 7:30 AM – 7:00 PM.

Have questions or concerns about the COVID-19 vaccine?

Ask your healthcare provider about any questions or concerns that you may have about the vaccine.

Want to do your own research?

Need to move your vaccine appointment?

To cancel or reschedule your COVID-19 vaccine appointment, please call 562-826-5300.
### Important Phone Numbers

<table>
<thead>
<tr>
<th>Phone Number</th>
<th>Service Details</th>
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<tbody>
<tr>
<td>877-252-4866</td>
<td>Nurse Advice Hotline (Available <strong>24/7</strong>)</td>
</tr>
<tr>
<td>562-826-8000 or</td>
<td>Tibor Rubin VA Medical Center</td>
</tr>
<tr>
<td>888-769-8687</td>
<td>Press 0 for operator</td>
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<tr>
<td>Ext. 1-2304</td>
<td>Urgent Mental Health Center</td>
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<tr>
<td></td>
<td>Location: Bldg. 126 Room W128</td>
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<tr>
<td></td>
<td>Walk-in 07:00-17:00 Monday- Friday</td>
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<tr>
<td>Ext. 1-5151</td>
<td>Primary Care (appointments)</td>
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<tr>
<td>Ext. 1-5503</td>
<td>Pharmacy (Drive-Thru Open!)</td>
</tr>
<tr>
<td>714-434-4600</td>
<td>Santa Ana Community Based Outpatient Clinic (CBOC)</td>
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<tr>
<td>714-763-5300</td>
<td>Anaheim CBOC</td>
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<tr>
<td>562-347-2200</td>
<td>Santa Fe Springs CBOC</td>
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<tr>
<td>949-587-3700</td>
<td>Laguna Hills CBOC</td>
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<tr>
<td>562-826-8414</td>
<td>Villages at Cabrillo CBOC</td>
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<tr>
<td>310-851-4705</td>
<td>Gardena CBOC</td>
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<tr>
<td>1-800-827-1000</td>
<td>Benefits Questions, such as GI Bill, Claim Status or Disability Benefits</td>
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<tr>
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<td>Visit <a href="https://www.ebenefits.va.gov/">https://www.ebenefits.va.gov/</a></td>
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Visit [https://www.va.gov/homeless/](https://www.va.gov/homeless/)