

The Bulldog

Winter 2024 v.1

Tibor Rubin VA Medical Center Health Education Classes Catalog



Bunso the Emergency Department Mascot



Flu and COVID-19 shots for 2023-2024 available now!
562-826-5151



Vaccination Information pg. [3](#)

Get Connected with Whole Health pg. [5-6](#) and the Creative Arts and Humanities Programs pg. [23-24](#)


Scan QR code for the latest version of the Bulldog! 



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- ✓ For **additions or changes** to the Bulldog, contact: sonika.ung@va.gov
- ✓ Not all services are listed in the Bulldog. Please ask your healthcare providers if they offer any additional services.

Vaccination Information

2023-2024 Flu Shots

- **Winter is peak flu season!** Reduce the risk of flu by getting your yearly flu shot. Help protect yourself and your community!
- **Standard dose and high dose flu vaccines are available.** High dose vaccines are recommended for everyone age 65 and older.
- Flu vaccines available for enrolled Veterans in all clinical areas and CBOCs.

2023-2024 COVID-19 Shots

- Call **562-826-5151** 7:30 AM-7:00 PM to schedule the 2023-2024 COVID-19 shot.
- For **COVID-19 updates**, call **562-826-8000** and **press 9**.
- For **COVID-19 testing information** please call **562-826-5151**



- **COVID Coach** - free app for more resources!
<https://www.ptsd.va.gov/appvid/mobile/index.asp>
- **COVID Frequently Asked Questions:**
<https://www.va.gov/coronavirus-chatbot/>
- **For more information on COVID-19:**
www.cdc.gov
www.va.gov/health-care/covid-19-vaccine/

***Vaccination information listed is subject to change.**

Our Patients Are Important

We want to improve, and you can help.

You may receive a survey asking you about your visit.

Please complete the survey. We will use your feedback to make improvements



Virtual Resources



VA Long Beach VIP Experience:
Health and Wellness Resource Center
valongbeach.healthclips.com/



Patient Advocate Have a compliment, suggestion, or complaint? Scan the QR code **or** email: VHALONPatientAdvocateOffice@va.gov



Myhealthvet

- Refill prescriptions, view appointments, secure email providers, and view health records!
- www.myhealth.va.gov/mhv-portal-web/home
- Ask your provider for Myhealthvet Premium **or** enroll with IDme.com or DS Logon
How to Video:
www.youtube.com/watch?v=87dt_z8LeRM)



VA Video Connect

- Video appointments with VA providers on any device with internet mobile.va.gov/app/va-video-connect
- 24/7 Help Desk **(866) 651-3180**
- Video with Tips for VA Video Connect:
www.youtube.com/watch?v=edQ8XuU87D0&feature=youtu.be



1. Introduction to Whole Health

Virtual/VA Video Connect

1st Friday 9:00 - 10:30AM

3rd Tuesday 10:30 AM - 12:00 PM

4th Monday 2:30 - 4:00 PM

In-Person

2nd Thursday 1:00 - 2:30PM

4th Wednesday 10:30AM-12:00PM

Learn more about VA's Whole Health approach to Veteran care and how you can get started on your Whole Health journey at VA Long Beach.



Check out the free [Live Whole Health App](https://mobile.va.gov/app/live-whole-health)
<https://mobile.va.gov/app/live-whole-health>

2. Individual Health & Wellness Coaching

Date/time varies

VA Video Connect or in-person at Tibor Rubin VAMC

What matters most to you? Complete the Personal Health Inventory and develop an individualized Personal Health Plan to become a healthier you!

3. Taking Charge of My Life and Health

Virtual/VA Video Connect

Co-ed: Wednesdays 1:30-2:30PM

Women Only: Thursdays 10:30-11:30AM

In-Person Co-ed: Mondays 10:30-11:30AM

A 9-week group focused on exploring what matters most to you in your life, setting goals, and developing a personal health plan to achieve your goals.

4. THRIVE Group

Women's only Wednesdays from 10:00 AM – 12:00 PM

Men's only Thursdays from 10:00 AM-12:00 PM

Virtual

A 14-week group utilizing a holistic approach to health and well-being, including instruction, creative arts activities, community building, and group support.

