Feeling Stressed due to COVID-19?
Coping with COVID-19 Stress Group pg. 8

Are You a Caregiver Looking for Support?
Family-Caregiver Support Group pg. 10
Daily screening questions at all entrances

- Want skip the line? Answer the questions online by scanning this QR code and showing results to the screeners:

![QR Code](https://www.va.gov/covid19screen/)

COVID-19 Drive-Thru Testing

- By appointment only for patients within VA Long Beach Health Care System
- Call 562-826-5151 to make an appointment
- Locations
  - Tibor Rubin VA Medical Center
    5901 E. 7th Street, Long Beach, CA 90822
  - Santa Ana Clinic
    1506 Brookhollow Drive, #100, Santa Ana, CA 90822

Lab location has changed!

- Now located in lobby of Bldg. 126
- **Hours:** 6:00 AM to 4:30 PM

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

*Some offerings currently on hold due to COVID-19*
DRIVE-THRU

LONG BEACH
5901 E. 7th St., Long Beach, CA 90822
(In front of Bldg. 165)
Mon-Sat 8:00 a.m. - 3:30 p.m.

SANTA ANA
1506 Brookhollow Dr. #100, Santa Ana, CA 92705
Mon - Fri 7:30 a.m. - 2:00 p.m.

WALK-IN

LONG BEACH
5901 E. 7th St., Long Beach, CA 90822
(Bldg. 126 Lobby, Room 1W101)
Mon - Fri 8:00 a.m. - 3:30 p.m.

SANTA ANA
1506 Brookhollow Dr. #100, Santa Ana, CA 92705
Mon - Fri 7:30 a.m. - 4:00 p.m.

ANAHEIM
2569 W Woodland Dr., Anaheim, CA 92801
Mon - Fri 7:30 a.m. - 4:00 p.m.

SANTA FE SPRINGS
10330 Pioneer Blvd., Suite 180, Santa Fe Springs, CA 90670
Mon - Fri 7:30 a.m. - 4:00 p.m.

VILLAGES AT CABRILLO
2001 River Ave., Bldg. 28, Long Beach, CA 90810
Tue & Thu - 8:00 a.m. - 4:00 p.m.

GARDENA
1149 W 190th St., Gardena, CA 90248
Mon - Fri 8:00 a.m. - 4:30 p.m.

LAGUNA HILLS
23719 Moulton Pkwy, Laguna Woods, CA 92653
Mon - Fri 8:00 a.m. - 4:30 p.m.
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*For additions or changes to the Bulldog, contact: Sonika Ung, Ph.D. at sonika.ung@va.gov*
1. Introduction to Whole Health

2nd Thursday of the month
10:00 – 12:00 PM

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.

To enroll: contact Zeta Amos at 562-826-8000 ext. 1-3210
On VA Video Connect

2. Taking Charge of My Life and Health

Mondays and Wednesdays
10:00 – 12:00 PM

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.

To enroll: contact Zeta Amos at 562-826-8000 ext. 1-3210
On VA Video Connect

3. Whole Health Coaching, Personal Health Inventory

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.

To enroll: contact Zeta Amos at 562-826-8000 ext. 1-3210
On VA Video Connect

4. Gateway to Healthy Living

1st Thursday of every month,
10:00-11:30 AM on VANTS line: 1-800-767-1750, 42446#

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.

To enroll: Call-ins welcome! No appointment necessary.

For more info or to RSVP: Dr. Sonika Ung at 562-269-9488.
5. Living Low Carb Class
First two Mondays of the month at 2:00 PM, one-hour sessions*
To enroll (required): call 562-826-8000 ext. 1-4303
On VA Video Connect
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.

6. Pre-Diabetes/Diabetes Prevention Class
Last two Mondays of the month at 2:00 PM, one-hour sessions*
To enroll (required): call 562-826-8000 ext. 1-4303
On VA Video Connect
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.

7. Diabetes Basic Training Class
First four Tuesdays of the month at 2:00 PM, one-hour sessions*
To enroll (required): call 562-826-8000 ext. 1-4303
On VA Video Connect
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.

8. Diabetes Wellness Group (Santa Fe Springs CBOC)
Mondays 11:00-12:00 PM, 6 weeks
To enroll: Ask provider for consult or call Dr. Sonika Ung at 562-269-9488.
On VA Video Connect or VANTS Teleconference Line
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!

