The Bulldog

Healthy is the new “Happy”
Whole Health and Wellness and More p.5

Choose Your Life. Lose Your Limits
Life Coaching for Women Veterans p.15

Logizomechanophobia = Fear of Computers
Computer Skills Coaching p.20

“Bordeaux”
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What Can The Bulldog Do For You?

- Want to lose weight, lower your blood sugar, quit smoking, sleep better? Check out pages 5, 6, 7 and 8.

- Do you get angry easily? Do you feel depressed or anxious? Want a happier home life? Feel like your memory is fading? Pages 9, 10 and 11 might have what you’re looking for.

- What about PTSD? Are you struggling with alcohol or pain killers? Go to pages 12, 13, 14 and 15.

- Are you a woman and a veteran? Female veterans support groups are on page 14.

- Ever consider yoga, meditation, or tai chi? Want to take an art class, learn digital photography, or listen to classical music? Browse pages 16 – 19.

And more!
Do you have a pet bulldog? Would you like to see your little pal on the cover of the Bulldog? Submit a clear, close-up photo of your dog’s face, the dog’s name, and your name to Christopher.Lauderdale@va.gov, and make your best buddy a star!

**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.
- MyHealtheVet 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/

Find “The Bulldog” on Facebook

https://www.facebook.com/VALongBeach/
**Spring 2019 Classes Open to Veterans**

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*Family and Caregivers Welcome*  

Some groups require a co-pay. Check with Instructor for details.
Whole Health and Wellness

1. Introduction to Whole Health
   a. The Whole Health approach can help you manage the challenges and opportunities that life can pose. Learn to use your own strengths and abilities to optimize your well-being with a focus on what is important to YOU.
   b. 2nd & 4th Thursday of every month, 2:30PM-4:30PM
   c. Bldg. 126 (Main Hospital Tower), 1st floor Lobby, Rm 1W102 Multipurpose Room
   d. For more info or RSVP: Gabriel Gonzalez at 562 826 8000 ext. 23069
   e. To enroll: Walk-ins welcome.

2. Motivate the Warrior Group
   a. Want to shape up, improve posture, reduce chronic pain, increase flexibility, build strength & endurance while being in a camaraderie driven environment?
   b. All potential members must pass KT evaluation prior to joining Group.
   c. Thursdays from 1400 to 1500.
   d. To enroll: Request a consult via Primary Care or Mental Health Provider
   e. For more info: contact Coach Eric (562) 619-1274 or email eric.mehalacopoulos@va.gov

3. Whole Health Women’s Group
   a. Take charge of your health, well-being, and quality of life. It starts with YOU.
   b. 8-week group
   c. Mondays from 1:30pm-3:00pm, Bldg. 126 Rm 1W102
   d. For more information please contact: Aneichia Achay cell: (562) 706-3086 or email Aneichia.Achay@va.gov
   e. To enroll: Ask your provider to place a consult: Whole Health Women’s Group

Primary Care

Diabetes

4. *Diabetes Basic Training Class
   i. For Veterans with Diabetes. Taught by a Diabetes Nurse Practitioner.
   ii. Includes your diabetes related blood tests, what to eat, when to move, and how to take pills and insulin to lower your sugar.
   iii. Held on the fourth Monday monthly.
   iv. To enroll (required): Veterans may call (562) 826-8000 x 2-4303

5. *Living Low Carb Class
   a. For healthier eating habits, weight loss or to lower blood sugar and triglycerides. Taught by a Diabetes Nurse Practitioner.
   b. Learn to identify and count carbs and use better choices for high carb items.
   c. Held on the first Monday monthly.
   d. To enroll: Veterans may call (562) 826-8000 x 2-4303

* Family and Caregivers Welcome

Some groups require a co-pay. Check with Instructor for details.
6. **Pre-Diabetes/Diabetes Prevention Class**
   a. For Veterans with Pre-Diabetes. Taught by a Diabetes Nurse Practitioner.
   b. Includes your diabetes related blood tests and proven ways to prevent or at least delay getting Type 2 Diabetes
   c. Held on the second Monday monthly.
   d. **To enroll (required):** Veterans may call (562) 826-8000 x 2-4303

7. **TeleDiabetes - CBOC live video class**
   a. For Veterans with Diabetes who wish to attend class at their local clinic. Taught by a Diabetes Nurse Practitioner.
   b. Includes your diabetes related blood tests, what to eat, when to move, and how to take pills and insulin to lower your sugar.
   c. Two 2 hour live video classes held at the VA outpatient clinics 10am-12noon the first and second Tuesday of most months.
   d. **To enroll (required):** Veterans must call (562) 826-8000 x 2-4303 for current schedule and locations.

### Heart Failure (CHF)

5. **Living Successfully with Heart Failure**
   a. For Veterans with congestive heart failure and CHF
   b. Meets the first Wednesday of every month 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

### Insomnia/Sleep

8. **Cognitive Behavior Therapy for Insomnia (CBT-I)**
   a. Must take Sleep Class (below) before taking this class.
   b. 6-week group therapy for insomnia.
   c. Dates/times of group appointments vary
   d. **To enroll:** By consult only. Please contact your provider.

