

# August 2019



**Monday Tuesday Wednesday Thursday Friday**


**New Spouse  
Support Group  
Tuesdays  
@ 3pm**

This group is designed for spouse & partners of Vets of recent conflicts (i.e.. Gulf War, Iraq, Afghanistan as well as those affected by Military Sexual Trauma.  
Call (607)722-2393

**4th Annual Veteran Family Picnic**  
8/10 11am-3pm Otsiningo Park (North Pavillion)  
Food, Friends and FUN!!! Call (607)722-2393 to RSVP by 8/3/2019


<b>5</b> Communication Skills 10-11am <b>Garden Group 3pm</b>	<b>6</b> New PTSD Group 830A MSR 1015 am <b>New Spouses Group 3pm</b>	<b>7</b> Learn to Crochet 1-3pm <b>YOGA 1pm</b>	<b>8</b> Music for Wellness 1pm-3pm Anger Management 3-4pm	<b>9</b> Vietnam Veteran Spouse Support Group 11-1230
<b>12</b> Communication Skills 10-11am <b>Garden Group 3pm</b>	<b>13</b> Old PTSD Group 830- 10a MSR 1015 am <b>New Spouses Group 3pm</b>	<b>14</b> Learn to Crochet 1-3pm	<b>15</b> 9am Anger Management Music for Wellness 1pm-3pm Anger Management 3-4pm <b>YOGA 1pm</b>	<b>16</b> Coffee w/ Nate 830am Vietnam Veteran Spouse Support Group 11-1230 Sandbox Support Group 11am
<b>19</b> Communication Skills 10-11am <b>Garden Group 3pm</b>	<b>20</b> New PTSD Group 830a-10a MSR 1015 am <b>New Spouses Group 3pm</b>	<b>21</b> Learn to Crochet 1-3pm	<b>22</b> Music for Wellness 1pm-3pm Anger Management 3-4pm <b>YOGA 1pm</b>	<b>23</b> Coffee w/ Nate 830am Vietnam Veteran Spouse Support Group 11-1230 Sandbox Support Group 11am <b>TALK TO A LAWYER Family Law</b> 10AM-120M CALL US TO SIGN UP
<b>26</b> Communication Skills 10-11am <b>Garden Group 3pm</b> <b>VINES Presentation 5pm</b>	<b>27</b> Old PTSD Group 830- 10a MSR 1015 am	<b>28</b> Learn to Crochet 1-3pm	<b>29</b> 9am Anger Management Music for Wellness 1pm-3pm Anger Management 3-4pm	<b>30</b> Coffee w/ Nate 830am Vietnam Veteran Spouse Support Group 11-1230 Sandbox Support Group 11am

**Return of the YOGA**  
Every Thursday  
**1pm**



**Coffee with Nate** Every Friday Morning  
830-930am



**Do you miss being part of a team mission?** 

Just because you got out of the service doesn't mean you can't still serve your nation thru your local community. Come find out ways that you can apply valuable skills that you developed in the military by volunteering in your local community. Once a month a different local community agency will be at the Binghamton Vet Center to speak on volunteer opportunities.

**This month: 8/26/2019 5pm**  
VINES will be coming to our Vet Center to speak about their volunteer opportunities.  
RSVP (607)722-2393

**Vet center Garden Group**  
3pm Mondays  
**Pine St Garden**  
4 more info call 722-2393

\*Please Note: Garden Group and Outdoor Recreation Groups need a written letter from Primary Care Doctor to participate. Please bring in letter when you RSVP\*

**Any day, Any time call 1-877-WAR-VETS**