



# VA Portland Health Care System **Veteran Education and Group Directory** Fall 2020

**This document lists education & support programs available to Veterans, their families, & caregivers enrolled in the VA Portland Health Care System.**

*Note: Because of **COVID-19** pandemic not all classes or groups offerings are available.*

*Please contact the clinic or the person listed as the point contact to ensure the class or group is open.*

**This directory is updated by: Veteran Health Education Coordinator  
mail to: [VHAPOR-HealthEducation](mailto:VHAPOR-HealthEducation)**



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**VA**



**U.S. Department of Veterans Affairs**

Veterans Health Administration  
VA Portland Health Care System



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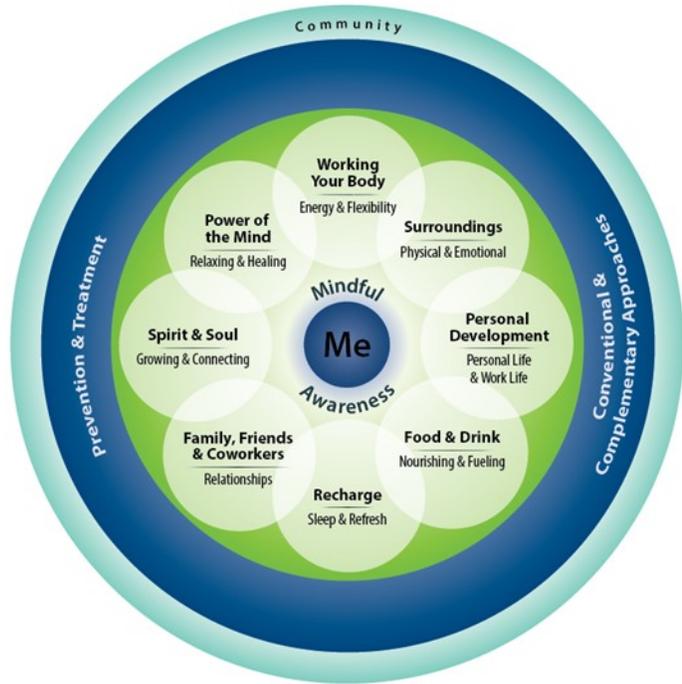
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# I have been hearing about Whole Health . . . what is that?

The Whole Health model is an all-inclusive look at the many areas of life that can affect your health - your work environment, relationships, diet, sleep patterns, beliefs, personal ways of recharging, and what healthy looks like to you. The human body and mind have tremendous healing abilities that we can work to strengthen together.

Get started by having a conversation with your health care provider. Your health team will get to know you as a person and partner with you to develop a personalized health plan based on your values, needs, and goals. Whether your goal is to wake up with less pain, change careers, or simply find a measure of peace, we can help you.



Your VA Portland Whole Health team wants to support you in this journey. This guide has many classes and groups we hope will support you in reaching your goals. Keep an eye out for future events Whole Health will be hosting that are being built to meet identified needs.

[Whole Health care starts here.](#) We want to partner with you in your journey towards health and well-being by focusing on what matters most and changing the conversation from disease-focused to talking about your life goals and how your health fits into that bigger picture.

We hope to see you in one of our classes soon!

*Your Whole Health Team*



## Nutrition & Healthy Eating

**NOTE:** Please call to confirm schedule before attending any scheduled group or class.

### **Group Diabetes Classes - Various Locations (see Diabetes Education section page 24)**

Healthy eating for pre- or diagnosed diabetics. Includes nutrition education on label reading, carbohydrate counting, portion control, and diabetic meal planning.

### **HEART Healthy Classes - Various Locations**

A one-time class about the basics of heart healthy eating. Topics discussed include salt, fat, general nutrition, lifestyle changes, and meal preparation.

#### **Bend**

Location: Bend CBOC

Day: 4<sup>th</sup> Wednesday of the month

Time: 1:00 to 2:30 p.m.

Contact: Nutrition Scheduling at (503) 273-5112

Referral required: You can self-refer, but an appointment is required, or contact your care team for provider consult to schedule into group.

Co-pay: Yes

#### **Salem**

Location: Salem CBOC

Day: 4<sup>th</sup> Tuesday of the month

Time: 9:00 to 10:30 a.m.

Contact: Nutrition Scheduling at (503) 273-5112

Referral required: You can self-refer, but an appointment is required, or contact your care team for provider consult to schedule into group.

Co-pay: Yes



## **MOVE! Basics Classes - Various Locations**

2-hour class on the basics of nutrition and weight management. Includes review of a healthy plate, getting started in physical activity, tracking food and activity, and goal setting. Appointment required. (This is a prerequisite for the MOVE! Weight Management Program).

Visit <http://www.move.va.gov> for more information.

### **Bend**

Location: Bend CBOC, Room 105

Day: 2<sup>nd</sup> Wednesday of the month

Time: 1:00 to 3:00 p.m.

Contact: MOVE! Program (503) 220-3482 or (800) 949-1004, ext. 53482.

Referral required: You can self-refer. Contact the MOVE! Program or talk to your provider at your next appointment with your care team.

**Appointment is required.**

Co-pay: None

### **Portland**

Location: Portland VAMC Primary Care, Bldg. 104, Room F120

Day: 2<sup>nd</sup> Tuesday of the month

Time: 1:30 to 3:30 p.m.

Contact: MOVE! Program (503) 220-3482 or (800) 949-1004, ext. 53482.

Referral required: You can self-refer. Contact the MOVE! Program or talk to your provider at your next appointment with your care team.

**Appointment is required.**

Co-pay: None

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### **Fairview**

Location: Fairview CBOC

Day: 2<sup>nd</sup> Thursday of the month

Time: 12:30 to 2:30 p.m.

Contact: MOVE! Program (503) 220-3482 or (800) 949-1004, ext. 53482.

Referral required: You can self-refer. Contact the MOVE! Program or talk to your provider at your next appointment with your care team.

**Appointment is required.**

Co-pay: None

### **Hillsboro**

Location: Hillsboro CBOC

Day: Fridays

Time: Call to confirm

Contact: MOVE! Program (503) 220-3482 or (800) 949-1004, ext. 53482.

Referral required: You can self-refer. Contact the MOVE! Program or talk to your provider at your next appointment with your care team.

**Appointment is required.**

Co-pay: None

### **Salem**

Location: Salem CBOC

Day: 3<sup>rd</sup> Friday of the month

Time: 2:00 to 4:00 p.m.

Contact: MOVE! Program (503) 220-3482 or (800) 949-1004, ext. 53482.

Referral required: You can self-refer. Contact the MOVE! Program or talk to your provider at your next appointment with your care team.

**Appointment is required.**

Co-pay: None

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### **West Linn**

Location: West Linn CBOC

Day: 4<sup>th</sup> Friday of the month

Time: 9:30 to 11:00 a.m.

Contact: MOVE! Program (503) 220-3482 or (800) 949-1004, ext. 53482.

Referral Required: You can self-refer. Contact the MOVE! Program or talk to your provider at your next appointment with your care team.

**Appointment is required.**

Co-pay: None

### **Vancouver**

Location: Vancouver Campus, Bldg. 11, Room 305 (Columbia Room)

Day: 1<sup>st</sup> Wednesday of the month

Time: 9:00 to 11:00 a.m.

Contact: MOVE! Program (503) 220-3482 or (800) 949-1004, ext.53482.

Referral required: You can self-refer. Contact the MOVE! Program or talk to your provider at your next appointment with your care team.

**Appointment is required.**

Co-pay: None



## **VA FARMS - Whole Health - Various Locations**

The VA FARMS (VA Farming and Recovery Mental Health Services) offers gardening classes to Veterans. Topics include soil, seeding, vegetable gardening, flower gardening, plants native to the Pacific Northwest, pest management, houseplants, pollinators, and landscape maintenance. Please bring any garden questions and come dig in!

Location: Portland VAMC, Vancouver Campus, Fairview Park Cleone - Veterans Community Garden.

Day: Varies by location

Time: Varies by location

Contact: Scott Hoffman, Therapeutic Garden Program Coordinator, (360) 737-1441 or [scott.hoffman3@va.gov](mailto:scott.hoffman3@va.gov).

Referral required: No referral required

Co-pay: None



## Physical Activity & Exercise

**NOTE:** Please call to confirm schedule before attending any scheduled group or class.

### **Aquatic Class - Community**

Group aquatic exercise program.

Location: Marshall Community Center, 1009 E. McLaughlin Blvd.,  
Vancouver, WA

Day: Tuesdays and Thursdays

Time: 3:00 to 4:00 p.m.

Contact: Natalie Schmitz

Referral required: Yes, need a physical therapy consult.

Co-pay: Yes

### **Aquatic Therapy - Whole Health - Community**

Aquatic therapy refers to treatments and exercises performed in water for relaxation, fitness, physical rehabilitation, and other therapeutic benefit. Aquatic Whole Health is an instructor-led group class that promotes movement in a decreased weight bearing setting.