9. **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

10. **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

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* Family and Caregivers Welcome

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Some groups require a co-pay. Check with Instructor for details.
11. *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

12. *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
13. *Chronic Pain Management Class  
a. For Veterans wanting to better manage their pain  
b. Meets on the first three Wednesdays of certain months from 10:30 am – 12:00 pm  
c. To enroll: Call Dr. Caroline Prouvost (714) 434-4666

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 Tuesdays from 9:30 – 11:00 am  
c. To enroll: Veterans may call Dr. Sara Gonzalez-Rivas (562) 826-8000 ext. 26381

Tobacco Cessation
15. 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

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  
   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

Weight Management
17. *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 to make an appointment

* Family and Caregivers Welcome  
Some groups require a co-pay. Check with Instructor for details.
18. *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 to make an appointment

19. *Healthy Living: 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

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

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

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. 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

* Family and Caregivers Welcome

Some groups require a co-pay. Check with Instructor for details.
25. 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

26. 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

27. *Scream Free Parenting
   a. Learn how to create calmer, 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 Michael Ganz, Ph.D. x2-2939 for a schedule of upcoming classes.

Anxiety, Depression, and Stress Management

28. 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

29. 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. For more information: call (562) 295-7316

30. DBT Skills for Emotional Eating
   a. 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.
   b. This group meets for 10 weeks.
   c. Meets Tuesdays from 2:00 – 3:30 pm; call for location
   d. To enroll: Call Dr. Monisha Motiwala (562) 826-8000 ext. 27371 for more information.

* Family and Caregivers Welcome

Some groups require a co-pay. Check with Instructor for details.
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:** contact Michael Ganz, PhD (562) 826-8000 ext. 22939

32. **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

33. **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

34. **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.

35. **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

36. **“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

*Family and Caregivers Welcome*

Some groups require a co-pay. Check with Instructor for details.
37. **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

38. **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 Monday, 10:30 – Noon, 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.

**Memory, Concentration and Thinking Skills**

39. **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

40. **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
41. 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**

42. Canine-Assisted Therapeutic Intervention: Warriors Helping Warriors/Paws for Purple Hearts
   a. A therapeutic activity for Veterans with PTSD, TBI and/or MST
   b. Learn to train service dogs for your injured comrades under the supervision of Paws for Purple Hearts instructors
   c. To enroll, contact Dr. Adrienne House at ext 24394.

43. 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

44. 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.

45. 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.
   c. Location: VA Long Beach – Various Bldgs and Room #’s
   d. To enroll: Contact your provider, Social Worker, or Psychologist for referral.

46. 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

* Family and Caregivers Welcome

Some groups require a co-pay. Check with Instructor for details.
47. 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.

48. Seeking Safety for Combat Vets
   a. Combat PTSD Clinic
   b. Skills based treatment for PTSD and substance abuse
   c. Mondays, 12:00 – 1:30pm. Pre-screen and scheduled appt is required
   d. For more information call PTSD Clinic (562) 826-8000 ext. 25308
   e. To enroll: must be referred to Combat PTSD clinic, complete clinic’s intake process, and pre-screen for group with Dr. Naughton

49. 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

50. 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

Severe Mental Health Conditions (Schizophrenia, Bipolar Disorder, Etc.)
51. 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
52. 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:

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

54. 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.

55. Buprenorphine Group
   a. All patients on Suboxone maintenance
   b. Tuesdays, 2:00 pm-3:00 pm and Thursdays, 5:00 pm-6:00 pm
   c. Bldg. 128, 2nd Floor, Room A226B
   d. To enroll: Contact: Theodore Jones/Emma Martin RN ext. 24881

56. 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

57. 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
58. 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: Call Emma Martin RN or Ricardo Restrepo-Guzman, MD x.24344 or x.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

59. 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

60. 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

61. 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

62. MST Peer Drop-In Group
   a. Every Wednesday, 1:00 pm – 2:00 pm
   b. PIER Center Dayroom, Building 136
   c. For more info: Call Nicole Samuelson (562) 826-8000 x3005, Marilse Palma (562) 335-8983, or Dr. Vanessa Hurwitz (562) 826-8000 x4271

Walk-Ins Welcome!

* Family and Caregivers Welcome

Some groups require a co-pay. Check with Instructor for details.
63. 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

64. Whole Health Women’s Group
   a. Take charge of your health, well-being, and quality of life. It starts with YOU.
   b. 8-week group
   c. Mondays from 1:30pm-3:00pm, Bldg. 126 Rm 1W102
   d. For more information please contact: Aneichia Achay cell: (562) 706-3086 or email Aneichia.Achay@va.gov
   e. To enroll: Ask your provider to place a consult: Whole Health Women’s Group

Complementary Medicine

Arts and Music
65. Creative Art Expression Workshop –
   a. Creative art expression to improve and add to physical, mental and emotional well-being.
   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

66. 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.