To enroll: contact Whole Health **562-826-8000 at ext. 1-3210** or ask a provider to place a Whole Health Coaching consult.



5. Whole Health On-Call Education (WHOCE)

Monday – Friday 9:00 AM – 3:00 PM
In-person, same-day services
Veterans Resource Center
Building 165, Room C-108

Whole Health Staff are available to provide same-day education on Whole Health and connect Veterans with resources.

6. Gateway to Healthy Living

1st Thursday of every month, 10:00-11:30 AM
To enroll: call Dr. Ung 562-269-9488
or call in! 1-404-397-1596
Entry Code: 1991681871##

Restarting **11/2/2023!** Gateway focuses on what is most important to you, skills to manage roadblocks, change routines, commit to changes, and create realistic goals.

Whole Health and Wellness: Moving the Body

7. Yoga

- Mondays 8:30 AM (virtual)
- Tuesdays and Thursdays 3:00 PM
In-person Tibor Rubin VAMC
- Wednesdays 3:00 PM (virtual)
- Thursdays 3:00 (virtual)
- Fridays 9:00 AM (virtual)

A 60-minute class for Veterans wanting to learn and practice gentle yoga.

To enroll request consult from Primary Care team.

8. Tai Chi for Better Balance

Thursdays 9:00-10:00 AM

For Veterans interested in Tai Chi.
To enroll request consult from any provider

Whole Health and Wellness: Spirit and Soul

9. Forgiveness

Thursdays 10:00-11:30
7 weeks
In-person, location TBD
Call 562-826-5418 and request Chaplain Bunsold to enroll

Participate in a group focused on forgiving yourself and breaking free from the past. Veterans will need to meet with Chaplain Bunsold before the first session.



10. Virtual Healthy Teaching Kitchen

To enroll: Call Nutrition Dept. at 562-826-8000 ext. 1-2045

Point of Contact: Kristen Wood, MS, RD

VA Video Connect

Join us for a VA Video Connect hands-on cooking class! Increase your skills in the kitchen while learning to making healthy meals.

11. Free Healthy Recipes from VA Healthy Teaching Kitchen

<https://www.nutrition.va.gov/Recipes.asp>

Visit the [Healthy Teaching Kitchen YouTube Channel](#) for video recipes.

Weight Management



Strive for a Healthy Weight

12. MOVE! Weight Management – Introduction

Dates and times vary

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

VA Video Connect

For Veterans wanting to lose weight.

This class is required before the 7-week program listed below.

13. MOVE! Weight Management Class

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

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

VA Video Connect

For Veterans wanting to lose weight.

Please take Move! Weight Management-Introduction before enrolling in this class.



[MOVE! Coach](#)
[Free VA App](#)

<https://www.move.va.gov/movecoach.asp>

14. Living Low Carb Class

Virtual Class: First two Mondays of the month* 10:00 - 11:00 AM
VA Video Connect

In-Person Class: First Monday of the month* 1:00 to 3:00 PM
Bldg. 164, Room 228

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.

15. Diabetes Prevention Class

Virtual Class: 3rd and 4th Monday of the month* 10:00 – 11:00 AM
VA Video Connect

In-Person Class: Third Monday of the month* 1:00 – 3:00 PM
Bldg. 164, Room 228

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.

16. Diabetes Basic Training Class

Virtual Class: First four Tuesdays of the month* 10:00 – 11:00 AM
VA Video Connect

In-Person Class: 1st Tuesday of the month* 1:00 – 4:00 PM (3 hours)

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.

Required to enroll for Living Low Carb, Diabetes Prevention, and/or Diabetes Basic Training with **Maxine Dillard at 562-826-8000 ext. 1-4303**

17. Diabetes Wellness Group

Mondays 11:00-12:00 PM, 6 weeks
To enroll: Ask provider for consult
or call Dr. Sonika Ung at
562-269-9488.
VA Video Connect

Managing difficulty with motivation for lifestyle changes, and distress that is common among people who have diabetes.