Location: Marshall Community Center, 1009 E. McLaughlin Blvd.,  
Vancouver, WA

Day: Monday and Wednesday

Time: 3:00 p.m.

Contact: Active Movement scheduling line (503) 273-5114

Referral required: Contact PCP for referral

Co-pay: No



## **Gentle Yoga for Family Caregivers & Veterans - Portland**

Gentle yoga classes to improve and sustain well-being for Caregivers of all skill levels and their Veterans.

Location: Portland VAMC, Bldg. 101, Room

201 Day: 2<sup>nd</sup> and 4<sup>th</sup> Mondays of the month

Time: 9:00 to 10:00 a.m.

Contact: Amber Lynch, LCSW, (503) 273-5210

Referral required: None

Co-pay: As it applies

## **Fall Prevention - Vancouver**

Prevent falls in home and in the community.

Location: Vancouver Campus, Bldg. 11, Room D222

Day: 1st and 3rd Thursdays of the month

Time: 1:00 to 2:30 p.m.

Contact: Marcella McGee, (503) 220-8262, ext. 33357

Referral required: None

Co-pay: As it applies

## **Fall Prevention - Community Resources**

For a listing of fall prevention classes offered in the community, please visit the Oregon Health Authority's [Fall Prevention for Older Adults website](#). Talk with your healthcare team to explore what group or classes might work best for you.

Please note: This list of local resources is provided as a courtesy by the VA Portland Health Care System. None of these agencies or providers are affiliated with the VA Portland Health Care System, and the VA Portland Health Care System does not endorse or recommend any agency or provider on this list. This list does not constitute a referral by VA Portland Health Care System to any of the listed entities. Use of any of these services or providers is at your own risk.



## **MOVE! Basics (see [Nutrition & Healthy Eating](#))**

2-hour class on the basics of nutrition and weight management. Includes review of a healthy plate, getting started in physical activity, tracking food and activity, and goal setting. Appointment required. (This is a prerequisite for the MOVE! Weight Management Program).

## **MOVE! Group Class - Various Locations**

This 16-session (4-8 month) weight management program covers various topics on nutrition, physical activity and behavior change. This program runs 2-3 times a year, and you need to complete the MOVE! Basics Class first. **(Prerequisite: MOVE! Basics Class).**

Locations: Bend, Fairview, Hillsboro, Salem, Vancouver, West Linn

Day/Time: Varies by location

Contact: Primary Care Team to schedule for the MOVE! Basics prerequisite class. For more information, call MOVE! Program Hotline, (503) 220-3482, or (800) 949-1004, ext. 53482, or send a secure message through MyHealthVet to MOVE Weight Management.

Referral required: You can self-refer into these classes after completing the MOVE! Basics Class.

Co-pay: None

## **Open Gym - Whole Health - VA Video Connect**

Open Gym groups are for Veterans of all ability levels. This group is based on strengthening using various equipment that is readily available to Veteran in their home. Weights, theraband, different weighted household objects, and isometric strengthening (no equipment needed). This class focuses promoting strength, endurance and cardiovascular health.

Day: Monday - Saturday

Time: Please call for dates and times

Contact: (503) 273-5114

Referral required: Contact PCP for referral

Co-pay: None



## **Parkinson's Wellness Recovery (PWR!) Movement Class - Vancouver**

This class in a gym setting meets once a week for education and performance in exercises progression to improve function and coordination during daily tasks for those with Parkinson's.

Location: Vancouver Campus, Bldg. 11, 3<sup>rd</sup> Floor, Room D305, Columbia Conference Room

Day: Thursdays (once per week for 6 weeks)

Time: 2:00 to 3:30 p.m.

Contact: Hannah Burkhart, PT, DPT; Certified PWR! Training Therapist, (360) 696-4061, ext. 34016.

Referral required: Yes (Outpatient Physical Therapy Consult)

Co-pay: As it applies

## **Shoulder Evaluation Group - Portland**

Group education class on shoulder anatomy, safety and rehab exercises.

Location: Portland VAMC, Bldg. 100, Floor 1C, Room 194c

Day: Mondays (except federal holidays)

Time: 8:00 a.m. to 12:00 noon (Evaluations)

1:00 to 2:30 p.m. and 2:30 to 4:00 p.m. (Follow-up group sessions)

Contact: Ethelbert Yap, PT, (503) 273-5018

Referral required: Yes (Contact your PCP for referral; drop-in unavailable).

Co-pay: Yes



## **Stationary Bike Group - Whole Health - Portland**

Stationary bike group is a fusion of stationary biking and circuit training in a group setting led by an instructor.

Location: Portland VAMC

Day: Monday - Friday

Time: please call for dates and times

Contact: (503) 273-5114

Referral required: Contact PCP for referral

Co-pay: No

## **Wellness Tai Chi - Vancouver**

10-week course available to motivated Veterans once cleared by their PCP. Intro to Tai Chi with goal to transition Veteran to community partners.

Location: Vancouver Campus, Bldg. 14, Gymnasium

Day: Wednesdays (except federal holidays)

Time: 11:00 a.m. to 12:00 noon

Contact: Antoinette Bremner, OT, (360) 696-4061, ext. 33051

Referral required: Yes (Contact PCP to request clearance. Provider approval for participation; drop-in unavailable).

Co-pay: None



## **Tai Chi - Community Living Center (CLC) Residents - Vancouver**

Tai Chi is a research-based balance training regimen found to be helpful for older adults and people with balance disorders. It can be helpful to reduce your risk of falls, increase your balance, reduce pain, and help with anxiety and depression symptoms. **This class is for CLC Residents only.**

Location: Vancouver Campus; CLC Chapel

Day: Tuesday (except federal holidays)

Time: 11:00 to 11:30 a.m.

Contact: Recreation Therapy, (360) 696-4061, ext. 33327 (Debra, Gerri or Jessie).

Referral required: **Limited to CLC residents only.** Pre-registration is required.

## **Tai Chi - Whole Health - VA Video Connect**

Tai Chi groups are for Veterans of all ability levels. This group focuses on movement to promote balance and relaxation, instructor leads class.

Day: Monday - Saturday

Time: Please call for dates and times

Contact: (503) 273-5114

Referral required: Contact PCP for referral

Co-pay: None



## **Water Aerobics - Community**

Low-level water aerobics class. You will need a Physical Therapy (PT) consult before participating.

Location: Marshall Community Center, 1009 E. McLaughlin Blvd., Vancouver, WA

Day: Tuesdays & Thursdays (except federal holidays)

Time: 3:00 to 4:00 p.m.

Contact: Natalie Schmitz, (503) 220-8262, ext. 31425.

Referral required: Yes, PT consult and referral required.

## **Walking/Rolling Group - Whole Health - Various Locations**

Walk/Roll groups are for versants of all ability levels. This group walks or uses assistive devices like walker or manual wheelchairs to roll for instructor led routes.

### **Portland**

Day: Monday - Friday

Time: Please call for dates and times

Contact: (503) 273-5114

Referral required: Contact PCP for referral

Co-pay: None

### **Vancouver**

Day: Monday - Friday

Time: Please call for dates and times

Contact: (503) 273-5114

Referral required: Contact PCP for referral

Co-pay: None



## Yoga - Whole Health - VA Video Connect

Yoga groups are for Veterans of all ability levels. This group focuses on stretching through yoga poses to promote flexibility and relaxation, instructor leads class.

Day: Monday - Friday

Time: Please call for dates and times

Contact: (503) 273-5114

Referral required: Contact PCP for referral

Co-pay: None

## Yoga - Various Locations

Yoga is movement that combines strengthening and stretching poses with deep breathing and relaxation. All postures can be modified for individual needs. Please arrive wearing comfortable clothing. **All classes need a primary care provider referral.**

Location: Vancouver Campus, Portland VAMC, West Linn CBOC, Hillsboro CBOC

Day/Time: Varies (mornings/afternoons)

Contact: Katrina Rodenkirch, PT, (503) 220-8262, ext. 58641.

Referral required: Yes, your primary care provider will need to refer you.

Co-pay: None



## Tobacco Cessation

**NOTE:** Please call to confirm schedule before attending any scheduled group or class. Open to any Veteran. Includes medication Rx at same visit.

### **VA Tobacco Cessation Quitline: 1-855-QUIT-VET (1-800-784-8838)**

Telephone Quit line is from the National Cancer Institute and is for Veterans to help them quit tobacco products. The Quit line is free of charge and provides personalized counseling with Veterans.

Day: All days

Hours: 8:00 a.m. to 8:00 p.m. (EST)

Contact: 1-800-784-8838

### **Quit Now Smoking Cessation Classes - Various Locations**

Open to any Veteran - you may go to any group at any site. You do not need to be at the site where your Primary Care or Mental Health service is provided. Spouses, partners, and housemates who want to quit may be invited, too. Please check with group leader to be sure.

