The Bulldog

Mind Full, Or Mindful?
Drop-In Mindfulness Group p.9

Time To Focus
Veterans Digital Photography Program p.15

The Breakfast Club
Veterans Social Connection p.21

Bulldog with Baton
CC0 Public Domain
Pixabay.com accessed 9/28/18
Visit the Patient Education Resource Center

Open Monday - Friday 8 a.m. - 4 p.m.
Bldg 126 Lobby, PERC 1W101

Services:
• Open access computers for health information searches, resume writing, job search, check email, download VA forms, access eBenefits.
• My HealtheVet registration.
• Staff is available to assist in health information searches.

Visit the Veteran’s Health Library online for Health Education Materials
http://www.veteranshealthlibrary.org/

For additions or changes to this document contact

Christopher Lauderdale, MS, RDN
Veterans Health Education Coordinator
christopher.lauderdale@va.gov
## Fall 2018 Classes Open to Veterans

### Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary Care</td>
<td>4</td>
</tr>
<tr>
<td>Diabetes</td>
<td>4</td>
</tr>
<tr>
<td>Heart Failure (CHF)</td>
<td>4</td>
</tr>
<tr>
<td>Hepatitis C</td>
<td>4</td>
</tr>
<tr>
<td>Insomnia/Sleep</td>
<td>5</td>
</tr>
<tr>
<td>Pain/Chronic Pain</td>
<td>5</td>
</tr>
<tr>
<td>Relaxation and Stress Management</td>
<td>5</td>
</tr>
<tr>
<td>Tobacco Cessation</td>
<td>6</td>
</tr>
<tr>
<td>Weight Management</td>
<td>6</td>
</tr>
<tr>
<td>Other Primary Care Classes and Groups</td>
<td>7</td>
</tr>
<tr>
<td>Mental Health</td>
<td>7</td>
</tr>
<tr>
<td>Anger Management</td>
<td>7</td>
</tr>
<tr>
<td>Anxiety, Depression, and Stress Management</td>
<td>7</td>
</tr>
<tr>
<td>Memory, Concentration and Thinking Skills</td>
<td>10</td>
</tr>
<tr>
<td>PTSD</td>
<td>10</td>
</tr>
<tr>
<td>Severe Mental Health Conditions (Schizophrenia, Bipolar Disorder, Etc.)</td>
<td>12</td>
</tr>
<tr>
<td>Women’s Issues (Female Veterans only)</td>
<td>13</td>
</tr>
<tr>
<td>Complementary Medicine</td>
<td>14</td>
</tr>
<tr>
<td>Arts and Music</td>
<td>14</td>
</tr>
<tr>
<td>Energy</td>
<td>15</td>
</tr>
<tr>
<td>Be Active</td>
<td>17</td>
</tr>
<tr>
<td>21st Century Basics</td>
<td>18</td>
</tr>
<tr>
<td>Other Classes and Groups</td>
<td>19</td>
</tr>
<tr>
<td>Chapel Services</td>
<td>20</td>
</tr>
<tr>
<td>Vocational Rehab Groups/Programs</td>
<td>20</td>
</tr>
<tr>
<td>Employment and Housing</td>
<td>20</td>
</tr>
<tr>
<td>Volunteer – Make a Difference</td>
<td>21</td>
</tr>
</tbody>
</table>

* Family and Caregivers Welcome
Primary Care

Diabetes

1. *Diabetes Basic Training Class*
   a. For Veterans with Diabetes. Taught by Diabetes NP.
   b. Includes your lab results, how to eat and move to lower your sugar and how to take meds for the max effect.
   c. Held on the fourth Monday monthly.
   d. To enroll: Veterans may call (562) 826-8000 x 2-4303

2. *Living Low Carb*
   a. For weight loss or to lower blood sugar and triglycerides.
   b. Learn to identify and count carbs and use better choices for high carb items.
   c. Held on the first Monday quarterly.
   d. To enroll: Veterans may call (562) 826-8000 x 2-4303

3. *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
   c. Includes your lab results and proven ways to lower your sugar.
   d. To enroll: Veterans may call (562) 826-8000 ext. 24303

Heart Failure (CHF)

4. *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

Hepatitis C

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

* Family and Caregivers Welcome
Insomnia/Sleep

6. Cognitive Behavior Therapy for Insomnia (CBT-I)
   a. 6-week group therapy for insomnia.
   b. Dates/times of group appointments vary
   c. **To enroll:** By consult only. Please contact your provider.

