Veterans enrolled at VA Puget Sound Health Care System can self-refer to most of the classes listed in this brochure, except where noted.

For information about copays, please call the VA Billing Department at 1-800-329-8387 ext. 76299
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What’s your health age?

Visit My HealtheVet and take the HealtheLiving Assessment today!
www.myhealth.va.gov

Your MyHealtheVet Coordinators:
Kazumi Cornell & Mitch Gaikowski
(206) 277-6709
VA ORIENTATION PROGRAMS

POST 9/11 ERA VETERAN ORIENTATION BRIEFING – AMLK
This presentation is for recently separated Veterans. Topics include VA structure, navigating the health care system, service connection, and vocational/employment programs. Orientation is held every Wednesday 1:00pm-3:00pm and Friday 10:00am-12:00pm at American Lake, Bldg 81, 3rd Floor (check in with the Gold Team). Childcare is available on-site. At this time, we are unable to accommodate walk-ins, so please contact (253) 583-1165 to make an appointment or receive this information if you will not be able to attend.

HOME TELEHEALTH

The Home Telehealth program helps you learn to better manage your health through daily questions and health tips in the comfort of your own home. Registered Nurse Care Coordinators routinely monitor the information that you are sending in and call you to talk about your symptoms and progress. There is no charge for Home Telehealth services.

Home Telehealth is currently able to serve Veterans with the following conditions:
- Anxiety
- Bipolar Disorder
- Congestive Heart Failure (CHF)
- Coronary Artery Disease (CAD)
- Chronic Kidney Disease (CKD)
- Chronic Obstructive Pulmonary Disease (COPD)
- Depression
- Diabetes (DM)
- Hypertension (HTN)
- Posttraumatic Stress Disorder (PTSD)
- Schizophrenia
- Tobacco Cessation
- Weight Loss (TeleMOVE)

Contact Rebecca Cutler, BSN, RN: (206) 303-0958
NUTRITION & HEALTHY EATING

HEALTHY EATING CLASS – SEATTLE
One-time class meets the 3rd Thursday of the month, 10:30am-12:00pm.
Contact Ashley Paschke, MS, RD, CDE: (206) 277-4142

HEART HEARTY NUTRITION CLASS – MT VERNON
Meets the 2nd and 4th Tuesdays at 9:00am.
Contact Mount Vernon Clinic: (360) 848-8500

MOVE! PROGRAM – AMLK, BELLEVUE, FEDERAL WAY, MT VERNON, PORT ANGELES, SEATTLE, SILVERDALE, & FROM YOUR HOME (TELEHEALTH)
A self-management weight loss program for Veterans that encourages healthy lifestyle changes through goals YOU set. This is not a diet or an exercise program. You may choose among weekly and quarterly support groups held in person, one-on-one support from a Registered Dietitian, telephone support, and/or printed resources.
Contact the MOVE! Office: (253) 583-3183 or check out the MOVE! Website at www.move.va.gov/
PHYSICAL ACTIVITY & EXERCISE

GEROFIT PROGRAM – AMLK
Gerofit is a supervised exercise program for Veterans 65 years and older. The program includes an individual physical fitness assessment, a personalized exercise prescription, group classes, and Veteran comradery. Gerofit exercise sessions are held Monday and Wednesday mornings, 8:15am to 10:30am at the American Lake exercise hall (Building 62). Request a Gerofit consult from your Primary Care Provider. Contact Alan Wesley, Program Manager at (206) 764-2723

TAI CHI (NON-SKILLED) – AMLK
This class meets in the Building 62 Gym. Requires Recreation Therapy Gym Consult from your primary care provider to participate. Meets on Tuesdays, 10:15am-11:15am and Wednesdays, 2:30pm-3:30pm. Contact Susan Gustafson, RT: (253) 582-8440 Ext 76571

TAI CHI INSPIRED MINDFUL MOVEMENT – SEATTLE
This is an adapted Tai Chi program for different levels of mobility including those who use a cane or walker. The movements are performed standing and are broken down into basic moves that are easy to learn and use in daily life. Tai Chi can build strength, balance, coordination, mental focus and improve posture. There is an initial meeting to check balance, strength and goal setting prior to group enrollment. Sessions are twice weekly on Mondays and Wednesdays 1:00pm-2:00pm for 8 weeks in the Seattle Rehabilitation Care Services Gym, multipurpose room. A consult from the PCP to Outpatient Occupational Therapy is required. Contact Ruby Farinas, OTR/L; certified instructor, Tai Chi Fundamentals, adapted program: (206) 764-2202
YOU’RE IN THIS FOR THE LONG HAUL—AND WE ARE, TOO.