#### **CRRC**

Location: CRRC Group Room (Community Resource & Referral Center), 308 SW 1<sup>st</sup> Ave, Suite 155, Portland, OR.

Day: Mondays (except federal holidays)

Time: 2:00 to 3:00 p.m.

Contact: (971) 352-1644

#### **Fairview CBOC**

Location: Fairview Clinic

Day: Tuesdays (except federal holidays)

Time: 9:00 to 10:00 a.m.

Contact: (503) 660-0700, call for more information

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### **Portland**

Location: Portland VAMC, Bldg. 104; Mental Health Clinic - P2, Room 105A (Big Group Room). **Please check in at front desk.**

Day: Wednesdays (except federal holidays)

Time: 1:00 to 2:00 p.m.

Contact: (503) 220-8262, ext. 33602

### **You Can Quit Tobacco: MH & SATP Programs - Vancouver**

Drop-in group to help Veterans who want to stop using tobacco. Open to Veterans enrolled in Vancouver Mental Health (MH) or Substance Abuse Treatment Program (SATP) that want to quit tobacco use.

Location: Vancouver Campus, Bldg. 11, SATP Room F-154

Day: Tuesdays (except federal holidays)

Time: Starting at 11:00 a.m.

Contact: Rhonda, (360) 696-4061, ext. 33602, call to schedule an appointment.

Referral required: None, weekly drop-ins welcome. Limited to patients enrolled in SATP or Vancouver Mental Health Clinic.

Co-pay: As it applies



## Stroke, Memory Skills & Dementia Education

**NOTE:** Please call to confirm schedule before attending any scheduled group or class.

### Caregiver Workshops - Bend

In these two-hour workshops, guest speakers cover topics ranging from: Navigating VA Community Care/TriWest, Managing Diabetes, Retiring from Driving, Understanding Long-Term Care Options, and Community Services to Support Caregiving. Each session offers a question and answer period following the presentation.

Location: Bend CBOC, and community locations in Prineville, Redmond, Sisters, Madras and La Pine.

Day/Time: TBD

Contact: Jen Lawrence, MA, MSW, LCSW, (503) 351-5041 for more information on when upcoming workshops will be scheduled.

Referral required: None needed - self-referral, everyone is welcome to participate.

Co-pay: None

### Compensatory Cognitive Training Group for Mild Cognitive Impairment or TBI - Bend

8-week long group class focused on provide skills to improve memory, attention and concentration.

Location: Bend CBOC

Day/time: Next start date to be determined. Days/times determined by needs of the group and referral numbers.

Contact: Lee Hutson, PhD

Referral required: Talk to your provider if interested. **Provider Referral Required.**

Co-pay: As it applies



## **Effective Communication Strategies for Dementia Caregivers - Fairview**

Improving communication with loved ones with dementia can decrease stress and tension and improve quality of life. This interactive workshop will help caregivers better understand how dementia influences communication. Participants will learn how to interpret messages and signals from loved ones with dementia and identify strategies for improving communication across the different stages of dementia.

Location: Fairview CBOC

Day: Please call

Time: 10:30 a.m. - 12:30 p.m.

Contact: Kristi Ketchum, LCSW, (503) 220-8262, ext. 58594.

Referral required: You can self-refer to these classes. Space is limited, call to register.

Co-pay: None

## **Savvy Caregiver Class - Virtual**

Savvy Caregiver is a free, six week class for caregivers of family or friends diagnosed with memory loss or dementia; participants are asked to commit to all six sessions. The class can reduce caregiver stress and increase caregiver confidence. Participants will learn facts about dementia, dementia-specific caregiving tips, strategies for coping with the stages of dementia, and more.

Location: This class will be offered online. Participants must have an email address and a computer or tablet that has reliable access to the internet.

Dates: Mondays (September 14, 21, 28, October 5, 19, 26, 2020)

Time: 9:30 - 11:30 a.m.

Contact: Laura Tauber, LCSW (503) 220 -8262, ext. 51151.

Referral required: You can self-refer to these classes. Space is limited, call to register.

Co-pay: None



## Diabetes Education & Support

**NOTE:** Please call to confirm schedule before attending any scheduled group or class.

### **Chronic Disease Management Series: Diabetes - Hillsboro**

Everything you need to know about diabetes. From what diabetes is, to how to use a meter, to lifestyle, setting goals and medical options available.

Location: Hillsboro CBOC, 3<sup>rd</sup> Floor, Conference Room

Day: 1<sup>st</sup> and 4<sup>th</sup> Fridays of the month, Time TBD

Contact: Your health care team

Referral required: You can self-refer to these classes, but an appointment is preferred.

Co-pay: As it applies

### **Diabetes Wellness - West Linn**

A four-part class focused on improving Veterans understanding of diabetes, how to set goals to improve health, and the role of medication and lifestyle.

Location: West Linn CBOC

Day: 3<sup>rd</sup> Monday of the month

Time: 1:00 to 3:00 p.m.

Contact: (503) 210-4900

Referral required: You can self-refer to these classes, but an appointment is preferred. Contact your provider or care team and ask them to enter an admin order to schedule into the group.

Co-pay: As it applies



## **Diabetes Care Path Education - North Coast**

Education on how to manage your diabetes more successfully.

Location: North Coast Clinic, Room 7315

Day: 1<sup>st</sup> Thursday of the month

Time: 1:00 to 3:00 p.m.

Contact: Clinic staff, (503) 861-1452, option 2

Referral required: Self-referral, call with interest.

Co-pay: As it applies

## **Diabetes Control Group - West Linn**

Insulin pattern management group.

Location: West Linn CBOC, 3<sup>rd</sup> Floor, Group Room

Day: Thursdays

Time: 10:00 a.m. to 12:30 p.m.

Contact: Gail Hirokane, (503) 210-4938

Referral required: Self-referral, call with interest.

Co-pay: As it applies

## **Diabetes (DM) Conversation Map & Healthy Eating Map II - Vancouver**

Interactive board game approach to daily management of diabetes. Appropriate for someone with a new diagnosis or to refresh the core concepts to continue your diabetes management.

Location: Vancouver Campus, Bldg. 24, Room 1A132

Day/Time: Maps 1 & 2 - One set series

2<sup>nd</sup> & 4<sup>th</sup> Thursdays of each month, 10:00 a.m. to 12:00 noon

Maps 1 & 2 - Two set series

1<sup>st</sup> & 3<sup>rd</sup> Tuesdays of November, 1:00 to 3:00 p.m.

Contact: To sign up or learn more talk with your Nurse Care Team.

Referral required: **Course limited to Vancouver Primary Care Veterans (plus one guest).**

Co-pay: As it applies



## **Primary Care Nursing Diabetes Class - Fairview\***

Location: Fairview CBOC

Day: 1st and 3rd Wednesdays of the month

Time: 2:00 p.m.

Contact: Nurse Care Managers

Referral required: Contact PACT team to schedule **\*Fairview Clinic Veterans/family/caregiver only.**

Co-pay: As it applies

## **Diabetes Complex Insulin Group - West Linn**

Insulin pattern management group.

Location: West Linn CBOC, 3<sup>rd</sup> Floor, Group Room

Day: 1<sup>st</sup> & 3<sup>rd</sup> Thursday of the month

Time: 10:00 a.m.to 12:00 noon

Contact: Gail Hirokane, (503) 210-4938

Referral required: You can self-refer into this classes, but an appointment is required. Contact your provider or care team and ask them to enter an admin order to schedule into the group.

Co-pay: As it applies



## **Group Diabetes Classes - Various Locations**

Healthy eating for pre- or diagnosed diabetics. Includes nutrition education covering label reading, carbohydrate counting, portion control and diabetic meal planning.

Contact: Nutrition Scheduling (503) 273-5112. You can self-refer to these classes, but an appointment is required.

Or Consult: Contact your provider or care team and ask them to enter a consult to schedule into the group.

Co-pay: Yes

### **Bend**

Location: Bend CBOC

Day: 3<sup>rd</sup> Wednesday of the month

Time: 1:00 to 2:30 p.m.

### **Fairview**

Location: Fairview Clinic

Day: 1<sup>st</sup> & 3<sup>rd</sup> Thursdays of the month

Time: 12:30 to 2:30 p.m.

### **Salem**

Location: Salem CBOC

Day: 2<sup>nd</sup> Tuesday of the month

Time: 9:00 to 10:30 a.m.

### **Vancouver**

Location: Vancouver Campus

Day: 2<sup>nd</sup> & 4<sup>th</sup> Thursdays of the month

Time: 10:00 a.m. to 12:00 noon



## Pain Management

***NOTE: Please call to confirm schedule before attending any scheduled group or class.***

### **Chronic Pain Education Group - Portland**

A 6-week educational group series that offers up-to-date knowledge about chronic pain, techniques, and approaches to reduce your struggle with pain and increase your understanding on how to live with chronic pain.