7. Cognitive Behavioral Therapy for Insomnia (CBT-I) – Santa Ana CBOC
   a. 6-session group therapy for insomnia
   b. Thursdays, 9:30 a.m. to 11:00 a.m., Santa Ana Medical Outpatient Clinic (Suite # 100)
   c. **To enroll:** Juliet Hung, PhD (714) 434-4626

8. CPAP Class – Santa Ana CBOC
   a. Addresses the behavioral problems of keeping their CPAP mask on all night.
   b. 4 to 5 sessions class/group. This is a psychoeducation group.
   c. 1st Monday of each month, 10:30 a.m. to 12:00 a.m., Santa Ana Medical Outpatient Clinic (Suite # 100)
   d. **To enroll:** Juliet Hung, PhD (714) 434-4626

9. *Sleep Class
   a. For Veterans wanting to learn ways to improve their sleep
   b. 1st Tuesday of the month from 1:00 pm to 2:30 pm AND/OR
   c. 3rd Thursday of the month from 1:30 pm to 3:00 pm
   d. **To enroll:** Veterans may contact Dr. Lia Kraemer to enroll (562) 826-8000 ext.22698

10. *Sleep Class – Santa Ana CBOC
    a. For Veterans wanting to learn ways to improve their sleep
    b. 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

11. *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

Relaxation and Stress Management

12. 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

* Family and Caregivers Welcome
Tobacco Cessation

13. Tobacco Cessation Group
   a. For Veterans wanting to quit tobacco
   b. 8-week series (Wednesdays 1:00-3:00PM). Co-led by psychology and pharmacy. Behavior mod, nicotine replacement therapy, and Carbon Monoxide monitoring.
   c. To enroll: Veterans may call (562) 826-8000 ext. 23841 to enroll

14. 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
      SmokefreeVET a mobile text message smoking cessation service: text the word VET to 47848 from mobile phone or visit [www.smokefree.gov/VET](http://www.smokefree.gov/VET)
   c. Online tips and tools to help quit: [www.publichealth.va.gov/smoking](http://www.publichealth.va.gov/smoking)

Weight Management

15. *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

16. *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

17. *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

18. *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.

19. *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 Bldg 126 Lobby, PERC Classroom 1W102
   d. No appointment necessary

* Family and Caregivers Welcome
Other Primary Care Classes and Groups

20. 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. 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. 25117

21. Whole Health Coaching, Personalized Health Inventory (PHI)
   a. 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.
   b. To enroll: Ask your provider for a Whole Health Consult, or call (562) 826-8000 ext. 23069 for more info.

Mental Health

Anger Management

22. 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

23. *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 Lisa Zipp, LCSW x2-2010 & Michael Ganz, Ph.D. x2-2939 for a schedule of upcoming classes.

Anxiety, Depression, and Stress Management

24. 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 difficult emotions that have on your ability to engage in life, Recognize unhelpful thinking patterns, Respond flexibly to difficult feelings and experiences, Clarify what is most important to you.
   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

* Family and Caregivers Welcome
25. BEYOND THE"BLUES" – Santa Ana CBOC  
   a. 16 sessions class/group, CBT based, learn new coping skills to decrease 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

26. 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) 295-7316

27. * 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: contact Michael Ganz, PhD (562) 826-8000 ext. 22939

28. 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 Fridays, 11:00 – 12:00 p.m., Bldg 164 Room 228  
   c. To enroll: call Corina Lopez, PhD (562) 708-7969