***dates may vary due to holidays, etc.**



18. Home Telehealth

Dates/times vary

To enroll: ask for Primary Care team

Accessible with phone **or** internet

From the comfort of your home, check blood pressure, blood sugar, or weight and send in your information. Receive support and information to help you manage your health in real time!

Sleep



Sleep Well

19. Sleep Education Class

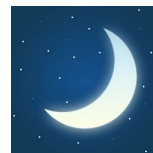
- **1st Tuesday** 1:00 - 2:30 PM
- **2nd Tuesday** 9:00 – 10:30 AM
- **3rd Wednesday** 10:00-11:30 AM
- **3rd Friday** 1:00 - 2:30 PM

To enroll: Ask your provider for a consult

VA Video Connect

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

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



[Check out the free
Insomnia Coach app!](https://www.ptsd.va.gov/appvid/mobile/insomnia_coach.asp)

[https://www.ptsd.va.gov/appvid/
mobile/insomnia_coach.asp](https://www.ptsd.va.gov/appvid/mobile/insomnia_coach.asp)

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

Dates/times of group appointments vary

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

VA Video Connect

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



[Use the free CBT-I Coach
App in this class!](https://www.ptsd.va.gov/appvid/mobile/cbticoach_app_public.asp)

[https://www.ptsd.va.gov/appvid/
mobile/cbticoach_app_public.asp](https://www.ptsd.va.gov/appvid/mobile/cbticoach_app_public.asp)



21. Chronic Pain Management Class

1st and 3rd Wednesday from
9:00 – 11:00 AM
To enroll: Call Dr. Caroline
Prouvost (714) 434-4666
VA Video Connect

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

Quitting Tobacco



Be Tobacco Free

22. Tobacco Cessation Group

Wednesdays 9:30-10:30
To enroll: ask your provider to
place a Pharmacy: Tobacco
Cessation consult **or**
call 562-826-8000 ext. 1-3841
VA Video Connect

A four-week group for Veterans
interested in quitting tobacco.

Quitting Tobacco by Phone, Text, and Online

smokefree.gov

Visit for information on how to quit and staying quit.

Quit VET

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



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

<https://mobile.va.gov/app/stay-quit-coach>



[QuitGuide](https://smokefree.gov/tools-tips/apps/quitguide)
Free App

<https://smokefree.gov/tools-tips/apps/quitguide>



[quitSTART](https://smokefree.gov/tools-tips/apps/quitstart)
Free App

<https://smokefree.gov/tools-tips/apps/quitstart>



23. Stress Management & Relaxation Group

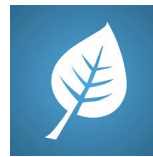
Tuesdays 9:30 – 11:00 AM

Wednesdays 11:00-12:30

To enroll: request consult from provider or call Dr. Sonika Ung at 562-269-9488

VA Video Connect

6- weeks long. 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!



[Check out the free Mindfulness Coach App!](https://www.ptsd.va.gov/appvid/mobile/mindfulcoach_app.asp)

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

24. Mantram Repetition for Rapid Relaxation (Long Beach)

Tuesdays(times vary)

To enroll: Ask provider to place a consult (location: Primary Care → PC Behavioral Health → Mantram Repetition for Relaxation)

6-weeks long. For Veterans to learn a technique to calm the mind, reduce unwanted emotions.

For more information call Gina DeOcampo, RN CCM 562-826-5527

25. Mantram Repetition for Rapid Relaxation (Santa Ana CBOC)

Tuesdays 3:00 – 4:00 PM

Dates vary

To enroll: call Dr. Messinides (562) 826-8000 ext. 13218

VA Video Connect

7-weeks long. For Veterans to learn a technique to calm the mind and handle stressful situations better.

While virtual, Veterans from **any** VA Long Beach location can enroll!