Location: Portland VAMC, call to confirm room location.

Day: Tuesdays (except federal holidays)

Time: 10:00 to 11:30 a.m.

Contact: Larry Bolf, (503) 220-8262, ext. 55389.

Referral required: Please call to register and find out when the next group starts.

Co-pay: As it applies

### **Living Well with Chronic Pain - Local Community**

A 6-week workshop for anyone living with chronic pain. Sessions provide support on ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand treatment options and more. These courses are offered through a consortium in both Washington and Oregon.

Location/Day/Time: Varies

Contact: Laurie Sandstrom, (503) 220-8262, ext. 33410.

Referral required: Self-referral, **call with interest**. Laurie will connect you with a resource closest to you.

Co-pay: None



## **Naloxone Education Class - Vancouver**

Veteran kit training and opioid safety. Class for Veterans and Caregivers/Family. In class discussion on how opioids work, how to recognize an overdose, and how Naloxone works to reverse an opioid overdose.

Location: Vancouver Campus, Bldg. 24 - Primary Care Clinic, Room 1A 103

Day: Every 2<sup>nd</sup> and 4th Tuesday

Time: 10:00 -11:00 a.m.

Contact: Andrew Rivers at (360) 759-1696

Referral: No referral needed

Co-pay: As it applies

## **Managing Chronic Pain - Portland**

Building coping strategies.

Location: Portland VAMC, Bldg. 104, P2, Group Room C

Day: Tuesdays (except federal holidays)

Time: 10:00 a.m.

Contact: Kimberlee Dennery, LICSW

Referral required: No, drop-in group limited to P2 patients, call with interest (503) 273-5058.

Co-pay: As it applies

## **Managing Chronic Pain - North Coast**

Location: North Coast Clinic

Day/Time: Varies, call with interest

Contact: Clinic staff, (503) 220-1452, option 3.

Referral required: Self-referral, self-interest

Co-pay: As it applies



## **PT TENS Class - Various Locations**

For Veterans who have received a TENS unit device (for Transcutaneous Electrical Nerve Stimulation).

### **Bend**

Location: Bend CBOC

Day/Time: Varies - depends on interest

Contact: Jennifer Alexander, (541) 550-5454

### **Salem**

Location: Salem CBOC, Room 1C-101A

Day: 4th Tuesday of the month

Time: 2:00 to 3:00 p.m.

Contact: Lauren Anderson, PT, (971) 304-2276

### **Portland**

Location: Portland VAMC, Bldg.100, Room 1C-194

Day: 1<sup>st</sup> Tuesday of the month

Time: 10:00 to 11:00 a.m.

Contact: Ethelbert Yap, PT, (503) 273-5018

Referral required: Provider referral required for all TENS classes.

Co-pay: As it applies

## **Pain Education & Rehab Therapy (PERT) Group - Portland**

Education on active, non-pharmacological strategies for chronic pain management.

Location: Portland VAMC, Rehabilitation Dept., Bldg. 100, Floor 1C, Room 196M

Day: Monday

Time: 10:00 a.m. to 12:00 noon

Contact: MSA: Caitlin O'Neill, (503) 220-8262, ext. 51177

Referral required: Yes, call to schedule

Co-pay: Unknown



## **Pain Orientation Class - Portland**

Education on how pain works, and services offered through the pain clinic.

Location: Portland VAMC, Bldg. 100, Floor 8D, Room 104

Day: Monday

Time: 8:30 -10:00 a.m.

Contact: MSA: Caitlin O'Neill, (503) 220-8262, ext.51177

Referral required: None, Drop-ins welcome.

Co-pay: Unknown



## Sleep Improvement

**NOTE:** Please call to confirm schedule before attending any scheduled group or class.

### **CBT for Insomnia - Portland**

Cognitive-Behavioral Therapy for Insomnia (CBT-I) is a proven treatment for those with difficulty falling or staying asleep. This is an 8-week CBT-I group for Veterans. The group restarts about every 8 weeks.

Location: Portland VAMC, Bldg. 100, 6C, Room 109

Day: Fridays (except federal holidays)

Time: 12:30 to 2:00 p.m.

Contact: Provider referral required, talk with your provider.

Referral required: **Provider referral required.** Providers can refer by adding a note and including Katherine Chiba and Jonathan Emens as co-signers.

Co-pay: As it applies



## Women's Wellness

**NOTE:** Please call to confirm schedule before attending any scheduled group or class.

### **Women Veterans Spiritual Values Group - Vancouver**

This is a weekly group for Women Veterans of all ages, combat or non-combat. Participants will have the opportunity to have confidential and honest conversations about their experiences in the military and post-military in a safe environment.

Location: Vancouver Campus, SATP building

Day: Each Wednesday of the month (except federal holidays)

Time: 10:30 a.m. -12:00 noon

Contact: Vancouver Chaplain Services, (360) 696-4061, ext. 33662

Referral required: Self- referral

### **Women's Spiritual Values - Various Locations**

This is a safe environment where women Veterans can talk about questions of faith, learn new ways to think about and practice spirituality, and manage & reduce stress.

#### **Portland**

Location: Portland VAMC, Bldg. 101, P2A-101

Day: Mondays; Call for dates and more information

Time: 9:00 to 10:30 a.m.

Contact: Chaplain Morris - Chaplain Services. Call with interest, (503) 220-8262, ext. 57027.

Referral required: Self-referral

Co-pay: As it applies

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### **Vancouver**

Location: Vancouver Campus, Building 11, Room F-154

Day: Wednesdays (except federal holidays)

Time: 10:30 a.m. - 12:00 noon

Contact: Chaplain Services, (360) 696-4061, ext. 31435

Referral required: Self-referral

Co-pay: As it applies

### **Women's Managing Chronic Pain - Portland**

[For more information, visit the Pain Management section](#)

### **VA Support Network: A VA & American Heart Association Partnership - Online**

Visit website to sign up for free access to an online community for survivors and caregivers of heart disease and stroke. Individuals have access to experts via online chats, webinars and an online community.

For more information, visit:

<http://supportnetwork.heart.org/registration/WomensVeteransAffairs>



## Health Education & Support

**NOTE:** Please call to confirm schedule before attending any scheduled group or class.

### **Amputation Support Group - Portland - *On Hold***

Support group that welcomes amputees of all levels. Join us to get involved and discuss life after prostheses, peer support and networking, pain management, system navigation and care, community resources, and more.

Location: Portland VAMC, Bldg. 100, P2, Group Room 1

Day: Thursdays (except federal holidays)

Time: 1:00 to 2:00 p.m.

Contact: Alex Durazo, LICSW at (503) 220-8262, ext. 57030

Referral required: Self-referral, call to sign up, (503) 220-8262, ext. 57030.

Co-pay: None

### **28 Day Jump Start to Health - North Coast**

Education sessions on how to make healthy changes part of your normal daily routine.

Location: North Coast CBOC

Day/Time: Varies; Call with interest

Contact: Clinic staff, (503) 861-1452, option 2.

Referral required: Self-referral, call with interest.

Co-pay: As it applies



## **Back Class - Various Locations**

Group education class on back anatomy, safety and rehab exercises. Portland class also includes use of TENS equipment as needed.

### **Bend**

Location: Bend CBOC; contact for room location

Day: 3<sup>rd</sup> Thursday of the month

Time: 1:00 to 3:00 p.m.

Contact: Kimberly Hillis, (541) 550-5510

Referral required: Yes (Contact your PCP for referral).

Co-pay: As it applies

### **Portland**

Location: Portland VAMC, Bldg. 100, Room 1C-194

Day: Every other Friday

Time: 10:00 to 11:30 a.m.

Contact: Jed Lauters, PT, (503) 220-8262, ext. 55923.

Referral required: Yes (Contact your PCP for referral).

Co-pay: Yes

### **Vancouver**

Location: Vancouver Campus, Bldg. 11, Rehab Medicine Dept.

Day: 4<sup>th</sup> Thursday of the Month

Time: 10:00 a.m. to 12:00 noon

Contact: Rehab Medicine MSA to schedule, (360) 690-1826, ext. 31826 or ext. 33366.

Referral required: Yes (Contact your PCP for referral).

Co-pay: As it applies



## **Chronic Disease Management Series: High Cholesterol - Hillsboro**

Everything you need to know about high cholesterol - from what is it and why to follows the guidelines, to lifestyle, setting goals and medical options.

Location: Hillsboro CBOC, 3<sup>rd</sup> Floor, Conference Room

Day/Time: 3<sup>rd</sup> Friday of the Month, time TBD

Contact: Your health care team to confirm days & times

Referral required: Self-referral

Co-pay: As it applies

## **Chronic Disease Management Series: Hypertension - Hillsboro**

Everything you need to know about hypertension, including lifestyle modifications, setting goals and medical options out there.