29. BHIP Mindfulness-Based Stress Reduction Group  
   a. For patients currently in treatment in the Outpatient Mental Health Clinic.  
   b. MBSR is an intensive, experiential introduction to mindfulness meditation.  
   c. Meets for 2.5-3 hours weekly for 10 weeks, with an all-day session on a Friday near the end of the group.  
   d. Joining requires a commitment to attend all sessions and to practice mindfulness meditation at home for 45 minutes to one hour daily.  
   e. Fridays, 8:00 am to 10:50 am in Building 128, Rm A-126 (1st Floor)  
   f. To enroll: Ask your Mental Health Provider to place a BHIP Psychotherapy Consult for “BHIP MSBR group with Dr. Fayazmanesh

* Family and Caregivers Welcome
30. Mindful Living with Chronic Illness
   a. 8 week closed mindfulness based group for Veterans with long standing physical or psychological disorders
   b. Tuesdays 8:00 - 9:30am LOCATION: Bldg. 164, 3rd floor conference room, 328
   c. To Enroll: Contact Corina Lopez, PhD at 562-708-7969 to register or for information.

31. Drop-In Mindfulness Group
   a. Learn sitting meditation techniques to help relieve stress, anxiety, depression, and/or pain.
   b. 2nd and 4th Fridays, 11:00 – 12:00 pm
   c. LOCATION: Bldg. 164, 3rd floor conference room, 328
   d. For more information: Contact Corina Lopez, PhD at 562-708-7969

32. “Moving Forward” Life Coaching Class
   a. Learn strategies to achieve your goals and better manage stressful situations.
   b. Four 1-hour classes, please contact provider for dates and times.
   c. To enroll: Contact Allie Ross, OTD, OTR/L (562) 826-8000 ext. 24190

33. Santa Ana Weekly Psychotherapy Group
   a. Support group 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. Patients 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

34. Crisis Support Group
   a. This is an open group to assist veterans with coping with crisis and/or managing suicidal thoughts. Group members will learn and improve upon healthy coping skills in a safe and supportive environment. The goal is 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. No appointment needed. For additional questions, please contact Whitaker Rehm, LCSW (562) 826-8000 ext.23002 or Katie Smisko, LCSW ext.24354.

* Family and Caregivers Welcome
Memory, Concentration and Thinking Skills

35. Cognitive Education Class for Aging Veterans
   a. Learn ways to improve cognition, thinking, and memory. Learn to slow decline and how to compensate for cognitive changes. Four week class for aging/older adult Veterans.
   b. Select Mondays, 1-3pm
   c. Location: Long Beach VA Community Living Center (building 133), Room Y-3
   d. To enroll: Contact Dr. Lauren Dill at (562) 826-8000 ext.24716

36. * GEM Dementia Education Group
   a. For caregivers of loved ones with a diagnosis of dementia. Learn how to reduce caregiver burden. Get education and resources. Led by a geriatrician, a social worker, psychologists, a pharmacist, and a nurse case manager. This is a four-module class held once a month.
   b. Every fourth Thursday of the month, from 10:30-12:30
   c. Location: Long Beach VA Community Living Center (building 133), Room Y-3
   d. To enroll: Contact Dr. Lauren Dill at (562) 826-8000 ext.24716

37. Parkinson’s Support Group
   a. There are many non-motor symptoms of Parkinson’s that 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. Select Saturdays, 1:00 to 2:30 PM, VA Long Beach Primary Care Building 164
   c. To enroll: Contact Dr. Megan Gomez at (562) 706-0740 for additional information.

PTSD

38. 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

39. 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.

* Family and Caregivers Welcome
40. PTSD for Trauma That is Not Combat-Related
   a. For veterans with trauma from childhood or adulthood including military non-combat trauma
   b. Mindfulness and ACT (Acceptance and Commitment Therapy) approaches, 16 weeks.
      a. Location: VA Long Beach – Various Bldgs and Room #'s
      b. To enroll: Contact your provider, Social Worker, or Psychologist for referral.