*dates may vary due to holidays, etc.
9. Sleep Education Class

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

- 1st Tuesday 1:00 - 2:30 PM
- 3rd Wednesday 3:00 - 4:30 PM
- 3rd Thursday 1:30 - 3:00 PM
- 90-minute class

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

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

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

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

Dates/times of group appointments vary

To enroll: By consult only. Please contact your provider.
On 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

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

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

To enroll: Call Dr. Caroline Prouvost (714) 434-4666
On VA Video Connect
### 12. Stress Management & Relaxation Group

Tuesdays 9:30 – 11:00 AM, 6-weeks  
For Veterans seeking ideas and help with stress management and relaxation.  
To enroll: request consult from provider or call Dr. Sara Gonzalez-Rivas (562) 826-8000 ext. 1-6381  
VA Video Connect

### 13. Stress Management & Relaxation Group (Santa Ana CBOC)

Wednesdays 11:00 AM – 12:30 PM, 6-weeks  
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!  
To enroll: request consult from provider or call Dr. Sonika Ung at 562-269-9488  
VA Video Connect or VANTS Teleconference Line

### 14. Coping with COVID-19 Stress

Dates and times vary by class. Class is 6-weeks long.  
Learn ways to manage COVID-19 related stress and challenges.  
To enroll: contact Dr. Lovato Jackson at 562-477-7797  
On VA Video Connect

### 15. Relaxation/Meditation Group

Thursdays 11:00 AM – 11:50 AM  
Join to practice relaxation and meditation exercises.  
To enroll: Contact Dr. Huang at 562-826-8000 ext.1-4384 or Dr. House at ext.1-4394  
On VA Video Connect
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.va.gov/smoking](http://www.publichealth.va.gov/smoking)

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**17. MOVE! Weight Management – Introduction**

Dates and times vary

For Veterans wanting to lose weight.

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

On VA Video Connect

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**18. MOVE! Weight Management Class**

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

For Veterans wanting to lose weight.

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

On VA Video Connect

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

**Stay Quit Coach**  [https://mobile.va.gov/app/stay-quit-coach](https://mobile.va.gov/app/stay-quit-coach)


**quitSTART**  [https://smokefree.gov/tools-tips/apps/quitstart](https://smokefree.gov/tools-tips/apps/quitstart)
19. Family Support Group
Mondays, 5:00-6:00 PM (except federal holidays)
To enroll: contact Dr. Tatiana McDougall ext.1-3141
VA Video Connect

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.

20. Grief Support Group
1st and 3rd Fridays
11:00 – 12:00 PM
To enroll: call Caitlin Nevin, LCSW (562) 826-8000 ext. 1-3130
VA Video Connect

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.

21. Drop-In Mindfulness Group
2nd and 4th Fridays
11:00 – 12:00 PM
To enroll: call Caitlin Nevin, LCSW (562) 826-8000 ext. 1-3130
Teleconference VANTS Line

Learn sitting meditation techniques to help relieve stress, anxiety, depression, and/or pain.

Mindfulness Coach App
https://www.ptsd.va.gov/appvid/mobile/mindfulcoach_app.asp

22. Mantram Repetition for Rapid Relaxation
Tuesdays 11:00 – 12:00 PM
Dates vary, 6-weeks long
To enroll: Have your provider place a consult under Primary Care → PC Behavioral Health → Mantram Repetition for Relaxation

For Veterans to learn a technique to calm the mind, reduce unwanted emotions.

For more information call Gina De Ocampo, RN CCM (562) 826-8000 ext. 1-5527
23. DBT Skills for Emotional Eating

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

To enroll: Call Dr. Monisha Motiwala (562) 826-8000 ext. 1-7371 for more information.
On VA Video Connect

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.

24. BHIP Mindfulness-Based Stress Reduction Group

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

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

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.

25. Mental Health Pathways Recovery Center

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

To enroll: Ask your provider for a consult
Most held via VANTS Teleconference call; 5 in-person groups on Wednesday mornings
Call 562-826-8000 ext. 1-5602 for more information

Specialty Program 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.

my Mental Health Crisis Plan

App that helps share your treatment preferences during a mental health crisis https://smiadviser.org/getapp
26. Life Paths

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

It will teach skills to:
- For Veterans enrolled in Primary Care Mental Health Integration only.
- Be more open to your experience.
- Let go of the struggle that brings more emotional and physical pain.
- Build awareness of what is occurring in the present moment.
- 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

On VA Video Connect
28. 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.

