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

Prior to attending a group or class, please contact point of contact or clinic to verify schedule or register.
More of Your VA Health Record Information Available to You

New VA Blue Button Features Available on My HealtheVet

The Department of Veterans Affairs (VA) continues to improve VA Blue Button on My HealtheVet, with greater access to your personal information from your VA health record. With more of your health information securely at your fingertips, you are better able to participate in your care.

My HealtheVet
www.myhealth.va.gov

Your MyHealtheVet Coordinator:
Brian Miller
503-220-8262 Ext. 58419
# Table of Contents

<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nutrition &amp; Healthy Eating</td>
<td>4-5</td>
</tr>
<tr>
<td>Physical Activity &amp; Exercise</td>
<td>6-9</td>
</tr>
<tr>
<td>Tobacco Cessation</td>
<td>10-11</td>
</tr>
<tr>
<td>Stroke, Memory Skills &amp; Dementia Education</td>
<td>12-13</td>
</tr>
<tr>
<td>Diabetes Education &amp; Support</td>
<td>14-16</td>
</tr>
<tr>
<td>Pain Management</td>
<td>17-19</td>
</tr>
<tr>
<td>Sleep Improvement</td>
<td>20</td>
</tr>
<tr>
<td>Women’s Wellness</td>
<td>21-22</td>
</tr>
<tr>
<td>Health Education &amp; Support</td>
<td>23-26</td>
</tr>
<tr>
<td>Home Telehealth</td>
<td>27</td>
</tr>
<tr>
<td>Stress Management &amp; Emotional Well-being</td>
<td>28-34</td>
</tr>
<tr>
<td>Relationship Skills &amp; Family Support</td>
<td>35-36</td>
</tr>
<tr>
<td>General Groups &amp; Classes</td>
<td>37-38</td>
</tr>
<tr>
<td>Integrated Health</td>
<td>39-40</td>
</tr>
<tr>
<td>Special Events</td>
<td>41-42</td>
</tr>
<tr>
<td>Clinic Directions</td>
<td>43</td>
</tr>
</tbody>
</table>
NUTRITION & HEALTHY EATING

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

GROUP DIABETES CLASSES – MULTIPLE LOCATIONS
(SEE DIABETES EDUCATION SECTION PAGES 14-16)
Healthy eating for pre or diagnosed diabetics. Includes nutrition education on label reading, carbohydrate counting, portion control and diabetic meal planning.

HEALTHY COOKING CLASSES
6 Class Series Cooking Program offered in Portland to assist Veterans in putting knowledge into practice.

PORTLAND
Location: VA Portland, Bldg 101, Room 109
Day: 1st and 3rd Tuesdays of the Month
Time: 10:00 AM to 12:00 PM
Contact: 503-273-5112

Referral Required: You can self-refer to these 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
**MOVE! BASICS CLASS**
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 pre-requisite for the MOVE! Weight Management Program).
Visit [http://www.move.va.gov](http://www.move.va.gov) for more information.

<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>FAIRVIEW CBOC</td>
<td>2nd Thursday of the Month</td>
<td>12:30 PM to 2:30 PM</td>
</tr>
<tr>
<td>HILLSBORO CBOC</td>
<td>2nd Friday of the Month</td>
<td>9:00 AM to 11:00 AM</td>
</tr>
<tr>
<td>SALEM CBOC</td>
<td>2nd Thursday of the Month</td>
<td>12:00 PM to 2:00 PM</td>
</tr>
<tr>
<td>VANCOUVER</td>
<td>1st Wednesday of the Month</td>
<td>9:00 AM to 11:00 AM</td>
</tr>
</tbody>
</table>

Contact: The MOVE! Program, 503-220-3482 or 800-949-1004 ext. 53482
Referral Required: You can self-refer to these 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: None
PHYSICAL ACTIVITY & EXERCISE

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

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: VA Portland, Bldg 101, Room 201
   Day: 2nd and 4th Mondays of the Month
   Time: 9:00 AM to 10:00 AM
   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: VA Vancouver Campus, Bldg 11, Room D222
   Day: 1st and 3rd Thursdays of the Month
   Time: 1:00 PM to 2:30 PM
   Contact: Marcella McGee, 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 AND 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 pre-requisite for the MOVE! Weight Management Program).

