



December 2018



Call in advance to register for all groups & special events

Have you spent time in the "Sandbox?"

Come join our GWOT Support Group. Designed specifically for those that spent time in the Middle East. Many local Vets share similar experience and face the same challenges as you.

Sandbox Support Group



Yet Center Video Game Group
Tuesdays
11am to 12pm
Starting 12/11



Monday	Tuesday	Wednesday	Thursday	Friday
3 Communication Skills 9-10am Puzzle Day 10am-2pm	4 OLD PTSD Group 830- 10a MSR 1015 am	5 Learn to Crochet 1-3pm	6 Music for Wellness 1pm-3pm Anger Management 3-4pm YOGA 415pm	7 Vietnam Veteran Spouse Support Group 11-1230
10 Communication Skills 9-10am Puzzle Day 10am-2pm	11 NEW PTSD Group 830a-10a MSR 1015 am VIDEO GAME GROUP 11-12 CBT aka Chronic Pain 3-4pm	12	13 930am Anger Management Music for Wellness 1-3pm Anger Management 3-4pm YOGA 415pm	14  Sandbox Support Group 11am Spouse Support Group 11-1230 Vet Center HOLIDAY GATHERING 3pm-430pm
17 Puzzle Day 10am-2pm Communication Skills 9-10am	18 OLD PTSD Group 830- 10a MSR 1015 am VIDEO GAME GROUP 11-12 CBT aka Chronic Pain 3-4pm	19 Learn to Crochet 1-3pm	20 Music for Wellness 1pm-3pm Anger Management 3-4pm YOGA 415pm	21 Vietnam Veteran Spouse Support Group 11-1230
24 Puzzle Day 10am-2pm	25 Office Closed	26 Learn to Crochet 1-3pm	27 930am Anger Management Music for Wellness 1pm-3pm Anger Management 3-4pm	28  Sandbox Support Group 11am Vietnam Veteran Spouse Support Group 11-1230
31 Puzzle Day 10am-2pm Communication Skills 9-10am	Return of the YOGA  Every Thursday 4:15pm - 5:30pm		Happy Holidays! The staff at the Binghamton Vet Center would like to wish all of our Veterans the Happy Holidays full of Peace & Joy!	

Binghamton Vet Center
Holiday Gathering

12/14/18
3-430pm
Sign up today!!

Anger Management

Thursdays @ 3
Call us now!!

Check us out!


Posting events on
WWW.FACEBOOK.COM/VASYRACUSE
 SYRACUSE VAMC SITE