Location: Hillsboro CBOC, 3<sup>rd</sup> Floor, Conference Room

Day/Time: 2<sup>nd</sup> Friday of the month, time TBD

Contact: Your health care team to confirm days & times.

Referral required: Self-referral

Co-pay: As it applies

## **Heart Failure (CHF) - Vancouver**

Vancouver Veterans only please. For Veterans with a new diagnosis of chronic heart failure, or those who need a refresher on the information.

Location: Vancouver Campus

Day: Wednesdays

Time: 1:00 to 3:00 p.m.

Contact: Please contact your Primary Care Team for more information.



## **Chronic Disease Management Series: Heart Failure - West Linn**

Learn the core basics about heart failure and lifestyle changes needed to stay healthy. Open for Veterans and their families.

Location: West Linn CBOC

Day: Last Wednesday of each month

Time: 1:00 to 2:30 p.m.

Contact: (503) 210-4900

Referral required: Self-referral

Co-pay: As it applies

## **Kidney Transplant Patient & Family Class - Portland**

Pre-transplant educational class to ready Veterans and caregivers for the transplant process.

Location: Portland VAMC, Bldg. 100, Floor 7C, Room 109

Day: Wednesdays (except federal holidays)

Time: 9:30 a.m. to 12:30 p.m.

Contact: Heidi Lyons, BSN, RN or Christian Curtin, BSN, RN, at (503) 220-8262, ext. 54464 or ext. 55509

Referral required: Self-referral, call with interest.

Co-pay: None

## **Liver Transplant Patient & Family Class - Portland**

Pre-transplant educational class to ready Veterans and caregivers for the transplant process.

Location: Portland VAMC, Bldg. 100, Floor 7C, Room 109

Day: Mondays (except federal holidays)

Time: 10:00 a.m. to 12:00 noon

Contact: Amy Hester, BSN, RN, (503) 220-8262, ext. 54512.

Referral required: Call with interest to attend Monday's class.

Co-pay: None



## Healthy Aging Group - West Linn

A 10-week program to help prevent/delay chronic conditions and live healthier, more active lives, putting you more in control of your own health.

Location: West Linn CBOC

Day: Fridays (except federal holidays)

Time: 1:00 to 2:00 p.m.

Contact: Greg Baron, MD at (503) 210-4918

Referral required: Self-referral, call with interest.

Co-pay: None

## Living Well with Chronic Conditions - Community

A free, 6-week workshop for anyone living with chronic health concerns and wanting to build confidence for staying active, managing your health, and enjoying life.

Location: Various

Day/Time: Varies

Contact: Laurie Sandstrom at (503) 220-8262, ext. 33410.

Referral required: Self-referral - **call with interest**. You will be connected with classes in community.

## Living Well with Chronic Conditions - West Linn

A 6-week workshop for anyone living with chronic health concerns and wanting to build confidence for staying active, managing your health, and enjoying life.

Location: West Linn CBOC

Day/Time: To be determined, call with interest!

Contact: Jamie Munsey at (503) 210-4961.

Referral required: Self-referral - contact your provider or **call with interest and to schedule**.



## **Parkinson's Therapeutic Exercise Groups - Portland**

Strength, balance, coordination and multi-tasking specifically for Parkinson's.

Location: Portland VAMC, Bldg. 100, 1C-194

Day: Wednesdays at one of the times below (except federal holidays)

Time: Pick one: 10:00 a.m.; 11:00 a.m.; 12:00 noon or 1:00 p.m.

Contact: Ron Blehm, PT at (503) 273-5018.

Referral required: Yes, discuss with PCP

Co-pay: As it applies. (Typically NO as the clinic matrix was coded as a research clinic due to PADRECC's Research and Education Emphasis).

## **Post - Surgery Ortho Groups - Portland**

Post-operative orthopedic for recovery. Typically focused on total joint, knees and hips. Certainly, willing to see others (ACL? Trauma?) as needs arise.

Location: Portland VAMC, Bldg. 100, 1C-194

Day/Time: Tuesday 1:00 p.m. and 2:00 p.m., Thursday 10:00 a.m. and 11:00 a.m.

Contact: Ron Blehm, PT, at (503) 273-5018 for more information.

Referral required: Yes, from Ortho (drop-in unavailable).

Co-pay: As it applies

## **Positive Living - Portland - *On Hold***

A support group for Veterans living with HIV. Topics covered include coping with stress, managing medications, healthy lifestyle, relationships, and navigating the VA.

Location: Portland VAMC, Bldg. 104, P2

Day: Fridays (except federal holidays)

Time: 1:00 to 2:00 p.m.

Contact: Alex Durazo, LICSW, (503) 220-8262, ext. 57030

Referral required: No appointment necessary, but call to confirm class is occurring.

Co-pay: As it applies



## **Taking Charge of My Life & Health**

At this 6-session class we will help you explore the various dimensions of your overall health and wellbeing. Using the Personal Health Inventory, you will plan to help you take charge and improve your health. Your health plan will focus on areas that matter most to you in mind, body and spirit and steps to take to support your whole health.

Location: Portland VAMC, Rehabilitative Medicine, Bldg. 100, Floor 1, Room 196M

Day: Wednesday

Time: 1:00 -2:30 p.m.

Contact: Brian Price (503) 220-8262, ext. 56106

Referral required: No, call to sign up.

Co-pay: None

## **How-to's of My HEALTHeVET - West Linn**

A workshop designed to assist Veterans on how to apply for My Health-e-Vet, showcasing its features, especially Secure Messaging for communication with providers.

Location: West Linn CBOC

Day: 1<sup>st</sup> Thursday of the month

Time: 2:00 to 3:00 p.m.

Contact: (503) 210-4900

Referral required: No registration needed! Just drop in!

Co-pay: None



## **Working the Wheel - Portland**

Working the Wheel is a 0 skill building course that explores the 8 areas of self-care of the Circle of Health to create a Personal Health Plan unique to your values, goals and aspirations. In this 8 -session class you will identify what matters most to you, create and implement goals and obtain resources and skills to sustain your progress.

Location: Portland VAMC, Rehabilitative Medicine, Bldg. 100, 1st floor, Room 196M

Day: Tuesdays

Time: 10:30 a.m. - 12:00 noon

Contact: Brian Price (503) 220-8262, ext. 56106

Referral required: None, call to sign up.

Co-Pay: No

## **Whole Health Drop-in Group - Vancouver**

This is a health and wellness group. Members connect with and support each other during their Whole Health journey, focusing on the areas of physical and mental health, spirituality, social life, activities and hobbies; anything that contributes to a healthier, more enjoyable life.

Location: Vancouver Campus, Primary Care, Bldg. 24, Room 1A103A

Day: Tuesdays

Time: Please call for days

Contact: Brian Price (503) 220-8262, ext. 56106

Referral required: None

Co-pay: None



## Stress Management & Emotional Well-being

**NOTE:** Please call to confirm schedule before attending any scheduled group or class.

### **The Alliance Group - CRRC**

This group provides a safe, confidential space for Veterans who have many types of unique gender identities. This is not a treatment group. Group is facilitated by a gender affirming VA social worker but content is guided by attendees.

Location: Community Resource & Referral Center (CRRC),  
308 SW 1<sup>st</sup> Ave, Portland, OR; Transit Stop: Oak Street

Day: 1<sup>st</sup> Thursday of the month

Time: 12:00 noon to 1:30 p.m.

Contact: (503) 808-1256

Referral required: Self or provider referral

Co-pay: As it applies

### **Chaplain Services: Spiritual Group - Portland**

A weekly opportunity for Veterans in Mental Health ward to encourage one another through spiritually-focused resources and conversations.

Location: Portland VAMC, Bldg. 100, 5C

Day: Mondays (except federal holidays)

Time: 2:00 p.m.

Contact: Chaplain Services, (503) 220-8262, ext. 55939

Referral required: Self-referral

Co-pay: None



## **Distress Tolerance - Portland**

Group limited to Veterans at the Portland Mental Health (P2) clinic only. This drop-in group focuses on developing skills to tolerate emotional distress and managing crisis moments.

Location: Portland VAMC, Bldg. 104, P2, Group Room A

Day: Fridays (except federal holidays)

Time: 12:00 noon to 1:30 p.m.

Contact: Rebecca Casanova, LCSW, MPH, (503) 220-8262, ext. 56237.

Referral required: Participation limited to P2 patients.

Co-pay: As it applies

## **Grief & Loss Support - Portland**

A 6-week class for those who are grieving the loss of a loved one. Journey together exploring the natural response of grief to the effects of loss. Each group includes time for individual grief work in a mutual supportive and safe group environment.

Location: Portland VAMC, contact number for location

Day: Mondays

Time: 1:00 p.m.

Contact: Chaplain Services, Brie Kruger, (503) 220-8262, ext. 57028

Referral required: Self-referral; call to join group.