MOVE! GROUP CLASS
This 16-session (8 month) weight management program covers various topics on nutrition, physical activity and behavior change. This program runs 3x a year. (Pre-requisite: MOVE! Basics Class)

Location: Fairview, Hillsboro, Salem, & Vancouver
Day/Time: Varies By Location
Contact: Primary Care Team, schedule MOVE! Basics pre-requisite class. For information, call MOVE! Program Hotline, 503-220-3482.
Referral Required: You can self-refer into these classes after completing the MOVE! Basics Class. First, self-refer to the MOVE! Basics Class to get started, but an appointment is required.
Contact your provider or care team and ask them to enter an admin order to MOVE! Basics before you self-refer to the MOVE! Group.
Co-Pay: None

SHOULDER CLASS – PORTLAND
Group education class on shoulder anatomy, safety and rehab exercises.

Location: VA Portland, Bldg 100, Floor 1C, Room 194
Day: Mondays (Every Week, except Federal holidays)
Time: 1:00 PM to 2:30 PM
Contact: EB Yap, PT 503-273-5018
Referral Required: Provider-Referral required
Co-Pay: As it applies
TAI CHI – VANCOUVER
Tai Chi is a noncompetitive, self-paced program of gentle physical exercise with an eastern cultural influence. The participant performs a defined series of postures or movements in a slow manner – standing or seated.

Location: VA Vancouver Campus, Bldg 14, Gym
Day: Wednesdays (Every Week, except Federal holidays)
Time: 11:00 AM – 12:00 PM
Contact: Toni Bremner, OT, 360-696-4061, ext. 33051
Referral Required: Provider approval for participation
Co-Pay: None

TAI CHI – COMMUNITY LIVING CENTER (CLC) RESIDENTS
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: VA Vancouver Campus; CLC Chapel
Day: Tuesday (Every Week, except Federal holidays)
Time: 11:00 AM to 11:30 AM
Contact: Call Recreation Therapy, 360-696-4061, ext. 33327 if interested (Debra, Gerri or Jessie).
Referral Required: **Limited to CLC residents only.** Pre-registration is required. Call Recreation Therapy with interest.

TRAUMA SENSITIVE YOGA – VANCOUVER
Yoga is a physical activity that combines breathing with gentle movements and integrates mind-body awareness to improve mindfulness and stress reduction.

Location: VA Vancouver Campus, Bldg 11, Columbia Room 305
Day: Mondays or Wednesdays
(Every Week, except Federal holidays)
Time: 2:30 PM to 3:30 PM
Contact: Nancy McFarlane, CTRS, RYT, 360-737-1439
Referral Required: **Mental Health provider referral only.**
Co-Pay: As it applies – if there is copay for other Mental Health appointments, there will be copay for this class.
WATER AEROBICS – VANCOUVER
Low-level water aerobics class. You will need a Physical Therapy consult before participating. Classes are
- Location: Marshall Community Center
- Address: 1009 E. McLoughlin Blvd., Vancouver, WA
- Day: Tuesdays & Thursdays (Every Week, except Federal holidays)
- Time: 3:00 PM to 4:00 PM
- Contact: Natalie Schmitz, 503-220-8262, ext. 31425
- Referral Required: Yes. PT consult and referral required.

YOGA – VARIOUS CLINICS
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, Portland, West Linn & Hillsboro
- 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: N/A
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 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: Call All Days
               Hours: 8:00 AM – 8:00 PM (ET)

QUIT NOW: SMOKING CESSATION CLASS – VARIOUS
For groups open to any Veteran – you may go to any group at any site. You do not need to be at the site where Primary Care or Mental Health service is provided. Spouses, partners, housemates who want to quit may be invited, too. Please check with group leader or group to be sure.