29. Combat Medics Group

Tuesdays 11:00 - 12:00 PM

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

A support group for all military medical personnel.

30. 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

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.
31. PTSD for Trauma Not Combat-Related Graduate Group
To enroll: Contact Ann Costa (562) 826-8000 ext.22911
For graduates of the PTSD for Trauma Not Combat-Related Group
On VANTS teleconference line

32. Cognitive Processing Therapy Trauma Group
Tuesdays 8:30 AM – 10:00 AM
To enroll: Ask your provider to add Dr. Juliet Hung as a cosigner to their medical note. (For providers: do not place a “San Psychology” consult.)
On Webex
For Veterans currently enrolled at the Santa Ana CBOC only. Veteran will need to be screened first by the group provider.

Free Self-Help Apps for Posttraumatic Stress

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

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

AIMS for Anger Management
https://www.ptsd.va.gov/appvid/mobile/aims_app.asp
### 33. Substance Abuse Cognitive Behavior Therapy - Overcoming Your Alcohol or Drug Problem

Fridays 10:30 – 11:30 AM

To enroll: Call Emma Martin RN or Ricardo Restrepo-Guzman, MD (562) 826-8000 ext. 1-4344 or ext. 1-4881

<table>
<thead>
<tr>
<th>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</th>
</tr>
</thead>
</table>

### 34. Harm Reduction Group

Thursdays from 10:00 – 11:00 am

To enroll: Call Randy Young (562) 826-8000 ext. 1-4338

<table>
<thead>
<tr>
<th>For Veterans who want to learn skills to reduce or quit drinking or other substance use</th>
</tr>
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<thead>
<tr>
<th>On VA Video Connect</th>
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### 35. Alcoholics Anonymous

Tuesdays, 7:30pm

To enroll: Call Substance Use Treatment Program (SATP) (562) 826-8000 ext. 1-5610

<table>
<thead>
<tr>
<th>For Veterans and community members. No referral or appointment needed.</th>
</tr>
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### 36. Narcotics Anonymous

Thursdays, 7:30pm

To enroll: Call Substance Use Treatment Program (SATP) (562) 826-8000 ext. 1-5610

<table>
<thead>
<tr>
<th>For Veterans and community members. No referral or appointment needed.</th>
</tr>
</thead>
</table>
37. 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

38. 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](https://www.ptsd.va.gov/appvid/mobile/VetChange_app.asp)
Proven self-help tools to build skills to stop or cut back on problem drinking

Veterans Health Library:
[[https://www.veteranshealthlibrary.va.gov](https://www.veteranshealthlibrary.va.gov)]

National Institute on Alcohol Abuse and Alcoholism (NIAAA):