41. PTSD for Trauma Not Combat-Related Graduate Group
   a. For graduates of the PTSD for Trauma Not Combat-Related Group
   b. Location: VA Long Beach – Various Bldgs and Room #'s
   c. To enroll: Contact Dr. Leigh Messinides at 562 826 8000 x.23218

42. PTSD Mindfulness-Based Stress Reduction Group
   a. For patients currently in treatment in the Combat PTSD Program in Mental Health.
   b. MBSR is an intensive, experiential introduction to mindfulness meditation.
   c. Meets for 2.5-3 hours weekly for 10 weeks, with an all-day session on a Friday near the end of the group.
   d. Joining requires a commitment to attend all sessions and to practice mindfulness meditation at home for 45 minutes to one hour daily.
   e. Fridays, 1:00 pm - 3:50 pm, Building 126, Rm 1W102 (Main Hospital Lobby Classroom)
   f. To enroll: Ask your Mental Health Provider in the Combat PTSD Program for referral to “PTSD MSBR group with Dr. Fayazmanesh.”

43. 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

44. Veterans Health and Wellness Group for Combat PTSD Program Veterans
   a. Participate in a healthy lifestyle that compliments your 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

* Family and Caregivers Welcome
Severe Mental Health Conditions (Schizophrenia, Bipolar Disorder, Etc.)

45. 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

46. Pathways Recovery Center
   a. The PRC is an intensive recovery program
   b. Several classes/groups are offered
   c. Veterans must attend a minimum of three days per week for 2-3 hour blocks of time.
   d. M-F, 9:00am – 3:00pm. Building 128, Room L209 (562) 826-8000 ext. 25602
   e. For more information call or stop by the clinic
   f. To enroll: Ask a provider for a referral

Substance Abuse and Addiction

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

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

48. Alcoholics Anonymous
   a. For Veterans and community members, no referral or initial call needed
   b. Tuesdays, 7:30pm, Bldg. 2, 2nd floor, Pantages Theatre
   c. Call Substance Use Treatment Program (562) 826-8000 ext. 25610
   d. No appointment needed.

49. 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

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

* Family and Caregivers Welcome
51. 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

52. 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

**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. Coping Skills Practice
   a. Female Veterans only. Practice assessing your emotional intensity and noticing when your boundaries are crossed. Practice calm breathing, grounding yourself, healthy distractions, resting, calming the mind, and shifting your focus.
   b. Tuesdays from 10:00-11:30 am and/or Thursdays from 12:30 to 2:00.
   c. To enroll: Have your provider place a consult.
   d. For more info: Contact Pam Pence, 562-826-8000 X 27292

54. 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

55. 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

* Family and Caregivers Welcome
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

Complementary Medicine

57. Creative Art Expression Workshop –
   a. Focus on use of creative art expression to improve and add to the physical, mental and emotional well-being of Veterans.
   b. 4 hour sessions for 4 weeks: drawing/painting, creative writing. 2:30 pm – 6:30 pm.
   c. Meets in the Pantages Theatre, 2nd floor, building 2
   d. 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.

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

60. Drum Circle for Veterans
   a. Drums provided! Have fun, exercise, connecting to other Vets, increases brain function.
   b. Meet weekly Friday’s 11 am, outside patio between building 128 and Building 2.
   c. For more info: Call Dr. John Huang (562) 826-8000 ext..24384
   d. No appointment needed, veterans are welcome to attend without a referral.

* Family and Caregivers Welcome
61. Evening At The Vet
   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 12:45pm - 3:45pm.
   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, hicksli@yahoo.com

64. Women’s Art Group
   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, reduce unwanted emotions.
   b. 6-week Mantram Repetition for Relaxation. Classes are every 2 months (dates will vary)
   c. Tuesdays 11am -12pm.
   d. **To enroll:** Have your provider place a consult.
   e. **For more info:** Gina De Ocampo, RN CCM (562) 826-8000 ext. 25527 or Lisa Zipp, LCSW ext. 22010.

