



Women-Only Therapy Groups

These groups are available exclusively to women Veterans. At this time, all groups are offered virtually unless otherwise noted. Please contact your mental health provider to discuss participating.

If you have questions about these groups or ideas for other group topics, please contact the Women's Mental Health Champion, Dr. Katie Rider Munday, at: 843-770-0444, ext 302235.

The Women's Mental Health Champion can also be reached through My HealtheVet by sending a secure message to Women Mental Health Champion.

Women's Stress Management Group

Thursdays 1:00 pm - 2:00 pm

Who: All women Veterans are welcome.

This 9-week group includes a mix of skills-building and discussion. This group is focused on improving stress management techniques and connecting with other women.

Women's Health and Healing After Trauma Group

Thursdays 1:00 pm - 2:00 pm

Who: Any women Veteran with a history of sexual trauma.

This 15-week group is designed to enhance trauma recovery skills with an emphasis on overall health and wellbeing. Topics addressed include managing emotions, physical health, relationship and intimacy issues, boundary setting, and body image.

Women's Chronic Pain Management Group

Mondays 1:00 pm - 2:00 pm

Who: Any women Veteran struggling with chronic pain.

This 10-week group focuses on equipping women Veterans with strategies to improve their pain management using Cognitive Behavioral Therapy for Chronic Pain techniques. Pain management issues specific to women will be addressed, including the impact of hormones on chronic pain, care-giving with chronic pain, body image issues, and navigating gender treatment disparities.

Sexual Health and Empowerment Group

Wednesdays 11:00 pm - 12:00 pm

Who: All women Veterans are welcome.

This 8-week group is designed to assist women Veterans with developing or enhancing their ability to experience sexual independence, connection, safety, pleasure, and assertiveness. Topics addressed include factors that impact sexuality, developing

a healthy mindset about sex and intimacy, sexual rights and boundaries, increasing safety with sex and intimacy, assertive communication, and coping with difficult feelings and automatic reactions.

Beyond Trauma

Wednesdays 1:00 pm - 2:00 pm

Who: Any women Veteran who is seen at the Savannah CBOC.

This group is offered in-person only.

This group is designed to assist women Veterans with building trauma recovery skills and achieving a meaningful life after trauma.

Women's Whole Health Group

Mondays 3:00 pm - 4:00 pm

Any women Veteran who is seen at the Myrtle Beach CBOC.

This group is offered in-person only.

This support group for women Veterans has a focus on striving for lifelong wellbeing and resilience.

"She served, she deserves the best care anywhere."

Women Veterans Call Center 1.855.VA.WOMEN

VA



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