26. Coping Skills Bridge Group

Tuesdays 10:00 AM, 12 weeks
To enroll: Healthcare provider add
Dr. Wesley Cook to note
In-person, masks required: Bldg.
128, 2nd floor, J-218
No appointment reminders are
sent for this group

For Veterans who could benefit
from coping skills in a supportive
group therapy setting while
awaiting mental health consult
appointments.

27. Addressing Racial Trauma and Stress (A.R.T.S.) Group

Tuesdays 10:00 AM, 12 weeks
To enroll: Healthcare provider add
Dr. Terisha Simmons to the note
VA Video Connect

A safe place for Veterans that
promotes healing through learning,
recognizing shared experiences of
racism and oppression, journaling,
mindfulness, and fostering
empowerment.

28. BHIP Mindfulness-Based Stress Reduction Group

Fridays 8:00 – 10:50 AM, 10 weeks
long, 1 all day session
To enroll: ask your Mental Health
Provider to place a BHIP
Psychotherapy Consult for “BHIP
MBSR group with Dr.
Fayazmanesh”
VA Video Connect

For Veterans currently in treatment
in the Outpatient Mental Health
Clinic **only**. An intensive,
experiential introduction to
mindfulness meditation. Requires a
commitment to attend all sessions
and to practice mindfulness
meditation for 45-60 minutes daily.

29. 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
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.



App that helps share your treatment preferences during a
mental health crisis <https://smiadviser.org/getapp>



30. Grief Support Group

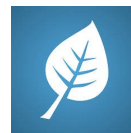
1st and 3rd Thursdays
11:00 – 12:00 PM
To enroll: call Dr. Savana Krysiak
928-830-8811
VA Video Connect

For Veterans who have experienced loss of a loved one by helping Veterans find healthy ways to honor and incorporate grief in their lives.

31. Drop-In Mindfulness Group

2nd and 4th Thursdays
11:00 – 12:00 PM
To enroll: call Dr. Savana Krysiak
928-830-8811
VA Video Connect

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)

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

Multidisciplinary Eating Disorder Treatment Program



Be Involved In Your Health Care

32. Multidisciplinary Eating Disorder Treatment Program

Date/Time will vary
To enroll: ask your provider to tag Marlena Thorpe, RD; Terisha Simmons, Ph.D., & Dima Lababidi, MD in a medical note.

Beginning in 2024, Veterans will have access to a psychology, dietician, and physician team to treat disordered eating diagnoses.

Please note, that this will be for screening only and full program participation will depend upon program availability and clinical indication.



33. Cognitive Processing Therapy Trauma Group

Wednesdays 3:00 – 4:30 PM
To enroll: Ask provider to add Dr. Terisha Simmons as cosigner to note and/or send direct message of Veteran's request with their information.

For enrolled Veterans. Veteran will need to be screened first by the group provider.

34. PTSD Mindfulness-Based Stress Reduction Group

Fridays 1:00 – 3:50 PM, 10 weeks long, 1 all day session
To enroll: ask Combat PTSD to place a BHIP Psychotherapy Consult for "PTSD MBSR group with Dr. Fayazmanesh
VA Video Connect

For Veterans currently in treatment in the Combat PTSD Program in Mental Health **only**. MBSR is an intensive, experiential introduction to mindfulness meditation. Requires a commitment to daily 45–60-minute practice.

35. PTSD Program for Combat Trauma

Dates and times Vary
To enroll: Veterans may ask for a referral by their provider to the Combat PTSD Team.

Each program offers many different groups, including some that are late afternoon, on topics that help Veterans address combat related trauma reactions.

36. Women's Combat Support Group

Mondays 3:30 PM – 5:00 PM
To enroll: Ask your provider to add Dr. Melissa Stewart-Buret as cosigner.
VA Video Connect

A group for women Veterans with combat-related stressors to
1) Give and receive support 2) Proactively cope with stress and transition back to the civilian world.

Posttraumatic Stress Resources (continued)

37. Combat Medics Group

Tuesdays 11:00 - 12:00 PM
To enroll: Contact Dr. Larry Albers
at ext. 1-2150
VA Video Connect

A support group for all military
medical personnel.