Getting help can boost your chances of quitting tobacco for good. Sign up for SmokefreeVET Text* and get supportive text messages when you need them most. Text VET to 47848 or go to smokefree.gov/vet.

*Standard text messaging rates apply.
HOME TELEHEALTH FOR TOBACCO CESSATION
The Home Telehealth Program helps to support you while you quit using tobacco through daily questions and health tips in the comfort of your own home. Registered Nurse Care Coordinators routinely monitor the information that you are sending in and call you to talk about your symptoms and progress. There is no charge for Home Telehealth services. Contact Rebecca Cutler, BSN, RN: (206) 303-0958

QUIT SMOKING GROUP – AMLK
Wednesdays, 1:00pm-2:00pm.
Contact Emily DiNatale, PhD: (253) 583-3284

QUIT SMOKING GROUP – SEATTLE
Walk-in group on Thursdays, 3:00pm-4:00pm in the Seattle VA Primary Care Clinic.
Contact Jennifer Salmon, RN: (206) 277-1343
SLEEP IMPROVEMENT

CPAP DESENSITIZATION – AMLK
This 1-time class provides Veterans with information about sleep apnea and helps them become more comfortable with their CPAP machines. The group meets the first Monday of every month from 10:00am-11:30am. Contact: Joshua Breitstein, PsyD: (253) 583-2571

CPAP DESENSITIZATION – SEATTLE
This is a 1-session class, with the option of 3 follow-up sessions. The goal of the class is to help Veterans with sleep apnea become more comfortable with their CPAP machines. The class covers the basics of sleep apnea, CPAP use, and guides Veterans to develop an individualized plan to gradually increase daily CPAP use. The group meets Tuesdays every other month from 10:00am-11:15am. Contact Nicola De Paul, PhD: (206) 277-3635

ORIENTATION TO INSOMNIA TREATMENT – MT VERNON
This is a one session overview of treatment options for chronic insomnia. You will learn about what causes and maintains chronic insomnia as well as some simple, non-medication methods for improving sleep. Meets the 1st and 3rd Thursdays of each month, 1:30pm-2:30pm. The group leader is Dr. Nathan Frise. Please contact the clinic to schedule appointment at (360) 419-3677. Drop-ins welcome (see clerk day-of the class in order to be scheduled).

SLEEP IMPROVEMENT GROUP – AMLK
Meets the 2nd Monday of the month, 10:00am-11:30pm.
Contact Joshua Breitstein, PsyD: (253) 583-2571

SLEEP IMPROVEMENT GROUP – SEATTLE
Meets either Tuesdays, 10:00am-11:15am, or on Fridays, 1:00pm-2:15pm. It alternates each month and meets for 4 sessions. Contact Craig Santerre, PhD: (206) 768-5474
STROKE, MEMORY SKILLS & DEMENTIA EDUCATION

LIVING WITH STROKE: A SUPPORT GROUP FOR STROKE SURVIVORS – AMLK
2nd and 4th Wednesdays of the month, 10:00am-11:00am.
Derek Anderson, PhD: (253) 583-1896

MEMORY SKILLS GROUP FOR OLDER VETERANS WITH PTSD – AMLK & SEATTLE
Learn about how PTSD symptoms can interact with normal aging to cause memory problems and attentional glitches. You’ll learn tools and strategies to help you maximize your thinking ability. The class meets for 8 weeks, each session is 1 hour. Groups are run 1-2 times per year. Please call the numbers below to learn more, if you are age 50+ and interested in participating.

American Lake Contact Julie Moorer, RN: (253) 583-2008
Seattle Contact Emily Trittschuh, PhD: (206) 277-6283

EDUCATION PROGRAM FOR PEOPLE WITH EARLY DEMENTIA AND THEIR CAREGIVERS – AMLK
Education and support for Veterans affected by dementia and their caregivers. Meets the 1st & 3rd Tuesday at noon; American Lake VA, Community Living Center. Please call ahead to schedule an initial meeting with the facilitator before starting the group.
Contact Doug Lane, PhD, ABPP: (253) 583-2015

VA STROKE EDUCATION SERIES – AMLK & SEATTLE
An educational series for stroke survivors, their families and caregivers offered at the Seattle and American Lake. Topics include most information needed after stroke and recovery, meet the VA Stroke Rehabilitation Specialty team, other stroke survivors and caregivers and learn about VA resources for stroke survivors. Meets every other week for 8 sessions given twice a year in January and July.