68. Mantram Repetition for Rapid Relaxation – PTSD
   a. For Veterans with combat related PTSD, technique to calm unwanted emotions.
   b. 8-week training for Combat Related PTSD
   c. **To enroll:** Have your Mental Health Provider place a consult.
   d. **For more info:** 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 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.
   b. Effective for PTSD, Anxiety, Stress, Depression and Chronic Pain.
   c. Meets Mondays 9:00 – 11:00 am, Building 128, room C202
   d. **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. Monday and Friday 3:00 – 4:00 pm or Tuesdays and Thursday 8:00 – 9:00 for 12 weeks.
   c. **For more info:** Ask your Primary Care Team for a referral to Rehab for Tai Chi
   d. If you have questions email Kevin Mejia, kevin.mejia@va.gov

72. Yoga at Cabrillo
   a. Monday 10:00 a.m. Valley Room. Gentle Yoga without mats. A class using chair and standing poses. Concentrates on breathing, meditation and guided movement.
   b. Tuesdays and Thursdays 3:45 p.m. Fitness room, Anchor Place Gentle yoga with mats. Breathing, meditation and guided movement.
   c. **For more info:** John Oppenheim (562) 547-9329

* Family and Caregivers Welcome
73. Yoga Group for Beginners (Yoga and Meditation to Help with Pain)
   a. Four groups meet weekly for 6 weeks
   b. Tuesdays from 4:00 – 5:00pm, Bldg 164 Rm 328 Conference Room
   c. Wednesdays from 9:00 – 10:00am, Bldg 164 Rm 328 Conference Room
   d. Wednesdays from 11:00am – 12:00pm, Bldg 164 Rm 328 Conference Room
   e. Fridays from 1:00 – 2:00pm, Bldg 164 Rm 328 Conference Room
   f. For questions about the groups, please call Pam Pence, C-IAYT (562) 826-8000 ext.22996
   g. **To enroll**: Ask your Primary Care Team for a referral to enroll in the group

74. Yoga Group for Graduates (Yoga and Meditation to Help with Pain)
   a. Two groups meet weekly for 6 weeks
   b. Thursdays 9:00 – 10:00am, Bldg 164 Rm 328 Conference Room
   c. Thursdays 4:00- 5:00 pm, Bldg. 164 Rm. 328 Conference Room
   d. For questions call Pam Pence, C-IAYT (562) 826-8000 ext.22996
   e. **To enroll**: Ask your provider to place a consult.

75. Yoga Group for Santa Ana CBOC (Yoga and Meditation to Help with Pain)
   a. One group meet weekly for 6 weeks
   b. Wednesdays from 3:00 - 4:00 pm at Santa Ana Clinic
   c. For questions about the groups, please call Pam Pence, C-IAYT (562) 826-8000 ext.22996
   d. **To enroll**: Ask your Primary Care Team for a referral to enroll in the group

**Be Active**

76. 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 Iwata ext.25511

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

* Family and Caregivers Welcome
78. Veterans On The Move
   a. Improve your health with a regular walk-and-talk about health and wellness: better diet, increasing physical activity, reducing drinking, stress management
   b. Thursdays 12:00pm-12:30pm, Outside Bldg 128 facing roundabout driveway and Veteran’s Canteen/Cafeteria
   c. To enroll: Call Samuel Pollock, RN, at (562) 826-8000, ext 24385

21st Century Basics

79. Basic Financial Literacy “Brown Bag Event” (Bring your lunch!)
   a. Learn how money can work FOR you. Achieve clarity, direction, and peace of mind in all areas of your money. Set goals and make your dreams come true!
   b. Fourth Monday of each month, 12:00 – 1:00 p.m.
   c. Bldg 126, PERC Classroom 1W102
   d. To RSVP: Call Chris Lauderdale, Veterans Health Education Coordinator (562) 826-8000 ext. 22322

80. Advanced Financial Literacy “Brown Bag Event” (Bring your lunch!)
   a. Learn what banks don’t want you to know! Investment strategies. Hiring a professional money manager. Avoid taxes legally!
   b. Second Monday of each month, 12:00 – 1:00 p.m.
   c. Bldg 126, PERC Classroom 1W102
   d. To RSVP: Call Chris Lauderdale, Veterans Health Education Coordinator (562) 826-8000 ext. 22322