38. Tai Chi for Combat Veterans with PTSD

Thursdays 9:00-10:00 AM
To enroll: request consult from any
provider.

For Veterans currently in treatment
in the Combat PTSD Program in
Mental Health **only**.

Virtual Resources for Posttraumatic Stress



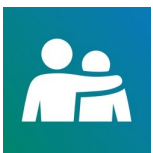
[PTSD Coach](https://www.ptsd.va.gov/appvid/mobile/ptsdcoach_app.asp)

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



[AIMS for Anger Management](https://www.ptsd.va.gov/appvid/mobile/aims_app.asp)

https://www.ptsd.va.gov/appvid/mobile/aims_app.asp



[PTSD Family Coach](https://www.ptsd.va.gov/appvid/mobile/familycoach_app.asp)

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



[Beyond MST](https://www.ptsd.va.gov/appvid/mobile/beyondMST.asp)

<https://www.ptsd.va.gov/appvid/mobile/beyondMST.asp>



39. 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

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

40. Harm Reduction Group

Mondays 9:00-10:00 AM

To enroll: Call Cari Sylvia
(562) 844-7483
Bldg 164 Rm 228

Thursdays 10:00 – 11:00 am

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

For Veterans who want to learn
skills to reduce or quit drinking or
other substance use with the
support of a Veteran peer.

41. Wellness Recovery Action Planning (WRAP)

Friday 11:00 AM -12:00 PM
To enroll: Call Cari Sylvia
(562) 844-7483
Location: Bldg 164 Rm 228

WRAP is an evidence-based,
personalized wellness and recovery
system that is grounded in
principles of self-determination.
Group Members will develop and
write a daily plan with strategies,
resources, and supports to
manage health and stay on track
with personal wellness goals.

42. Alcoholics Anonymous

Tuesdays, 7:30pm
To enroll: Call Substance Use
Treatment Program (SATP)
(562) 826-8000 ext. 1-5610

For Veterans and community
members. No referral or
appointment needed.



43. Narcotics Anonymous

Thursdays, 7:30pm
To enroll: Call Substance Use
Treatment Program (SATP)
(562) 826-8000 ext. 1-5610

For Veterans and community
members. No referral or
appointment needed.

44. Attitude Adjustment and Patients in Recovery

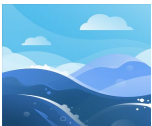
To enroll: Call Substance Use Treatment Program (SATP)
(562) 826-8000 ext. 1-5610

45. Buprenorphine Group

Tuesdays, 2:00 - 3:00 PM and
Thursdays, 5:00 - 6:00 PM
To enroll: call Theodore
Jones/Emma Martin RN ext. 1-4881

All patients on Suboxone
maintenance.

Free Self-Help Resources for Substance Use



[VetChange:](https://www.ptsd.va.gov/appvid/mobile/VetChange_app.asp)

https://www.ptsd.va.gov/appvid/mobile/VetChange_app.asp

Veterans Health Library: <https://www.veteranshealthlibrary.va.gov>

National Institute on Alcohol Abuse and Alcoholism (NIAAA):

<https://www.niaaa.nih.gov/alcohol-health>

VHA National Center for PTSD

https://www.ptsd.va.gov/understand/related/problem_alcohol_use.asp



46. Women Owning Wellness

Tuesdays 1:00-2:30 PM
12-week program
Building 166, Room F235

To enroll: Ask your provider to place a "PM&R Kinesiotherapy Women Owning Wellness Consult"
For more information, please call Gladys Yu at 562-966-2875

Improve your physical & mental well-being in an all-Female group class, learning via group discussions, Tai-Chi, Physical Activity, & Mindfulness.

Women's Mental Health Clinic

47. The Women's Mental Health Clinic (WMHC) offers gender-specific, sensitive care to Veterans. Individual and group services available. Get connected through the Urgent Mental Health Clinic or with a consult from a provider or prescriber.

Groups Include:

- Healthy Relationships
- Happiness & HOPE
- Managing Emotions
- Trauma Skills
- Race & Resilience
- Walking Group
- Pursuing Happiness
- WoVeN in VA
- Resilience Under the Rainbow LGBTQ+
- Cognitive Behavioral Coping Skills Group for Substance Use Disorder (CSG-SUD).