Co-pay: None

## **Grief & Loss Support - Vancouver**

Six (6) session journey together exploring the natural response of grief to the effects of loss. Any loss can cause grief. Each group includes time for individual grief work in a mutual supportive and safe group environment.

Location: Vancouver Campus; call for room location.

Day: Wednesday (except federal holidays)

Time: 8:30 to 10:00 a.m.

Contact: Vancouver Chaplain Service, (360) 696-4061, ext. 3145.

Referral required: Self-referral

Co-pay: As it applies



## **Living with Epilepsy Support Group - Portland**

Our support group is designed to provide a safe place for exchanging common experience and stories to Veterans with seizures.

Location: Portland VAMC, Bldg. 104, Floor P5, Room 154A

Day: 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month

Time: 1:00 to 2:30 p.m.

Contact: Jan Spencer, LCSW, (503) 220-8262, ext. 51661.

Referral required: You can self-refer, contact Jan Spencer to register.

Co-pay: None

## **Epilepsy Support Group - Portland**

Support group for Veterans with seizure disorders.

Location: Portland VAMC, Bldg. 104, Floor P5, Room 154-B

Day: 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month

Time: 10:00 -11:30 a.m.

Contact: Jan Spencer, LCSW, (503) 220-8262, ext. 51661.

Referral required: None, call to sign up.

Co-pay: Unknown

## **PTSD & Spirituality - Various Locations**

Ongoing, co-ed, open class that focuses on various topics to include moral injury, PTSD, and spirituality. This group welcomes ALL PTSD Veterans for ongoing spiritual dialogue and support.

### **Portland**

Location: Portland VAMC, Mental Health Outpatient Clinic - P2

Day: Mondays (except federal holidays)

Time: 10:30 a.m. to 12:00 noon

Contact: Chaplain Services, (503) 220-8262, ext. 55939.

Referral required: Self-referral

Co-pay: As it applies

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## **Lodestone - PTSD & Spirituality Virtual Council**

Veterans will be able to have a confidential and honest conversations about their experiences in the military and post military in a safe environment. This is a weekly co-ed group for Veterans of all ages combat and noncombat.

Location: Virtual

Day/Time: Tuesdays 9:30 - 11:00 a.m. and Thursdays 10:00 - 11:30 a.m.

Contacts: Portland: Chaplain Morris, (503) 220-8262, ext. 57001 and Vancouver: Chaplain Widmer, (360) 696-4061, ext. 32038.

Referral: Providers can refer, Veterans can self- refer

Co-pay: None

## **Whole Health Mindfulness - Virtual**

Location/Telephone: Virtual (telephone, VVC, etc.).

Day: Wednesdays

Time: 10:30 -11:30 a.m.

Contact: Ellen Kessi, (503) 220-8262, ext. 32261 or Katherine Noonan (503) 220-8262, ext. 57696.

Referral required: Must contact Katherine or Ellen prior to register for class.

Co-pay: None



## **Caregiver Support Program - Telephone or Video**

Family Caregivers are anyone who provides any type of physical and/or emotional care for an ill or disabled Veteran living at home. Veterans in need of care, could be suffering from a physical or mental illness, disability, substance misuse, or other conditions. Caregiver's can be parents, adult children, spouses, partners, extended family, or friends.

### **Group 1: Dial-in Mindfulness Support Group**

Weekly mindfulness-based drop in support group providing emotional support and self-care practices for family caregivers of Veterans.

Type: Telephone day - Thursdays

Time: 1:00 - 2:00 p.m.

Contact information: Caregiver Support Program, (503) 273-5210.

Referral required: Self-referral

Call to sign up: Preregistration is required. Drop-ins welcome following initial registration. Please contact Caregiver Support Program at (503) 273-5210 prior to attending.

Co-pay: None

### **Group 2: Wellbeing Support Group**

Wellbeing Support Group is education based drop-in phone support group based on the Whole Health wheel. This group open to family caregivers of Veterans of all eras and is a great way to begin to incorporate self-care into your life.

Type: Telephone

Day: 2nd and 4th Mondays

Time: 12:30 - 1:30 p.m.

Contact information: Caregiver Support Program, (503) 273-5210.

Referral required: Self-referral

Call to sign up: Preregistration is required. Drop-ins welcome following initial registration. Call in information: 1(800) 767-1750,  
Code: 29154#.

Co-pay: None

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### **Group 3: Guided Rest**

A 60-minute class for family caregivers and Veterans that will guide you through relaxing your body (muscles, bones and tissues) relax while staying awake.

Type: Telephone

Telephone day: Friday

Time: 10:30 -11:30 a.m.

Contact information: Caregiver Support Program at (503) 273-5210.

Referral required: Self-referral

Call to sign up: Preregistration is required. Drop-ins welcome following initial registration. Please contact Caregiver Support Program at (503) 273-5210 prior to attending.

Co-pay: None

### **Group 4: Mindful Resilience Yoga Class**

Seated yoga class via Veteran Video Connect open to Veterans of all eras and family caregivers of Veterans. Seated yoga offers extended range of motion, as well as centering and relaxation. No experience necessary.

Type: Veteran Video Connect (VVC)

Day: 1<sup>st</sup> and 3<sup>rd</sup> Fridays

Time: 2:00 - 3:00 p.m.

Contact information: Caregiver Support Program at (503) 273-5210.

Referral required: Self-referral

Call to sign up: Preregistration is required. Drop-ins welcome following initial registration. Please contact Caregiver Support Program at (503) 273-5210 prior to attending.

Co-pay: None



## **Managing Anxiety - Portland**

Building coping strategies.

Location: Portland VAMC, Bldg. 104, P2, Group Room C

Day: Fridays (except federal holidays)

Time: 10:00 a.m. and 11:00 a.m.

Contact: Kimberlee Dennery, LICSW

Referral required: None, drop-in group limited to P2 patients. Call with interest, (503) 273-5018.

Co-pay: As it applies

## **OEF, OIF, & OND Combat Veteran Drop-in Group - West Linn**

Weekly drop-in support group for veterans who have served in Iraq or Afghanistan.

Location: West Linn CBOC, 3<sup>rd</sup> Floor

Day: Tuesdays (except federal holidays)

Time: 4:00 to 5:30 p.m.

Contact: Melissa Bensink, 503-220-8262, ext. 53061.

Referral required: Self-referral, space is limited.

Co-pay: None

## **PTSD Symptom Management Group - Bend**

8-week long class. Group provides education, skills, and resources for Veterans to cope with symptoms of PTSD. Please, no trauma or war stories.

Location: Bend CBOC

Day/Time: Next start date to be determined based on referral rates.  
Days/times determined by the needs of those referred.

Contact: Lee Hutson, PhD at (541) 550-5491.

Referral Required: **Provider referral required.** Talk to your provider if interested.

Co-Pay: None



## **Women's PTSD Support Group - Portland**

Location: Portland VAMC, Bldg 104, Mental Health Clinic (P2), Group Room B

Day/Time: Varies; call with interest.

Contact: Anne Connor, LCSW, (503) 220-8262, ext. 58379.

Referral required: Call with interest; Group limited to P2 Portland Mental Health Clinic Veterans.

Co-pay: As it applies

## **Relapse Prevention #C - Vancouver**

Introduces the Twelve-Steps with Higher Power alternative.

Location: Vancouver Campus, Bldg. 11, Room F157

Day: 4<sup>th</sup> Thursday of the month

Time: 1:00 to 2:00 p.m.

Contact: Chaplain Mary Mahoney, (503) 220-8262, ext. 33923.

Referral required: **Yes**, referred through SATP/RRTP.

Co-pay: None

## **Men's Trauma Toolbox - Skills for Dealing with the Impact of Trauma - Portland**

Drop-in group for Veterans with childhood, adult, and/or military trauma enrolled with the Mental Health Clinic (P2). Goals address the first stage of trauma treatment, working on safety, stability and skills. This is not a trauma processing group. Veterans do not need a diagnosis of PTSD to attend. Topics covered include impact of trauma, trauma recovery process, calming the body, mind, emotions and behaviors, and healthy relationships.

Location: Portland VAMC, Bldg. 104, Mental Health Clinic (P2), Group Room C

Day: Thursdays (except federal holidays)

Time: 1:00 to 2:00 p.m.

Contact: Anne Connor, LCSW, (503) 220-8262, ext. 58379.

Referral required: Self-referral, drop-in limited to P2 patients.

Co-pay: As it applies



## Wise Warriors - Various Locations

A weekly drop-in support group promoting positive coping strategies for Veterans who experience thoughts of suicide. (Must complete *Suicide Prevention Safety Plan* with a clinician prior to attending).

### **Bend**

Location: Bend CBOC, Mt. Bachelor Room

Day: Thursdays (except federal holidays)

Time: 11:00 a.m. to 12:30 p.m.

Contact: Margaret Kuehn, LCSW, (503) 402-2857.