CRRC
Location: CRRC Group Room
Address: 308 SW 1st Ave, Suite 155, Portland, OR
Day: Mondays (Every Week, except Federal holidays)
Time: 2:00 PM – 3:00 PM
Contact: Call, 971-352-1644

FAIRVIEW
Location: Fairview Clinic
Day: Tuesdays (Every Week, except Federal holidays)
Time: 9:00 AM to 10:00 AM
Contact: Call, 503-660-0700

PORTLAND
Location: VA Portland, Bldg104, Mental Health Clinic (P2), Group Room C
Please check in at front desk
Day: Wednesdays (Every Week, except Federal holidays)
Time: 1:00 PM to 2:00 PM
Contact: Call, 503-220-8262, ext. 33602
QUIT NOW: SMOKING CESSIONATION CLASS – CONTINUED

QUIT NOW: SMOKING CESSIONATION CLASS – MH & SATP – VANCOUVER

Only open to Veterans enrolled in SATP or the Vancouver Mental Health Clinic.

- Location: SATP Group Room
- Day: Wednesdays (Every Week, except Federal holidays)
- Time: 12:00 – 1:00 PM
- Contact: 503-220-8262, ext. 33602
- Referral Required: Yes
- Must be enrolled in SATP or Vancouver Mental Health to attend this class.
- Co-Pay: As it applies
STROKE, MEMORY SKILLS & DEMENTIA EDUCATION

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

DEMENTIA 101: INTRODUCTION TO DEMENTIA
In this one-time, 2 hour workshop you will learn what dementia is, how it is diagnosed, different types of dementia, how cognitive losses impact the person with dementia, and strategies to adapt to these changes.

VANCOUVER
Location: Vancouver CBOC
Day: Tuesday, October 17th, 2017
Time: 10:00 AM – 12:00 PM

WEST LINN
Location: West Linn CBOC
Day: Tuesday, November 7th, 2017
Time: 10:00 AM – 12:00 PM

HILLSBORO
Location: Hillsboro CBOC
Day: Tuesday, December 5th, 2017
Time: 10:00 AM – 12:00 PM

Contact: Kristi Ketchum, LCSW at 503-220-8262 ext. 58594
Referral Required: None; Participants must contact Kristi Ketchum to register for the workshop.
Co-Pay: None
COMPENSATORY COGNITIVE TRAINING GROUP
FOR MILD COGNITIVE IMPAIRMENT OR TBI – BEND
Group provides skills to improve memory, attention and concentration.
   Location: Bend CBOC
   Day/Time: Next start date to be determined.
   Contact: Lee Hutson, PhD
   Referral Required: Talk to your provider if interested
   Provider referral required
   Co-Pay: As it applies

SAVVY CAREGIVER CLASS – VARIOUS
Savvy Caregiver is a 12-hour course delivered in two hour sessions over six weeks; caregivers are asked to commit to all six sessions. It is for caregivers providing care to a person diagnosed with dementia. Caregivers will learn what dementia is and how it affects functioning, while developing skills and strategies to make their caregiving job more manageable.

SALEM
   Location: Salem, Oregon (Center for 50+)
   Address: 2615 Portland Rd. NE, Salem, OR
   Day/Time: To Be Determined (TBD)
   Contact: Kristi Ketchum, LCSW, 503-220-8262, ext. 58594
   Referral Required: You can self-refer to these classes, for more information or to sign up, contact Kristi Ketchum.
   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 is Diabetes to how to use a meter to lifestyle, setting goals, and the medical options available.

Location: Hillsboro CBOC, 3rd Floor, Conference Room
Day: 1st and 4th 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. 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 CBOC
Education on how to manage your diabetes more successfully.

