

## Communication Skills Group

This group will focus on building skills to:

- Effectively express your thoughts, feelings, and needs
- Build and strengthen connections with others
- Learn to say no to unwanted requests
- Actively listening to others
- Set limits and boundaries with people in your life

Call us for more information

Please let your counselor know if you:

- are experiencing a fever, flu like symptoms or new/worsening cough.
- have been to a COVID-19 "hotspot" in past 2 weeks.
- Had contact with anyone having tested positive for COVID-19.

**Monday**      **Tuesday**      **Wednesday**      **Thursday**      **Friday**

All of our groups are currently being done over video or phone.				
		1 Learn to Crochet 1-3pm (Video)	2 YOGA 9am Video conference	3 <b>Office Closed</b>
6 Communication Skills 9-10am (Video)	7 NEW PTSD Group 830a-10a YOGA 1015 am New Spouses Group 3pm (All Video)	8 Learn to Crochet 1-3pm (Video)	9 YOGA 9am Video conference	10 Vietnam Veterans Spouse Support Group 11-1230 (Phone) Sandbox Support Group 11am (Video)
13 Communication Skills 9-10am (Video)	14 OLD PTSD Group 830- 10a YOGA 1015 am New Spouses Group 3pm (All Video)	15 Learn to Crochet 1-3pm (Video)	16 YOGA 9am Video conference	17 <b>Anger Management 9am (Video)</b> Vietnam Veteran Spouse Support Group 11-1230 (Phone) Sandbox Support Group 11am
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## 24/7 Assistance

1-877-WAR-VETS

A confidential call center where combat Veterans and their families can call to talk about their military experience and other issues they are facing readjusting to civilian life.



VA Video Connect connects Veterans with their Vet Center counselor from anywhere, using encryption to ensure a secure and private session from the comfort of their home using a smart phone or computer with camera. Ask your counselor for more details.

## The following Veterans are eligible for Vet Center Services.

- Have served on active military duty in any combat theater or area of hostility
- Experienced a military sexual trauma
- Provided direct emergent medical care or mortuary services, while serving on active military duty, to the casualties of war.
- Served as a member of an unmanned aerial vehicle crew providing direct support to operations in a combat zone or area of hostility.



**Questions?**  
 Call us @  
 (607)722-2393