American Lake Contact Patrick Crisostomo, LPN: (253) 583-1869
Seattle Contact Ivelis Pena, RN: (206) 277-1371
DIABETES EDUCATION & SUPPORT

DIABETES CONVERSATION MAPS – SEATTLE
Wednesdays, 2:00pm-4:00pm for 3 weeks.
Contact: (206) 277-4269 or (206) 764-2495

DIABETES EDUCATION PROGRAM – AMLK
Half day class, held once a month, 8:00am-12:00pm. Contact: (253) 583-3373 or (800) 329-VETS Ext 73373

LIVING WELL WITH DIABETES GROUP – MT VERNON
Monthly class of 4 sessions. Begins first Wednesday of the month, 2:00pm-3:00pm. Make appointment or walk in. We encourage bringing a supportive family member!
Contact Mount Vernon Clinic: (360) 848-8500

NUTRITION AND DIABETES GROUP – MT VERNON & SILVERDALE
Mount Vernon Meets the 1st and 3rd Tuesdays at 9:00am.
Contact the Mount Vernon Clinic: (360) 848-8500

Silverdale Meets every other Wednesday at 9:00am.
Contact the Silverdale Clinic: (360) 307-6920
Do you have High Blood Pressure and...

✓ Are you overweight? Or...
✓ Do you smoke? Or...
✓ Do you have high cholesterol?

Do you want help from a Veteran health coach in your home?

Veterans up to age 75 may be eligible for the study: Veteran Peer Coaches Optimizing and Advancing Cardiac Health (‘Vet-COACH’)

If you are interested, please call Jennifer Williams at 206-277-4171
PAIN MANAGEMENT

CHRONIC PAIN CLASS – SILVERDALE
This 6-week class encourages Veterans to adopt an active problem solving approach in coping with mild to moderate functional impairment associated with chronic pain. Contact Grant Shulman, PhD: (360) 307-6920

CHRONIC PAIN MANAGEMENT – AMLK
Meets Mondays from 3:00pm-4:00pm. This class focuses on helping people understand the connection between their body and emotions, and how thoughts, feelings, and behavior affect the way we manage pain. We also emphasize helping individuals to explore ways to continue to live important values despite limitations imposed by chronic pain disorders. Contact Jason Katzenbach, PhD: (253) 583-3172

CHRONIC PAIN SKILLS – AMLK & SEATTLE
The Chronic Pain Skills program offers classes for Veterans with pain. We offer three kinds of classes: 1) hypnosis, 2) mindfulness meditation, and 3) pain education and self-management. Each of these types of interventions has been shown to be helpful for pain management. Classes meet once per week for 8 weeks and begin three times per year (February, June, and October). Each type of class is available at Am Lake and Seattle. Contact the SKILLS group coordinator Carrie Kincaid at (206) 277-3959 or Dr. Williams (206) 277-6290 for schedule details or to be screened for enrollment.

MINDFULNESS-BASED STRESS REDUCTION – AMLK & SEATTLE
This group teaches methods to work with stress, pain and depression. Held once a week, 9:30am-12:00pm for 8 weeks. This group is a standardized, evidence-based approach to teaching mindfulness meditation. The course follows closely the curriculum originally developed at the University of Massachusetts. Clinical trials show benefits of MBSR for chronic pain, PTSD, IBS, fatigue, depression and self-reported attention/memory lapses. Contact Kim Gustas: (206) 277-1721

WHOLE HEALTH FOR CHRONIC PAIN CLASS – SEATTLE
This is a weekly class focusing on mind-body-spirit health. The class uses mindfulness and goal-setting to support making healthy changes and to learn self-care skills for chronic pain. Class meets Mondays, 11:00am-12:00pm in the Primary Care Group Room. Available to Veterans enrolled in VA Primary Care. Contact Kelly Caver, PhD: (206) 277-4267
WOMEN’S PAIN & HEALTH SELF-MANAGEMENT GROUP – SEATTLE
For women with chronic pain and other chronic conditions.
Mondays, 1:00pm-2:30pm for 10 weeks.
Contact Mary Jean Mariano, PhD: (206) 277-3027

