



# January 2019

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**



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1 Office Closed</b>	<b>2 Learn to Crochet 1-3pm</b>	<b>3 930am Anger Management</b> Music for Wellness 1pm-3pm Anger Management 3-4pm <b>YOGA 4pm</b>	<b>4 Vietnam Veteran Spouse Support Group 11-1230</b>
<b>7 Puzzle Day 10am-2pm</b>	<b>8 NEW PTSD Group 830a-10a MSR 1015 am VIDEO GAME GROUP 11-12 CBT aka Chronic Pain 3-4pm</b>	<b>9 Learn to Crochet 1-3pm</b>	<b>10 Music for Wellness 1-3pm Anger Management 3-4pm YOGA 4pm</b>	<b>11 Sandbox Support Group 11am</b> Vietnam Veteran Spouse Support Group 11-1230
<b>14 Puzzle Day 10am-2pm Communication Skills 9-10am</b>	<b>15 OLD PTSD Group 830- 10a MSR 1015 am VIDEO GAME GROUP 11-12 CBT aka Chronic Pain 3-4pm</b>	<b>16 Learn to Crochet 1-3pm</b>	<b>17 930am Anger Management</b> Music for Wellness 1pm-3pm Anger Management 3-4pm <b>YOGA 4pm</b>	<b>18</b>
<b>21 Office Closed</b>	<b>22 NEW PTSD Group 830a-10a MSR 1015 am CBT aka Chronic Pain 3-4pm</b>	<b>23 Learn to Crochet 1-3pm</b>	<b>24 Music for Wellness 1pm-3pm Anger Management 3-4pm YOGA 4pm</b>	<b>25 Sandbox Support Group 11am</b> Vietnam Veteran Spouse Support Group 11-1230
<b>28 Puzzle Day 10am-2pm Communication Skills 9-10am</b>	<b>29 OLD PTSD Group 830- 10a MSR 1015 am VIDEO GAME GROUP 11-12 CBT aka Chronic Pain 3-4pm</b>	<b>30 Learn to Crochet 1-3pm</b>	<b>31 930am Anger Management</b> Music for Wellness 1pm-3pm Anger Management 3-4pm <b>YOGA 4pm</b>	

**Return of the YOGA**  
Every Thursday 4pm

**Anger Management**  
Thursdays @ 3  
Call us now!!

**Check us out!**

Posting events on [WWW.FACEBOOK.COM/VASYRACUSE](http://WWW.FACEBOOK.COM/VASYRACUSE)  
SYRACUSE VAMC SITE

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

**BINGHAMTON VET CENTER - 53 CHENANGO STREET - BINGHAMTON, NY 13901 (607)722- 2393**