Referral required: **See above requirements.**

Co-pay: None

### **Fairview**

Location: Fairview Clinic, Room B-105

Day: Mondays (except federal holidays)

Time: 10:00 to 11:30 a.m.

Contact: Dimitri Ntatsos, LCSW, or Matt Schmidt, LCSW, for more information at (503) 402-2857.

Referral required: **See above requirements.**

Co-pay: None

### **Hillsboro**

Location: Hillsboro CBOC, Mental Health Group Room

Day: Thursdays (except federal holidays)

Time: 9:00 to 10:00 a.m.

Contact: Dimitri Ntatsos, LCSW, (503) 402-2857.

Referral required: **See above requirements.**

Co-pay: None

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### **Portland**

Location: Portland VAMC, Bldg. 104, Floor P5, Room 154-B,  
(NCRAR Conference Room)

Day: Fridays (except federal holidays)

Time: 1:00 to 3:00 p.m.

Contact: Suicide Prevention Team, (503) 402-2857.

Referral required: **See above requirements.**

Co-pay: None

### **Salem**

Location: Salem CBOC, Mental Health Group Room

Day: Fridays (except federal holidays)

Time: 10:00 to 11:00 a.m.

Contact: Evelyn “Evie” Unkefer, LCSW, (503) 402-2857.

Referral required: **See above requirements.**

Co-pay: None

### **Vancouver**

Location: Vancouver Campus, Mental Health Clinic, Bldg. 11,  
Room F-164

Day: Thursdays (except federal holidays)

Time: 10:00 to 11:00 a.m. (10:45 a.m. on the 1<sup>st</sup> Thursday of the month)

Contact: Kenneth Vickery, MSW, LCSW, (360) 696-4061, ext. 34375.

Referral required: **See above requirements.**

Co-pay: None



## Relationship Skills & Family Support

***NOTE: Please call to confirm schedule before attending any scheduled group or class.***

### **Cancer Support Group for Veterans & Caregivers - Portland**

Food, Friends, & Fun. Each session lasts two hours and includes an educational cancer-related topic, nutritional education, activity, and light refreshments. Open to Veterans and caregivers.

Location: Portland VAMC, Bldg. 100, Floor 6D, Room 126

Day: 3<sup>rd</sup> Thursday of the month

Time: 10:00 a.m. to 12:00 noon

Contact: Marcia Long, LCSW, OSW-C, (503) 220-8262, ext. 51754.

Referral required: Self-referral

Co-pay: None

### **Caregiver Support Program - Portland**

Drop-in group that provides education and emotional support to caregivers of Veterans of all eras.

Location: Portland VAMC, Bldg. 100, Floor 8D, Room 104

Day: Thursdays

Time: 1:00 to 2:00 p.m.

Contact: Amber Lynch, LCSW, (503) 273-5210.

Referral required: Self-referral

Co-pay: None



## **Caregiver Self-care Courses - Various**

3-hour classes for Caregivers of Veterans of all eras, taught by licensed health care professionals. Each course includes lecture, small group discussion, and time for personal planning. The course is offered both in person and via telehealth. Call with interest!

Location: Various

Day/Time: Please contact for more information; subject to change.

Contact: Caregiver Support Program, (503) 273-5210.

Referral required: Self-referral, call to learn more.

Co-pay: None

## **Caregiver Support Program Dial-in Mindfulness Group**

Weekly mindfulness-based drop in support group providing emotional support and self-care practices for family caregivers of Veterans.

## **Caregiver Wellness Cafe - Various Locations**

Explore a variety of holistic self-care practices that support health and well-being. A self-care practice will be shared at each gathering. Education and opportunity to practice skills.

### **Salem**

Location: Salem CBOC, Suite 130, Floor 1C, Room 101B

Day: 4<sup>th</sup> Wednesday of the month

Time: 1:00 to 2:00 p.m.

Contact: Maria Loebach, RN, (503) 729-0781.

Co-pay: None

### **Vancouver**

Location: Vancouver Campus, Bldg. 11, Columbia Room 305

Day: 1<sup>st</sup> Thursday of the month

Time: 10:00 to 11:00 a.m.

Contact: Maria Loebach, RN, (503) 729-0781.

Referral required: Self-referral

Co-pay: None



## **Caregiver Workshops - Bend**

In these two-hour workshops, guest speakers cover topics ranging from: Navigating VA Community Care/TriWest, Managing Diabetes, Retiring from Driving, Understanding Long-Term Care Options, and Community Services to Support Caregiving. Each session offers a question and answer period following the presentation.

Location: Bend CBOC, and community locations in Prineville, Redmond, Sisters, Madras and La Pine.

Dates/Time: TBD

Contact: Jen Lawrence, MA, MSW, LCSW, (503) 351-5041 for more information on when upcoming workshops will be scheduled.

Referral required: None needed, self-referral, everyone is welcome to participate.

Co-pay: None

## **Caregivers: Communicating to Prevent & Protect Using Verbal De-escalation Skills - Various Locations**

Learn how to recognize early signs of aggression and hostility, effective communication skills, and de-escalation techniques and skills.

Location, Day, Time: Varies - call with interest.

Contact: Caregiver Support Program, (503) 273-5210.

Referral required: Self-referral

Co-pay: None

## **Powerful Tools for Caregivers - Various Locations**

6-week series (90 minutes each) of in-person classes for caregivers to reduce stress, improve self-confidence, and enhance communication skills.

Location/Day: Varies; call with interest.

Time: 10:30 a.m. to 12:00 noon

Contact: Amber Lynch, LCSW, (503) 273-5210.

Referral required: Self-referral

Co-pay: None



## **NAMI Homefront for Family Members - Portland**

This is a free, 6-week series of 2.5 hour sessions for **family, friends and significant others** of Veterans and Military Service members with mental health conditions.

Location: Portland VAMC

Day: Next session start date to be determined (TBD).

\*Tentative 6:30 to 9:00 p.m., call with interest.

Contact: Register by calling NAMI Multnomah at (503) 228-5692.

Referral required: Self-referral; just call to register.

Co-pay: None



## General Groups & Classes

**NOTE:** Please call to confirm schedule before attending any scheduled group or class.

### **Amputation Support Group - Portland - *On Hold***

Support group that welcomes amputees of all levels. Join us to get involved and discuss life after prostheses, peer support and networking, pain management, system navigation and care, community resources, and more.

Location: Portland VAMC, Bldg 100, P2, Group Room 1

Day: Thursdays (except federal holidays)

Time: 1:00 to 2:00 p.m.

Contact: Alex Durazo, LICSW, (503) 220-8262, ext. 57030.

Referral required: Self-referral; call (503) 220-8262, ext. 57030.

Co-pay: None

### **LGBTQ Support Group - Portland**

Join our support group! Our goals are to provide a safe and non-judgmental space to build community and support from other Veterans, explore topics related to sexual orientation, and connect with resources.

Location: Portland VAMC

Date: Every other Monday

Time: 3:00 to 4:00 p.m.

Contact: Dr. Gina Ortola, (503) 220-8262, ext. 56610 or Drew Fowler at ext. 54646.

Referral required: Call with interest!



## **Project Healing Waters Fly Tying Workshop - Various Locations**

Whether you are a novice or an experienced fly fisherman, all Veterans are invited to join in these workshops run by VAPORHCS volunteers who are part of Project Healing Waters. You will learn fly fishing techniques, develop skills, and just talk about fishing. You will be able to tie flies and learn to use them to fish. Project Healing Waters hosted fishing trips are in the spring and summer.

### **Portland**

Location: Portland VAMC, Auditorium Foyer, Bldg 100, 2<sup>nd</sup> Floor

Date: 3<sup>rd</sup> Friday of the month

Time: 10:00 a.m. to 1:00 p.m.

Referral required: Self-referral, please call Volunteer Services for more information and to “register”, (503) 402-2896.

Co-pay: No cost

### **Vancouver**

Location: Vancouver Campus, Columbia Room Foyer

Date: 1<sup>st</sup> Monday of the month

Time: 10:00 a.m. to 1:00 p.m.

Referral required: Self-referral, please call Volunteer Services for more information and to “register”, (503) 402-2896.

Co-pay: No cost

## **SATP Continuing Care Group - West Linn**

This group provides support to Veterans currently enrolled in the Substance Abuse Treatment Program.

Location: West Linn CBOC

Date: Mondays

Time: 3:00 to 4:30 p.m.

Contact: (503) 220-8262, ext. 31841

Referral required: Please call to schedule.



## **Cardiology Heart Failure Group - Portland**

4-week series for Veterans living with heart failure (HF). Topics include managing self-care practices, heart failure and medication education, and managing stress and depression in chronic illness. Integrating Whole Health principles. Open for Veterans and caregivers/supports.

Location: Portland VAMC, Building 100, 6D-126

Day: Thursdays

Time: 10:30 to 11:30 a.m.