WOMEN’S WELLNESS

BRIEF WARRIOR RENEW FOR MILITARY SEXUAL TRAUMA (MST) – AMLK
This is an 8-week structured class meeting on Wednesdays from 9:00am-11:00am. It addresses the most common issues related to MST. Please pick up an application at the front desk of the Women’s Health Clinic. You can sign up now for the upcoming summer class. Contact Lori Katz, PhD: (253) 583-3714

CANCER SUPPORT GROUP FOR WOMEN – SEATTLE
Fourth Tuesdays of the month, 11:00am-12:00pm. Contact Mary Jean Mariano, PhD: (206) 277-3027
COPING SKILLS GROUP (STRESS MANAGEMENT) – AMLK
Class meets every Monday, 10:00am-11:00am and covers skills for coping with emotions, improving relationships, and practicing good self-care. A new coping skill is presented at every class. Walk-ins are welcome. Contact Lori Katz, PhD: (253) 583-3714

GRIEF AND LOSS GROUP FOR WOMEN VETERANS – AMLK
This 8-week group offers the opportunity to identify and honor losses, understand and experience the grieving process, and begin to heal and live more fully. Contact Chaplain Linda Conyers, BCC: (206) 277-3753

INTEGRATIVE RESTORATION GUIDED MEDITATION (IRest) – AMLK
This class assists with body awareness, emotional tolerance, and deep relaxation. We will provide mats and blankets. Class meets on Thursdays from 8:30am-9:30am. Walk-ins are welcome, no appointment is needed. Contact Lori Katz, PhD: (253) 583-3714 or Mary Graddon, OT (253) 583-1852

MENOPAUSE 101 – SEATTLE
This is a shared appointment for women Veterans who want to learn about and share experiences. We will come together to discuss menopause, hot flashes and sweats, sexual health, sleep, mood, and weight. Contact Mary Jean Mariano, PhD: (206) 277-3027

SPIRITUALITY GROUP FOR WOMEN VETERANS – AMLK
Spirituality is the pathway through which we explore our deepest beliefs, discover ourselves, and search for meaning and purpose in life. When we intentionally explore and practice our spirituality, we open ourselves up to feel more connected to others, have a stronger sense of ourselves, and develop deeper compassion for all. This group is offered as a safe and supportive place to explore and nurture your own spirituality, and learn how spiritual practice can help in recovery. Please contact your care coordinator for a referral. Contact Chaplain Linda Conyers, BCC: (206) 277-3753

WOMEN’S PAIN & HEALTH SELF-MANAGEMENT GROUP – SEATTLE
For women with chronic pain and other chronic conditions. Meets on Mondays, 1:00pm-2:30pm for 10 weeks. Contact Mary Jean Mariano, PhD: (206) 277-3027
LGBT+ EDUCATION & SUPPORT

GAY MEN’S SOCIAL HOUR – SEATTLE
Meets every Wednesday at 1:00pm. Contact Katy McDermott: (206) 277-3233

LGBT+ VETERANS GROUP – AMLK
A confidential, therapeutic, and affirming space for Veterans to process their experiences and build community resilience with other LGBT+ Veterans. Group topics include: coming out, identity development, minority stress, coping and resilience, sexual health, navigating relationships, mental wellness, and LGBT+ healthcare at VA Puget Sound. For more information, contact Emily DiNatale, PhD: (253) 583-3284

PSYCHOTHERAPY GROUP FOR TRANSGENDER & GENDER NON-CONFORMING VETERANS – SEATTLE
This group helps Veterans work on health behavior and other goals that help them function better in their lives. It also focuses on stress related to being transgender through connection with other transgender Veterans, acceptance, and learning reliable health information. Participants must be referred by a mental health provider and have completed some initial steps in addressing their transgender identity. This is not a drop-in support group. Contact Mary Jean Mariano, PhD: (206) 277-3027

SUPPORT GROUP OF LGBTQ+ VETERANS – SEATTLE
Meets the 2nd and 4th Mondays of the month at 3:00pm.
Contact Kyle Czeh at (206) 277-5033 or Ian Pocock at (206) 277-1925