Inner City Law Center is legal partners with the **Women's Mental Health Clinic** and can provide additional services: <https://innercitylaw.org/>

Intimate Partner Violence (IPV) Assistance Program



Be Safe

48. Strength at Home

Dates/times vary, 12-weeks

To enroll: contact Danielle Daniels
562-632-2620

VA Video Connect

Designed to help male Veterans and service members of any conflict era improve their anger management skills and prevent arguments and conflict in intimate relationships.

For more information about IPV:

Visit <https://www.longbeach.va.gov/services/ipvap.asp>

Call IPVAP Coordinator: Danielle Daniels, MPA, LCSW, (562) 632-2620

National and Local IPV Resources

National Domestic Violence Hotline 1-800-799-SAFE (7233)

24/7 confidential support, local referrals, safety planning, housing options, & legal resources.

National Sexual Assault Hotline 1-800-656-HOPE (4673)

National Center for PTSD 802-296-6300 <https://www.ptsd.va.gov/>

VA Mental Health 800-273-8255 <https://www.mentalhealth.va.gov/>

Women's Health 855-VA-WOMEN <https://www.womenshealth.va.gov/>

LA County Domestic Violence Hotline 1-800-978-3600

LA County Human Services Hotline Dial "211" (24/7, bilingual)

Women's Shelter of Long Beach Hotline: 1-562-437-HOME (4663)



Resources are for Caregivers enrolled in the Caregiver Support Program

49. REACH VA Individual Coaching Program for Caregivers of Veteran Loved ones with ALS, Dementia, MS, PTSD, SCID for All Eras

Dates & times vary
60-minute coaching sessions
For more information or to enroll:
Contact Kristy Kleiman
562-583-5558

Resources for **Enhancing All Caregivers Health**. Individual coaching for Caregiver such as problem solving, self-care, stress management, and positive thinking.

50. Caregiver Health and Well-Being Coaching

Dates & times vary
90-minute individual coaching for
For more information or to enroll:
Contact Kristy Kleiman 562-583-5558

Implement a plan to enhance your overall physical, emotional, and mental health using the Circle of Health.

51. Mindfulness Group

Wednesdays 10:30-11:00 AM
For more information or to enroll:
Erin McCuan 562-837-5338
Virtual

Drop-in group that promotes Caregiver well-being through mindfulness, breathing, and self-care strategies for everyday life.

52. Caregivers FIRST

Dates & times vary
For more information or to enroll:
Contact Kristy Kleiman 562-583-5558

A 4-session, 90-minute structured support group covering VA Resources and Support available, self-care, support seeking skills and strategies for Caregiving.



53. Tibor Rubin VAMC LGBTQ+ Veterans Care Coordinator

Megan Mortensen, LCSW

562-305-5053

Megan.Mortensen@va.gov

54. Resilience Under the Rainbow

Wednesdays 1:00-2:30

Ask your provider to tag Kayla Costello, Ph.D. on note where referral is discussed and message via Teams or email.

A 12-week group for LGBTQ+ women identifying Veterans to support feeling good, coping with negative messages, and forming a positive community.

VA National Healthcare Resources

[VHA LGBTQ+ Health Program - Patient Care Services \(va.gov\)](https://www.patientcare.va.gov/LGBT/index.asp)

<https://www.patientcare.va.gov/LGBT/index.asp>

VA National Mental Health Care Resources

[LGBTQ+ Veterans: Veteran Resources - Mental Health \(va.gov\)](https://www.mentalhealth.va.gov/lgbtq-plus/resources.asp)

<https://www.mentalhealth.va.gov/lgbtq-plus/resources.asp>

Peer Support and Social Group Resources

55. Group Coffee Talk

Tuesdays 09:00 – 10:00 AM
To enroll: contact Marilse Palma
Marilse.Palma@va.gov
562-335-8983
VA Video Connect

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

56. Women's Book Club

3rd Tuesday at 2:00 PM
To enroll: contact
Jeanine.McGuinness@VA.gov or
562-355-5445

For Veterans to connect and share some inspiring stories. Fun, friendship & refreshments included. Books provided.