Contact: Polly Hansen, CNS, (503) 220-8262, ext. 51171.

Referral required: Enrollment restricted to established Cardiology HF PACT Veterans, call to sign up.

Co-pay: Co-pay applies



## Integrated Health

**NOTE:** Please call to confirm schedule before attending any scheduled group or class.

### **Celebrating Earth Day in the Veterans Healing Garden - Portland**

Join us in the garden to celebrate Earth Week. Come learn how you can grow plants and flowers. Take part in an easy and fun seed starting activity.

Location: Portland VAMC, garden is located between Bldgs. 100 & 101, 1<sup>st</sup> floor near the Specialty Clinics.

Day: TBD, (Earth Day is April 22 of each calendar year).

Time: 11:00 a.m. to 1:00 p.m.

Contact: Scott Hoffman, Gardener, (503) 220-8260, ext. 57376.

Co-pay/fee: None, **everyone is welcome to attend this free event.**

### **Self-Compassion Health Break - Various Locations**

This program offers you a chance to express yourself, and treat yourself to a relaxing and restorative activity. Open to Veterans, caregivers, and staff.

#### **Portland**

Day/Time: Tuesdays, 12:15 p.m. to 12:45 p.m., and Thursdays, 2:00 to 2:30 p.m., except federal holidays

Contact: Judy Ulibarri, (971) 373-3928

Referral required: Drop-ins welcome

Co-pay: None

#### **Vancouver**

Day/Time: Wednesdays, 12:15 to 12:45 p.m., except federal holidays.

Contact: Judy Ulibarri, (971) 373-3928

Referral required: Drop-ins welcome

Co-pay: None



## **Healing Touch - Portland**

Healing Touch is non-invasive and utilizes gentle touch to assist in balancing your mind and body. This is done by placing hands on or above the body to help facilitate balance. Open to Veterans, caregivers and staff.

Location: Portland VAMC, Bldg. 104, Specialty Clinic

Day: Wednesday and Friday mornings

Time: Morning appointments

Contact: (503) 220-8262, ext. 55389 to schedule an appointment.

Referral required: No referral, Veterans welcome to drop-in.

Co-pay: As it applies

## **Mindfulness Experience - Portland**

Mindfulness is a state of active, open attention on the present. Mindfulness means living in the moment and awakening to experience. Join us in guided experience every Tuesday and Thursday.

Location: Portland VAMC, Chapel, Bldg. 100, 3rd floor.

Day: Tuesdays and Thursdays

Time: 12:15 p.m.

Contact: Chaplain Services, (503) 220-8262, ext. 55939



## **Mindfulness 101 - Various Locations**

A six-session introduction to Mindfulness class. Veterans will be introduced to mindfulness practices and given opportunities to practice in a group setting. Opportunities to practice at home and additional resources provided.

### **Portland**

Location: Portland VAMC, 1C-196

Day: Wednesdays

Time: 10:00 - 11:30 a.m.

Contact: Katherine Noonan, PhD and Ellen Kessi, LCSW (as CPRS sign on or direct call (503) 220-8262, ext. 57696 (Katherine) or ext. 32261 (Ellen).

Referral required: By provider or self, call to sign up (or CPRS sign on), no drop-ins.

Co-pay: None

### **Vancouver**

Location: Vancouver Campus - Gym

Day: Wednesdays

Time: 12:00-1:30 p.m.

Contact: Katherine Noonan, PhD and Ellen Kessi, LCSW (as CPRS sign on or direct call (503) 220-8262, ext. 57696 (Katherine) or ext. 32261 (Ellen).

Referral required: By provider or self, call to sign up (or CPRS sign on), no drop-ins.

Co-pay: None



## **Introduction to Mindfulness - Online**

Six-week class which introduces Veterans to the principles and practices of mindfulness. In class practice as well as home practice allows for Veterans to leave this class with an understanding of the benefits of mindfulness as well as an established daily practice.

Type: Virtual video

Day: Wednesdays

Time: 10:30 to 11:30 a.m.

Contact information: Katherine Noonan, PhD and Ellen Kessi, LCSW  
(503) 220-8262, ext. 57696 (Katherine) or ext. 32261 (Ellen).

Referral required: None, no drop-ins

Co-pay: None

## **Mindfulness 101 - Portland Vet Center**

This seated Yoga class is offered to Veterans of all eras and their caregivers. Classes are 60 minutes long and focus on range of motion, centering and relaxation.

Location: Portland Vet Center, 1505 NE 122nd Ave, Portland OR.

Day: 1<sup>st</sup> and 3<sup>rd</sup> Fridays

Time: 2:00 to 3:00 p.m.

Contact: Judy Ulibarri, (971) 373-3928

Co-pay: None



## **Whole Health Class - Portland & Vancouver (rotating schedule)**

This 9-session group helps you explore various dimensions of your overall health & well-being. Using the Personal Health Inventory, planning helps to take charge, improve health, and focus on areas that matter most to you.

Location: Vancouver Campus, Bldg. 20, Room 104 and Portland VAMC, varying rooms.

Day: Wednesdays (except federal holidays) - start with class 1. Class start dates are staggered.

Time: 10:00 to 11:30 a.m. (and additional classes as needed).

Contact: Brian Price, (503) 220-8262, ext. 56106

Referral required: Self-referral, please call to register.

Co-pay: As it applies

## **Mind Body Classes (including yoga, tai chi)**

For more information, see [Physical Activity and Exercise section](#).



## Special Events

**NOTE:** Please call to confirm schedule before attending any scheduled event.

For most current information on Special Events, please visit the:  
VA Portland Health Care System's event calendar:

<http://www.portland.va.gov/calendar.asp>

### **Annual Harvest Festival - Portland**

Join us to celebrate the Fall season. Come see the corn, sunflowers, millet, and gourds growing on the Portland VAMC grounds. Learn about and taste the healthy benefits of popcorn and be creative in painting a pumpkin to take home; all while sipping warm apple cider! All Veterans, their families, staff and visitors are welcome.

Location: Portland VAMC at the flag pole, between Bldgs. 100 & 103/104.

Date: TBD for 2021

Time: 11:00 a.m. to 1:00 p.m. (TBD)

Contact: Scott Hoffman, Gardener, (503) 220-8260, ext. 57376.

### **Experiencing the Labyrinth - Various**

A labyrinth is a single pathway weaving in a circle around a central point. Walking a labyrinth has been used for centuries as a moving meditation.

Location/Day/Time: TBD

Contact: Judy Ulibarri, (971) 373-3928

Please check VA Portland Health Care System special events calendar for updates.



### **Cancer Support Group: Food as Medicine - Portland**

This is designed for Veterans and their caregivers. Join us for a lively cooking demonstration by our guest chef who will discuss the healing properties of food and healthy fats and gaining weight healthfully post-treatment. Be inspired with a delicious, whole-food meal!

Location: Portland VAMC

Date: Quarterly; next date TBD

Time: 10:00 a.m. to 12:00 noon

Contact: Marcia Long, LCSW, OSW-C, (503) 220-8262, ext. 51754.

### **Cancer Support Group: Sound Therapy - Portland**

This program, designed for Veterans and their caregivers, provides Sound Therapy which assists with relaxation and rehabilitation for those coping with illness. A session sample featured Sound Therapist, Hamid Shibata Bennett, LMT, CAMT, who provided a brief introduction to Tibetan singing bowls.

Location: Portland VAMC

Day/Time: TBD; group occurs quarterly.

Contact: Marcia Long, LCSW, OSW-C, (503) 220-8262, ext. 51754.

### **Warrior to Soulmate (W2SM) - Virtual**

The Warrior to Soulmate (W2SM) is a program that provides hope and renewal to relationships impacted by military service, deployments and war. It provides a safe and healing environment for Veterans to renew and reconnect with their significant other through the teaching of communication skills.

Location: Virtual

Day/Time: Offered periodically

Contacts: Portland: Chaplain Turner. (503) 220-8262, ext. 52709;  
Vancouver: Chaplain Widmer, (360) 696-4061, ext. 32038.

Referral: Veterans can self- refer or contact PCP for referral.

Co-pay: None



## Additional Resources & Location Directions

### Updates on Current Classes & Events

The VAPORHCS web [calendar of Events & Classes](#) located at the very bottom of the main [VAPORHCS webpage](#).

Follow [VAPORHCS on Facebook](#) and/or go to the [VAPORHCS Facebook Events page](#).

Sign up on the [VAPORHCS main web page](#) under “CONNECT WITH VA PORTLAND HEALTH CARE SYSTEM” to receive email updates.

### Where to Find Us

Directions to [Portland](#) & [Vancouver](#) locations:

Directions to our [Community Clinic \(CBOC\)](#) locations

### Other Information

For immediate access to Veteran health education resources, please visit, <https://www.veteranshealthlibrary.va.gov/>.



 **Veterans Health Library**

Your source for health information