TRANSGENDER VETERANS SUPPORT GROUP – AMLK
Meets the 1st Tuesdays of the month, 12:30pm-1:30pm.
Contact Eric Clausell, PhD: (253) 583-2840
HEALTH EDUCATION & SUPPORT

ALS SUPPORT GROUP – AMLK, SEATTLE & PHONE-IN OPTION
1st Wednesdays of the month, 11:00am-12:00pm (Seattle – Building 100, Room 1D-103; American Lake – Building 3 room 208; Phone: 1-800-767-1750, enter PIN: 57987#). Contact Jenny Bambara, PhD: (206) 277-4264 or Derek Anderson, PhD: (253) 583-1896

AMPUTEE SUPPORT GROUP – AMLK & SEATTLE
1st and 3rd Mondays of the month, 11:00am-12:00pm (Seattle – Building 100, Room 1D-103; American Lake – Building 3, Room 208). Contact Jenny Bambara, PhD: (206) 277-4264

HEALTHY AGING PROJECT: BRAIN – SEATTLE & AMERICAN LAKE
Are you interested in keeping your mind sharp? This class provides education and skills to promote a healthy brain as you age. Be ready for active participation and home practice of skills to help you meet your personalized goals. The class meets for 6 weeks, each session is 1.5 hours. The next rounds of this class will start November 6 and February 5 at American Lake. Offered 2-3 times each year at Seattle. If you are age 50+ and interested in participating, for Seattle, please call Alice Verstaen, PhD at (206) 277-5782 or for American Lake, please call Elizabeth Hirschhorn, PhD at (253) 583-1436.

HIV/AIDS SUPPORT & EDUCATION GROUP – SEATTLE
Meets every Monday, 10:00am-11:00am. Meets in South Clinic. Contact Behavioral Medicine Fellow: (206) 716-5803

MEN’S SEXUAL HEALTH – AMLK
Individual sessions available to provide psychoeducational information regarding Men’s Sexual Health. Contact Joshua Breitstein, PsyD: (253) 583-2571
MOVING FREE-LY: FALLS PREVENTION CLASS – SEATTLE
Have you had a recent fall in your home or around town? Do you sometimes feel dizzy, weak, or unsteady on your feet? Would you like to learn more about balance and strength? Discover ways to prevent falls in your home and on the go. This class meets for 6 weeks on Thursdays, 1:00pm-3:00pm. Contact Meg Wojtowicz: (206) 768-5408

MULTIPLE SCLEROSIS SUPPORT GROUP – AMLK, MT VERNON & SEATTLE
3rd Wednesdays of the month, 10:00am-11:00am (Seattle – Building 100, Room 1D-103; American Lake – Building 3, Room 208, Mount Vernon CBOC – Room 254). Contact Jenny Bambara, PhD: (206) 277-4264 or Derek Anderson, PhD: (253) 583-1896

PARKINSON’S SUPPORT GROUP – AMLK
Meets the 2nd Friday of the month, 11:00am-12:30pm (Building 9, Auditorium). Contact Dawn Will, RN: (206) 277-3777

PARKINSON’S SUPPORT GROUP – SEATTLE
Meets the 2nd Friday of the month, 11:00am-12:30pm (Building 1, Room 320). Contact Tracy Broomhead, RN: (206) 277-3234 or Jaci Giard, RN: (206) 768-5330

VETERANS CANCER SUPPORT GROUP – SEATTLE
Meet every Fridays 12:00pm-1:00pm in Building 101, room 1W20. Contact Ana DeVage (206) 764-2624 or Melinda Walker (206) 277-6756

WHAT’S APP DOC? – SEATTLE
This 2-hour workshop aims introduces Veterans to the use of mobile devices, apps, and websites for managing their health, such as coping skills and remembering medications and appointments. There is also a brief overview of MyHealtheVet. The workshop is typically offered once a quarter on a Monday from 10:00am-12:00pm and requires a scheduled appointment. Having a smart phone or tablet is helpful but not required. Contact Mary Jean Mariano, PhD: (206) 277-3027
LONG TERM CARE PLANNING