57. Sports Talk

Tuesdays 11:00 AM – 12:00 PM
To enroll:
Marilse Palma 562-335-8983
Ivan Leo 562-681-2951
VA Video Connect
In-Person P.I.E.R. Center Bldg. 136

Let's talk everything sports, share personal experience and connect with other Veteran through your favorite team or sport. Whether your team is winning or losing.

Veterans Social Connection

58. Veterans Social Connection

4th Friday of the month 8:30-10:30
Canteen Patio Bldg 165

Come socialize with fellow Veterans at the VA Long Beach Canteen Patio! Proudly sponsored by the Veterans Connection Committee.



59. Story Corps

Tuesdays 13:30-15:30

To enroll: contact Amber Espinoza at 562-826-8000 ext. 1-3210 **or** ask your provider to place a consult for "Story Corps-VCAW" Virtual Group

Virtually share stories (writing, photography, video, etc.) with fellow Veterans. Requires a computer with WiFi.

60. Operation Art

Thursdays 10:00-12:00

To enroll: contact Amber Espinoza at 562-826-8000 ext. 1-3210 **or** ask your provider to place a consult for "Operation Art-Virtual" Virtual Group

Virtually explore your creative side through using different art media. Examine process and artwork to gain insight.

61. Veterans Digital Photography Program

Wednesdays and Fridays 3:00 PM

To enroll: contact Linda Hicks, hickslin@yahoo.com Virtual

For all Long Beach Veterans interested in Photography. Presentations and workshops "Seeing the World Creatively".

62. Women Veterans Mobile Phone Photography Club

Tuesdays and Wednesdays 10:00 AM

To sign up contact Terry Soliz at womenveteransphotoclub@gmail.com Virtual

"Good photographers can take beautiful images. A great photographer can tell a story with an image."

63. Drum Circle

Fridays 11:00 AM – 12:00 PM

In-person, Patriot Park

Open to all Veterans to drop-in for percussion & drums.





64. Woodworking

Monday-Friday 8:00 AM-12:00 PM,
1:00 - 3:00 PM

To enroll: Ask for consult to "Voc
Rehab Therapeutic Services"

For more information, please call
Jose Coronado 562-826-5588

Learn basic woodworking skills in a
therapeutic group setting.
Availability of dates and times may
vary.

65. Garden

Monday-Friday 8:00 AM - 12:00 PM

To enroll: Ask for consult to "Voc
Rehab Therapeutic Services"

For more information, please call
Scot Moon 562-826-8000, ext. 1-3166.

Learn gardening skills and
knowledge while helping to
maintain our Patients' Garden in a
therapeutic group setting.

Speech Pathology



Be Involved In Your Health Care

66. Stroke Support Group

Wednesdays 10:00-11:00 AM

To enroll: Ask provider for Speech
Pathology consult. For more info

call 562-826-8000 ext. 1-3280

VA Video Connect

Weekly support group for Veterans
recovering from stroke.

67. Lee Silverman Voice Treatment Maintenance Group

Held monthly, time/dates vary.

Ask your provider for a referral to
Speech Pathology. For more info:

Call (562) 826-5415

VA Video Connect

A monthly maintenance group for
those who have completed the
LSVT LOUD Program.



68. Virtual Cognitive Education Class for Aging Veterans

Select Mondays, 1:00-3:00 PM
3-part series for aging Veterans.

To enroll: Contact Geta Cojucar
at (562) 826-8000 ext. 1-4370 or
1-4550

Learn ways to improve memory, concentration, and organizational abilities. Learn how to keep your brain healthy as you age and reduce risk factors for cognitive impairment.