67. 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

* Family and Caregivers Welcome  
Some groups require a co-pay. Check with Instructor for details.
68. **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.

69. **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”)

70. **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.

71. **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

72. **Women’s Art Group**
   a. Create a variety of art projects while exploring topics related to health and wellness—open to women veterans only!
   b. Call (562) 826-8000 ext. 24190 for time and location.
   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

73. **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

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

75. *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

76. 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

77. 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

78. Meditation in Motion  
   a. Tap your inner energy! Paul Tang (Army Vet and VA Volunteer) brings you a smooth blend of meditation and Tai Chi, with a sprinkling of the Buddha’s wisdom. This weekly group will warm you up, clear the fog from your head, and impart a sunny disposition for the rest of the day!  
   b. All are welcome. Wheelchair friendly.  
   c. Tuesdays and Thursdays 8:30 – 9:30 a.m.  
   d. Where: Long Beach Senior Center, 1150 E. 4th St, Long Beach (At the corner Orange.) NOTE: This is an offsite location  
   e. For more info: Call Paul Tang at (562) 430-7143.
79. *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

80. 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 3:00 p.m. Fitness room, Anchor Place Gentle yoga with mats. Breathing, meditation and guided movement.
   c. For more info: John Oppenheim (562) 547-9329

81. 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

82. 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.

83. 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

* Family and Caregivers Welcome

Some groups require a co-pay. Check with Instructor for details.
Be Active

84. 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

85. 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.

86. Veterans Ham Radio Club
   a. The Long Beach VA facility has its own ham radio club?? You do not need a ham license to join VALBARC!
   b. Meets the first Saturday of each month at 10:00 a.m. in CLC building 133. https://valbarc.org/.
   c. Our club can also assist you in getting your ham license.
   d. For more info: Call Ed KK6WKY 714-545-2165 ed92626@gmail.com

87. 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

88. Medicare And Your VA Coverage “Brown Bag Event” (Bring your lunch!)
   a. How does Medicare work with my VA health benefits? How can I get the most coverage and save money? And more!
   b. Last Thursday of January, April, July, October, 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

* Family and Caregivers Welcome

Some groups require a co-pay. Check with Instructor for details.
89. CalFresh and Affordable Healthcare – DPSS Outreach
   a. You may qualify for CalFresh and Affordable Health Care benefits.
   b. For more information and immediate application DPSS staff can help.
   c. Mondays, 8:00 am – 5:00 pm. (excluding Federal Holidays)
   d. Bldg 126 Room 1W132D (right across from the new Specialty Clinic waiting area.)
   e. For more info: Call the DPSS Representative on Mondays (562) 826-8000 ext. 24924, or the DPSS Customer Service Call Center (866) 613-3777

90. 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. For more info: Call (562) 826-5415 ext. 25415
   e. To enroll: Ask your provider for a referral to Speech Pathology for College Connection.

91. Patient Education Resource Center (PERC)
   a. Need a computer to find health information? Want to check your MyHealtheVet account?
      Need to make a copy, print a document, check email, do a job search?
   b. Patient Education Resource Center (PERC), Bldg 126 Main Lobby, Rm 1W101
   c. M-F 8:00 a.m.- 4:00 p.m.
   d. No Appointment Needed. Walk-Ins Welcome.

92. Computer Skills Coaching
   a. Need basic computer instruction? Have a program or app you want to use? Need help with your laptop?
   b. Meet with a Volunteer IT Team member to get your questions answered.
   c. Walk-in or by appointment. Call (562) 826-8000 ext. 22322 for more info.

93. Smartphone Coaching
   a. More than a telephone, your Smartphone can take pictures, send email and text messages, store important information, listen to music, play games, and more.
   b. Volunteer IT Team members can help.
   c. Monday – Friday, 8:00 a.m.- 4:00 p.m.
   d. Patient Education Resource Center (PERC), Bldg 126 Main Lobby, Rm 1W101
   e. No Appointment Necessary
94. **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.

Other Classes and Groups

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

96. **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

97. **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.

98. **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

99. **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

100. **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

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101. *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

102. Stroke Support Group
   a. Meets in Bldg. 1, Rm. S102 on Wednesdays from 10-11 am
   b. **For more info:** Call (562) 826-5415
   c. **To enroll:** Ask your provider for a referral to Speech Pathology Stroke Support Group.

**Chapel Services**

103. *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**

104. 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 ext. 25511

105. 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

106. 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

Volunteer – Make a Difference

107. 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.

108. 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.

109. 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

110. 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

Some groups require a co-pay. Check with Instructor for details.
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.
If you need a ride from the parking lot to your appointment location (and vice-versa), please call 562-826-5715 to request a golf-cart pickup.
Important Phone Numbers

Tibor Rubin VA Medical Center

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 (UMHC—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

Or visit: www.veteranscrisisline.net