ABCS OF LONG TERM CARE PLANNING – MT VERNON
2nd and 4th Mondays of the month, 10:00am-12:00pm. Learn about what your VA and community benefits will cover when it comes to long term care. For Veterans assigned to Mount Vernon CBOC and their family/caregivers. Registration is required. Contact Ann Stewart, LICSW: (360) 419-3698

LONG TERM CARE PLANNING GROUP – AMLK
3rd Tuesday of the month, 2:00pm-4:00pm. Registration is required. Contact Nastassiea Horne, MSW: (253) 583-1146

SUPPORTIVE CARE PLANNING: A LONG TERM CARE CONVERSATION – SEATTLE
Supportive living is the single largest out-of-pocket cost for individuals as related to aging and disability. Expect to learn about what your VA or community benefits will cover when it comes to your long term care needs. Offered every 2nd Wednesday from 1:00pm-2:30pm in Building 1, Room 235. Registration is required. Contact Tauna Hanson, LICSW: (206) 277-1077
WHOLE HEALTH CLASSES

What really matters to you? Why do you want or need your health? How do you want to live your life? Whole Health classes help Veterans create a personal health plan to take charge of their health and live their best life.

BELLEVUE
Tuesdays, 10:00am-11:00am
Contact: Renn D. Fowler, PMHNP  (425) 214-1055

FEDERAL WAY
Thursdays, 10:00am-11:00am
Contact: David Reimer, RN  (206) 947-7723

SEATTLE
Wednesdays, 1:00pm-2:00pm
Contact: Jenny Salmon, RN  (206) 277-1343

SILVERDALE
Thursdays, 10:00am-11:00am
Contact: Tammy Todd, LICSW  (360) 307-6920

WHOLE HEALTH FOR CHRONIC PAIN CLASS – SEATTLE
This is a weekly class focusing on mind-body-spirit health. The class uses mindfulness and goal-setting to support making healthy changes and to learn self-care skills for chronic pain. Class meets Mondays, 11:00am-12:00pm in the Primary Care Group Room. Available to Veterans enrolled in VA Primary Care. Contact Kelly Caver, PhD: (206) 277-4267
STRESS MANAGEMENT & EMOTIONAL WELL-BEING

AGING RESILIENTLY – AMLK
This 6-session class teaches skills to handle negative emotions and change unhelpful behaviors while facing new challenges and life transitions associated with aging. The overarching goal of the class is to help Veterans to live life fully and engaged with values while getting older. Classes are held on Tuesdays from 12:30pm-1:30pm. Contact Elizabeth Hirschhorn, PhD: (253) 583-1436.

DEPRESSION MANAGEMENT – MT VERNON
This four-session class is intended for Veterans with mild-to-moderate symptoms of depression, as well as for Veterans experiencing difficulties after a recent life change, e.g., retirement, divorce, separation from the military, moving, death of a loved one. Information covered includes practical, evidence-based coping skills to help reduce symptoms of depression and increase life satisfaction. Meets Wednesdays from 1:00pm-2:00pm. Facilitator: Evelyn Larsen, LICSW. For referral information, please present to the Primary Care Mental Health Integration Same-Day Access Clinic.
DEALING WITH IRRITABILITY – AMLK
This is an 8-session series which meets on Fridays from 1:00pm-2:00pm. Veterans can start at any time. Topics include Mindfulness, Emotion Regulation, and Interpersonal Effectiveness skills. Contact Desiree Fox, PhD: (253) 583-3595

GRIEF GROUP – AMLK
This group helps Veterans struggling with the death of a loved one or other grief issues. Bereavement and personal growth are emphasized. Meets for 8 weeks on Tuesdays from 10:30am-12:00pm. Enrollment by referral from provider.
Contact Chaplain Linda Conyers: (206) 277-3753

GRIEF & LOSS GROUP – SEATTLE
This is an 8-week cohort group for Veterans focused on grief and loss. Meets in Building 101. Enrollment by referral from provider.
Contact Carrie Littauer, Chaplain Fellow: (206) 277-3964