69. Virtual Dementia Education Group Class

Select Mondays from
10:30 –12:30 PM,
4-part series for dementia
caregivers

To enroll: Contact Jannis Lorenz,
LVN at (562) 826-8000 ext.1-3914

Educational series led by geriatrician, psychologist, social worker, and nurse. Topics include the medical care of dementia, hygiene, safety tips, behavioral management, communication, caregiver burden, resource utilization, and future planning.

70. Virtual Dementia Support Group

Fridays Bi-monthly
1:00 - 2:00 PM

To enroll contact Andrea Dawkins,
LCSW at (562) 826-8000 ext. 15735
Cisco Webex Video Platform

Caring for a loved one with dementia can be a lonely and painful process. This is a safe place for caregivers to support each other and learn more about resources and interventions.

71. Parkinson's Disease Support Group

Every other Friday 1:00-2:30
To enroll: Dr. Megan Gomez, Staff
Psychologist 562-706-0740
VA Video Connect

For Veterans w/ Parkinson's and family caregivers. Learn about the invisible symptoms of Parkinson's: sleep problems, pain, fatigue, sexual changes, cognitive changes, depression, anxiety, apathy, and more. Connect with other Veterans and families.

Additional Resources

College Support Resources

72. College Connection Study Skills Workshop

To enroll: Ask your provider for a referral to Speech Pathology for College Connection.
Call (562) 826-8000 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

Veteran Community Resources (non-VA)

Although outside of the VA, these organizations offer services to Veterans and their families and sometimes partner with the VA.

Veterans Voice Council



To become a member: text 714-388-8233 **or**
Call Volunteer Services at (562) 826-8000 ext. 1-5715
www.vvclb.org

A voice for all Veterans. Become a member. We partner with PVA, Community Living Center, P.I.E.R., Suicide Prevention and VA Patient Care.

Veterans Administration Long Beach Amateur Radio Club (VALBARC)

Contact Bill Bradley at wd6fon@arrl.net
562-308-6843

Andrew Variano at drew144k@yahoo.com
562-230-3143

Ham Radio for fun and for emergencies! For Veterans, Veteran families, VA employees and VA volunteers who want to reach out to others on the airwaves and use their learned radio skills to help others in emergencies.

Additional Resources

Veteran Community Resources (non-VA)

Although outside of the VA, these organizations offer services to Veterans and their families and sometimes partner with the VA.



US VET CONNECT Veterans Outdoors Resource Hub:

Over 190 Unique Veterans Organizations Providing Hundreds of Outdoor Adventures.

www.usvetconnect.com



Strong Families, Strong Children supports Orange County veteran and military children and families.

<https://ocstrongfamilies.org/>



The Orange County Veterans & Military Families Collaborative

connects Veterans, active duty, reserves, and military family members to quality resources within Orange County.

<https://www.ocvmfc.info/>



Legal Aid Foundation of Los Angeles seeks to achieve equal justice for people living in poverty across Greater LA through direct representation, systems change, and community education.

<https://lafla.org/>



Inner City Law Center fights for housing and justice for low-income tenants, working-poor families, immigrants, people who are disabled or living with HIV/AIDS, and homeless Veterans.

Legal partners with the **Women's Mental Health Clinic**

<https://innercitylaw.org/>



Stateside Legal provides resources to understand and protect rights for people with military experience. www.statesidelegal.org

Important Phone Numbers



<https://www.veteranscrisisline.net/>



<https://www.va.gov/homeless/>

877-252-4866 Nurse Advice Hotline (Available **24/7**)

**562-826-8000 or
888-769-8687** Tibor Rubin VA Medical Center
Press **0** for operator

Ext. 1-2304 Urgent Mental Health Clinic
Location: Bldg. 2, Room N159
Walk-in 7:00 AM - 5:00 PM Monday- Friday

Ext. 1-5151 Primary Care (appointments)

Ext. 1-5503 Pharmacy

714-434-4600 Santa Ana Community Based Outpatient Clinic
(CBOC)

714-223-6000 Placentia 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-MyVA411 (800-698-2411) is the one number to reach VA

1-800-827-1000 Benefits Questions, such as GI Bill, Claim Status or
Disability Benefits



Visit <https://www.ebenefits.va.gov/>