Location: North Coast CBOC, Room 7315
Day: 1st Thursday of the Month
Time: 1:00 PM to 3:00 PM
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 CBOC
Insulin pattern management group

Location: West Linn CBOC, 3rd Floor, Group Room
Day: 1st and 3rd Thursdays of the Month
Time: 10:00 AM to 12:00 PM
Contact: Clinic Staff, 503-861-1452, Option 2
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:**
  - 2<sup>nd</sup> & 4<sup>th</sup> Thursdays of October 2017, 10:00AM-12:00PM
  - 2<sup>nd</sup> & 4<sup>th</sup> Thursdays of November 2017, 10:00AM-12:00PM
  - 1<sup>st</sup> & 3<sup>rd</sup> Tuesdays of November 2017, 1:00PM - 3:00PM

**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

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**PRIMARY CARE NURSING DIABETES CLASS – FAIRVIEW**

- **Location:** Fairview Clinic
- **Day:** 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of the Month
- **Time:** 2:00 PM

**Contact:** Nurse Care Managers

**Referral Required:** Contact PACT team to schedule *Fairview Clinic Veterans/family/care-giver only

**Co-Pay:** As it applies

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**DIABETES COMPLEX INSULIN GROUP – WEST LINN**

Insulin pattern management group.

- **Location:** 3<sup>rd</sup> Floor, Group Room
- **Day:** 1<sup>st</sup> & 3<sup>rd</sup> Thursdays of the Month
- **Time:** 10:00 AM to 12:00 PM

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

FAIRVIEW
Location: Fairview Clinic
Day: 1st & 3rd Thursdays of the Month
Time: 12:30 PM to 2:30 PM
Contact: Danielle Wleklinski, MS, RD, 503-660-0649

Referral Required: You can self-refer into these 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: Yes
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: Call to confirm room location.
Day: Tuesdays (Every Week, except Federal holidays)
Time: 10:00 AM to 11:30 AM
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 – VARIOUS
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.

Location/Day/Time: Varies, depending on interest
Contact: Robert Rasey at 503-703-7848 or Rene Stell at 503-220-8262, ext. 53241
Referral Required: Self-Referral – call with interest. May be able to offer classes in various locations, depending on interest.
Co-Pay: None

NALOXONE EDUCATION CLASS – COMING SOON – VANCOUVER
Veteran kit training and opioid safety. More information to come.

Location: Vancouver Campus
Day/Time: Next date To Be Determined (TBD)
Contact: Please contact your Primary Care Team for more information.
TELOS JOURNEY
Eliminate overuse and abuse of prescription drugs, especially opioids. Telos will engage and inspire you to your highest possible level of health and well-being. This class will focus on you as a whole person and is centered on your goals and “what matters to you.”
   Location: Salem CBOC
   Day: To be determined
   Time: Each class is 90- minutes, 1x/week
   Contact: Dr. Mulry at 971-304-2272
   Referral Required: **Yes. Limited to Veterans at the Salem CBOC.**
   Talk with your primary care provider for a referral.
   Co-Pay: As it applies.

MANAGING CHRONIC PAIN – PORTLAND
Group limited to P2 Portland Mental Health Clinic Veterans
   Location: VA Portland, Bldg 104, Mental Health Clinic (P2)
   *Please check in at front desk*
   Day/Time: Call with interest
   Contact: Kimberlee Dennery, LICSW
   Referral Required: Contact Portland MH clinic with interest, 503-273-5058
   Co-Pay: As it applies

MANAGING CHRONIC PAIN – NORTH COAST
   Location: North Coast CBOC
   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
TENS CLASS
Group instruction on use of TENs unit (Transcutaneous Electrical Nerve Stimulation TENs)

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 PM to 3:00 PM
Contact: Lauren Anderson, PT, 971-304-2276

PORTLAND
Location: VA Portland, Bldg 100, Room 1C-194
Day: 1st Tuesday of the Month
Time: 10:00 AM to 11:00 AM
Contact: Ethelbert Yap, PT, 503-273-5018

Referral Required: Provider Referral required for all TENS classes
Co-Pay: As it applies
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: VA Portland, Bldg 100, 6C, Room 109
Day: Fridays (Every Week, except Federal holidays)
Time: 12:30 PM to 2:00 PM
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.