VHA National Center for PTSD
<table>
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<tr>
<th><strong>39. Cognitive Education Class for Aging Veterans</strong></th>
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<tbody>
<tr>
<td>Select Mondays, 1:00-3:00 PM</td>
</tr>
<tr>
<td>A four-part series for aging Veterans.</td>
</tr>
<tr>
<td>To enroll: Contact Dr. Lauren Dill at</td>
</tr>
<tr>
<td>(562) 826-8000 ext.1-4716</td>
</tr>
<tr>
<td>On Cisco Webex Video platform</td>
</tr>
<tr>
<td>Learn ways to improve memory, concentration,</td>
</tr>
<tr>
<td>and organizational abilities. Learn how to</td>
</tr>
<tr>
<td>keep your brain healthy as you age and reduce</td>
</tr>
<tr>
<td>risk factors for cognitive impairment.</td>
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<table>
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<tr>
<th><strong>40. GEM Dementia Education Group</strong></th>
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<tbody>
<tr>
<td>4th Thursday of the month</td>
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<tr>
<td>10:30 – 12:30 PM, four-part series</td>
</tr>
<tr>
<td>To enroll: Contact Dr. Lauren Dill at</td>
</tr>
<tr>
<td>(562) 826-8000 ext.1-4716</td>
</tr>
<tr>
<td>On Cisco Webex Video platform</td>
</tr>
<tr>
<td>For caregivers/family members of loved ones</td>
</tr>
<tr>
<td>who are affected by dementia. Learn about the</td>
</tr>
<tr>
<td>disease, behavioral changes, reduce caregiver</td>
</tr>
<tr>
<td>burden and gain resources. Led by a geriatric</td>
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<tr>
<td>ian, social worker, psychologist, pharmacist,</td>
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<tr>
<td>and nurse.</td>
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<tr>
<th><strong>41. Dementia Support Group</strong></th>
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<tbody>
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<td>Bi-monthly on Tuesdays from</td>
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<tr>
<td>11:00 AM – 12:00 PM</td>
</tr>
<tr>
<td>To enroll: Contact Dr. Lauren Dill at</td>
</tr>
<tr>
<td>(562) 826-8000 ext.1-4716</td>
</tr>
<tr>
<td>On Cisco Webex Video platform</td>
</tr>
<tr>
<td>Being a dementia caregiver is a difficult</td>
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<tr>
<td>and stressful job. Reduce that burnout by</td>
</tr>
<tr>
<td>spending time with other caregivers, sharing</td>
</tr>
<tr>
<td>your concerns, and receiving encouragement,</td>
</tr>
<tr>
<td>comfort, and helpful suggestions.</td>
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</tbody>
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<tr>
<th><strong>42. Parkinson’s Support Group</strong></th>
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<tbody>
<tr>
<td>Select Saturdays, 1:00 - 2:30 PM</td>
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<tr>
<td>To enroll: Contact Dr. Megan Gomez at (562)</td>
</tr>
<tr>
<td>706-0740</td>
</tr>
<tr>
<td>On VA Video Connect</td>
</tr>
<tr>
<td>Spend time with others who are affected by</td>
</tr>
<tr>
<td>Parkinson’s, share your concerns, and provide</td>
</tr>
<tr>
<td>encouragement, comfort, &amp; knowledge.</td>
</tr>
</tbody>
</table>
43. **Stroke Support Group**

Weekdays 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

On VA Video Connect

44. **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

On VA Video Connect
45. **Group Coffee Talk**

Tuesdays 09:00 – 10:30 AM
90 minutes

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

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

On VA Video Connect

46. **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

47. **College Connection Study Skills Workshop**

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

Call (562) 826-5415 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
**LGBTQ Resources**

### 48. LGBTQ Veterans’ Support Groups

To enroll: contact Dr. Shelly Crosby at (562) 826-8000 ext. 1-3409.

Welcomes all lesbian, gay, bisexual, transgender and questioning Veterans and military.

All groups on VA Video Connect

- **1st and 3rd Tuesdays 4:00-5:00 PM** Gay, Bisexual & Questioning Men’s Group
- **2nd and 4th Tuesdays 4:00-5:00 PM** Lesbian, Bisexual & Questioning Women’s Group
- **2nd and 4th Thursdays 9:00-10:00 AM** Transgender, Gender Non-Conforming and Questioning Group

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**Community Resources (non-VA)**

While not part of the VA, these organizations also offer services to Veterans and their families.

- [https://ocstrongfamilies.org/pages/about-strong-families-strong-children](https://ocstrongfamilies.org/pages/about-strong-families-strong-children)
- [https://www.strengthinsupport.org/](https://www.strengthinsupport.org/)
- [https://www.ocvmf.c.info/](https://www.ocvmf.c.info/)
### 49. 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**

### 50. Long Beach Veterans’ Story Corps Workshop

**Monday/Wednesday (times vary)**

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

For more info: email digitalstorycorps@gmail.com

**Virtual - Group and Individual**

Requires a computer with WiFi

[While not part of the VA, this website provides further information about this community-led class: https://mindfulnessphotography.godaddysites.com](https://mindfulnessphotography.godaddysites.com)

### 51. Operation Art

**Fridays 10:00 AM -1:00 PM**

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

On VA Video Connect or Webex

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

To be determined

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

While not part of the VA, this organization provides craft kits to Veterans: [https://www.healvets.org/](https://www.healvets.org/)
Coping with Stress During the COVID-19 Outbreak

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
- 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.
Virtual Care Resources

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

Ask your provider to sign-up for Myhealthevet Premium

https://mobile.va.gov/app/va-video-connect
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.

Call the Office of Connected Care Help Desk at (866) 651-3180 24/7.

Trouble Shooting Tips: https://www.youtube.com/watch?v=edQ8XuU87D0&feature=youtu.be
## Important Phone Numbers

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