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

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

* Family and Caregivers Welcome
Other Classes and Groups

83. Blind Rehabilitation
   a. To enroll: Call VIST Coordinator Linda Fitzgerald (562) 826-8000 ext.25696 for screening

84. Doc Talk
   a. Do you have questions you’re afraid to ask your healthcare provider? Learn tips and strategies on how to talk to your healthcare team (doctors, nurses, therapists, etc.) Learn how to advocate for yourself.
   b. Location: Building 150 Room R8
   c. To enroll: Contact Allie Ross (562) 826-8000 ext. 24190

85. LGBTQ Veterans’ Support Group
   a. Welcome all lesbian, gay, bisexual, transgender and questioning Veterans and military.
   b. Gay, Bisexual & Questioning Men’s Group: Meets 2 times per month
   c. Lesbian, Bisexual & Questioning Women’s Group: Meets 2 times per month
   d. Transgender, Gender Non-Conforming and Questioning Group: Meets 2 times per month
   e. For more info: Contact Dr. Shelly Crosby at (562) 826-8000 ext. 23409.

86. OIF/OEF Returning Veterans -
   a. 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

89. *Spinal Cord Injury/D
   a. New Injury Education: Yes You Can and Mentor Program
   c. Wednesdays, Ward V2 Conference Room
   d. To enroll: Contact: Cathy Anderson (562) 826-8000 ext.22713

* Family and Caregivers Welcome
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

**Chapel Services**

91. *Chapel Services*
   a. Regular services are scheduled for Protestant and Catholic faiths.
   b. Chapel is open daily from 5:00 am to 9:00 pm. Bldg. 2, Rm. 247
   c. 24/7 Meditation Room in Bldg 2 Rm 234 for all faiths.
   d. **For more info:** Call VA Medical Chapel/Chaplains (562) 826-5418.

**Vocational Rehabilitation Workshops**

92. Government Career Workshop:
   a. 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)
   b. No Reservations needed.
   c. **Call for dates:** Call Cailine Kim (562) 826-8000 ext. 25593 or Cheryl Iwata (562) 826-8000 ext. 25511

93. Social Security Benefit Workshop:
   a. 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, 10:00am
   b. No Reservations needed.
   c. **Call for dates:** Call Cailine Kim (562) 826-8000 ext. 25593 or Cheryl Iwata (562) 826-8000 ext. 25511 with questions.

**Employment and Housing**

94. 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. **To enroll/For more info:** – Blas Villalobos (562) 388-7989

* Family and Caregivers Welcome
Volunteer – Make a Difference

95. Veterans Social Connection
   a. Meet new friends and old friends.
   b. Coffee and continental breakfast on us!
   c. Last Friday of each month, 8:30am to 10:30am
   d. Canteen Patio (behind building 165)
   e. November and December on third Friday of month.

96. Voluntary Services
   a. Volunteer some time helping other Veterans. Help make our patients' experience more enjoyable.
   b. 7:00 – 3:30 M-F, Bldg 50
   c. To enroll: Contact: Voluntary Services, ext. 25715.

97. American Red Cross
   a. Volunteer some time helping other Veterans. Help make our patients' stay more enjoyable.
   b. Monday, Wednesday and Friday, Bldg. 1 Rm. 222, 8:00 am – 12:00 pm.
   c. To enroll: Call American Red Cross Volunteer Office (562) 826-8000 ext. 3733

98. Veterans Voice Council
   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 daily 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.
Bus Operational Time
6 a.m. - 6 p.m.
Bus Service Dispatcher
562-826-5715
Tibor Rubin VA Medical Center

Important Phone Numbers

Or visit: www.veteranscrisisline.net

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

Tibor Rubin VA Medical Center .....................................(562) 826-8000 | 888-769-8387
Santa Ana Clinic.................................................................714-434-4600
Anaheim Clinic....................................................................714-763-5300
Whittier Clinic.....................................................................562-347-2200
Laguna Hills Clinic.............................................................949-587-3700

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