THE JOURNEY HOME & HERO’S JOURNEY – SEATTLE
The Journey Home is a 4-week class that reviews common issues in adjusting to civilian life after military service. The return home is a cultural transition with expected challenges. The Hero’s Journey is a longer, 12-session class, using the steps of the “hero’s journey” as described by, Joseph Campbell, author of The Hero with a Thousand Faces. We use stories and movies to help veterans identify ways that they can be of continued service as veteran-civilians bringing back valuable skills and knowledge to society. Whether you are just out of the service, or have been out for years—the journey home can be a long road and the hero’s journey can provide a road map for the steps that lie ahead. Meets for either four or twelve weekly sessions, Mondays, 3:00pm–5:30pm.
Contact Jenny Salmon, RN: (206) 277-1343

iREST MEDITATION CLASS – SEATTLE
Two 4-session modules teaching iRest®, a guided meditation that is often deeply relaxing and can assist with body awareness and emotional tolerance. People who practice iRest meditation report more relaxation, improved mood, improved sleep, and less pain. Classes meet Mondays, 10:00am-11:00am in the Primary Care Group Room. Available to Veterans enrolled in VA Primary Care. Contact Kelly Caver, PhD: (206) 277-4267
LIFE PATHS – AMLK & SILVERDALE
This 4-session class teaches Veterans how to deal with negative emotions, get unstuck from unhelpful patterns of behavior, and develop skills to live more fully and engaged with values. Next class starts February 4th.

American Lake   Classes are held on Tuesdays from 3:00pm-4:30pm.
                Contact Mary-Catherine Kane, PhD: (253) 583-1642

Silverdale      Contact Silverdale Clinic: (360) 306-6920

LOVING-KINDNESS MEDITATION – SEATTLE
This group teaches meditation practices that cultivate the ability to feel kindness and compassion for self and others. This group may be helpful to Veterans who have experienced trauma, as well as Veterans with difficult to treat chronic medical conditions, such as chronic pain.
For questions contact Kim Gustas: (206) 277-1721

To refer a patient, submit a consult to MINDFULNESS BASED STRESS REDUCTION (Under the Seattle Consult Menu) and specify that you are requesting Loving-Kindness Meditation.
MANAGING STRESS AND EMOTIONS – SEATTLE
Helps Veterans learn new ways of responding to uncomfortable emotions in order to improve their ability to cope with life’s difficulties. This 5-week class combines elements of mindfulness, cognitive therapy, and behavioral (exposure) therapy. Participants must join the class at session one and patients already enrolled in MHC or ATC are ineligible. Meets Mondays, 2:00pm–3:00pm. Contact Kelly Caver, PhD: (206) 277-4267 or Nicola De Paul, PhD: (206) 277-3635

MINDFULNESS-BASED STRESS REDUCTION – AMLK & SEATTLE
This group teaches methods to work with stress, pain and depression. Held once a week, 9:30am-12:00pm for 8 weeks. This group is a standardized, evidence-based approach to teaching mindfulness meditation. The course follows closely the curriculum originally developed at the University of Massachusetts. Clinical trials show benefits of MBSR for chronic pain, PTSD, IBS, fatigue, depression and self-reported attention/memory lapses. Contact Kim Gustas: (206) 277-1721

MOVING FORWARD – MT VERNON
This 4-week class teaches effective problem-solving skills, emotion regulation skills and creative strategies for managing challenges of everyday life, including difficulties arising from mental health diagnoses. While designed to help OEF/OIF Veterans adjust to civilian life after returning from deployment, this class is open to any interested Veteran. Class meets on Mondays, 1:30pm-2:30pm. Contact Nathan Frise, PsyD: (360) 419-3677

ORIENTATION TO PTSD & PTSD TREATMENTS – MT VERNON
This is a 1-session overview of Posttraumatic Stress Disorder (PTSD). Topics include symptoms, causes, risk factors, and maintaining factors of PTSD. The class also reviews treatments for PTSD, with an emphasis on treatments proven to reduce or eliminate PTSD symptoms all together. Meets the 2nd and 4th Thursdays of each month, 1:30pm-2:30pm. The group leader is Dr. Nathan Frise. Please contact the clinic to schedule appointment at (360) 419-3677. Drop-ins welcome (see clerk day-of the class in order to be scheduled).
STRESS MANAGEMENT CLASS – LAKE CITY (NORTH SEATTLE)
This 7-week class helps Veterans identify ways to manage life stress. Veterans learn how the body responds to stress, how to engage the relaxation response, how to set realistic goals for change, identify how thoughts affect mood and vice versa, and improve communication patterns to improve relationships. Meets Thursdays, 1:00pm-2:00pm. Contact Diane Greenberg, PhD: (206) 305-1460

NATIVE VETERAN HEALING/ TALKING CIRCLE – AMLK
Native Veteran Healing /Talking -Circle" (All Veterans Welcome**family **friends) held the second and fourth Wednesday each month at the Chapel located at American Lake Hospital Campus. Chapel doors open at 5:30pm gathering starts around 6:00pm. We have been gathering here for the last twenty years to meet with (Native and non-Native) Veterans and family. We have introductions, a brief discussion of issues, storytelling, drumming, singing, cultural sharing, hand drum making Native flute, a potluck meal 8:00pm, ends at 10:00pm. 
(The Talking circle is offered as a gift from the Sweat lodge council). Point of contact: Mike L. (253) 312-5431. Marty Martinez (360) 742-9358.

SWEAT LODGE – AMLK
The Inipi (Sweat Lodge) is a place of purification-new beginnings-healing-direction-pathway-letting go. This Ceremony is provided by Traditional Native Veteran Elders and helpers from the community, helps release the " sickness of being in battle with people and self. "We have your "6". Please view our website at www.vasweatlodge.org.

1st Tuesday of every month (day): Lodge gate opens at 8:30am. Go in time is 12:00pm.

3rd Tuesday of every month (evening): Lodge gate opens at 12:00pm. Go in time is 5:00pm.

For further information, please contact:
RELATIONSHIP SKILLS, FAMILY & CAREGIVER SUPPORT

CANCER CAREGIVER SUPPORT AND EDUCATION GROUP – SEATTLE
Meets every Wednesday, 10:30am – 11:30am in Building 33, Radiation Oncology Conference Room. Contact Ana DeVage, LICSW OSW-C: (206)764-2624 or Melinda Walker, LICSW: (206) 277-6756

COUPLES SKILLS GROUP – SEATTLE
5-session couples group focused on developing skills to improve communication, conflict resolution, and intimacy. Meets Tuesdays, 2:00pm-3:30pm. Contact Keren Lehavot, PhD: (206) 277-1511, or Kori Blitstein, MSW: (206) 277-1186
IHI-FIVES CLASS – AMLK
IHI-FIVES is a 4-session training program for caregivers of Veterans with physical or cognitive impairments. This program is designed to help caregivers learn new skills, practice positive self-care, connect with other caregivers, and navigate VA and other community resources. Contact Jennifer Jaqua, LICSW: (253) 583-1412

INTERPERSONAL SKILLS GROUP – SEATTLE
Two 4-session modules focused on building interpersonal skills including assertiveness, conflict management and resolution, effective expression of emotions, and active listening. Classes held on Tuesdays 4:00pm-5:00pm in the Primary Care Group Room. Contact Kelly Caver, PhD: (206) 277-4267

OPERATION S.A.V.E. GROUP FOR FAMILY AND FRIENDS – SEATTLE
This is an ongoing supportive and educational group for the loved ones of Veterans currently struggling with thoughts of suicide. Educational content is repeated every session, with time allotted for open group discussion and peer support. This group meets 1st and 3rd Wednesdays, 4:00pm-5:15pm. Contact Heather Gebhardt, PhD for more details: (206) 277-6201

POSITIVE PARENTING GROUP – SEATTLE & TELEHEALTH
4-session parenting skills group for parents/caregivers with children under age 12. Participate in person or via video conferencing to the home. Time/day TBD, offered approximately quarterly. Contact Meghan McGinn, PhD: (253) 327-3174

PTSD 101 FOR FAMILY AND FRIENDS – SEATTLE
2-hour educational workshop about PTSD symptoms and treatment, how PTSD impacts relationships, and resources for loved ones. This one-time group is repeated on the 2nd Friday of every month from 10:30am-12:30pm in Building 101 room 2W21. This group is for family and friends of Veterans with PTSD. Contact Sarah Campbell, PhD: (206) 716-5789
Helping You Help a Veteran

When a loved one returns from deployment and has difficulty with the transition to civilian life, it can be a hard adjustment for everyone. Some Veterans are reluctant to reach out for the help they earned and are entitled to receive.

Coaching into Care is a telephone-based program developed by The Department of Veterans Affairs (VA) to help you talk with the Veteran in your life about getting the treatment and support he or she needs. All in complete confidence. And all to get your family back on track.

To learn more, call 1-888-823-7458

www.va.gov/coachingintocare
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