VANCOUVER
Location: Vancouver Campus, TBD
Day: Wednesdays (1st & 3rd, except Federal holidays)
Time: starts at 10:30 AM

WOMEN’S SPIRITUAL VALUES
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: P2A-101
Day: Mondays, call for dates
Time: 9-10:30AM
Contact: Chaplain Morris - Chaplain Services, 503-220-8262 ext.57027
Referral Required: Self-referral
Co-Pay: As it applies

Contact: Chaplain Services, 503-220-8262 ext.55939
Referral Required: Self- Referral, contact Chaplain services to sign-up
WOMEN’S MANAGING CHRONIC PAIN – PORTLAND
For more information, visit the Pain Management section.

WHOLE HEALTH FOR WOMEN GROUP – ON HOLD
This nine-week group helps you look at how life and health impact each other, create a plan to help you take charge and speak up to improve your health and discover tips on how you can get there!

VA SUPPORT NETWORK: A VA AND 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
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: VA Portland, Bldg 100, P2 Group Room 1
   Day: Thursdays (Every Week, except Federal holidays)
   Time: 1:00 PM to 2:00 PM
   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
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
Group education class on back anatomy, safety and rehab exercises. Portland class also includes use of TENS equipment as needed.

BEND
Location: Bend CBOC, room will vary.
Day: 3rd Thursday of the Month
Time: 1:00 PM to 3:00 PM
Contact: Kimberly Hillis, 541-550-5510

PORTLAND
Location: VA Portland, Bldg 100, Room 1C-194
Day: 2nd & 4th Fridays of the Month
Time: 10:00 AM to 11:30 AM
Contact: Jed Lauters, PT

VANCOUVER
Location: Vancouver Campus, Bldg 11, Rehab Medicine Department
Day: 4th Thursday of the Month
Time: 10:00 AM to 12:00 PM
Contact: Rehab Medicine MSA to schedule, 360-690-1826 ext. 31826 or 33366

Referral Required: Provider-Referral required
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 do the guidelines say that to lifestyle, setting goals and medical options out there.

Location: Hillsboro CBOC, 3rd Floor, Conference Room
Day/Time: 3rd 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 from what is it to lifestyle modifications, setting goals and medical options out there.
   Location: Hillsboro CBOC, 3rd Floor, Conference Room
   Day/Time: 2nd 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) – COMING SOON – VANCOUVER
Vancouver Veterans only please, for new diagnosis and refresher. More information to come.
   Location: Vancouver Campus
   Day/Time: Four Wednesdays over the course of one month To Be Determined (TBD)
   Contact: Please contact your Primary Care Team for more information.

KIDNEY TRANSPLANT PATIENT AND FAMILY EDUCATION CLASS – PORTLAND
Pre-transplant educational class to ready Veterans and caregivers for the transplant process.
   Location: VA Portland, Bldg 100, Floor 7C, Room 109
   Day: Wednesdays (Every Week, except Federal holidays)
   Time: 9:30 AM to 12:30 PM
   Contact: Heidi Lyons, BSN, RN or Christian Curtin BSN, RN, 503-220-8262 ext. 54464 or 55509
   Referral Required: Self-Referral, call with interest.
   Co-Pay: None

LIVER TRANSPLANT PATIENT AND FAMILY EDUCATION CLASS – PORTLAND
Pre-transplant educational class to ready Veterans and caregivers for the transplant process.
   Location: VA Portland, Bldg 100, Floor 7C, Room 106 or 103
   Day/Time: Mondays of the Month, 10:00 AM to 12:00 PM
   Contact: Amy Hester BSN, RN, 503-220-8262 ext. 54512
   Referral Required: Call with interest to attend Monday’s class.
   Co-Pay: None
LIVING WELL WITH CHRONIC CONDITIONS – VARIOUS
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, depending on interest
   Contact: Robert Rasey at 503-703-7848 or Rene Stell at 503-220-8262, ext. 53241
   Referral Required: Self- Referral – call with interest. May be able to offer classes in other locations.

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.

POSITIVE LIVING – PORTLAND
A support group for Veterans living with HIV. Topics covered include, coping with stress, managing medications, healthy lifestyle, and relationships and navigating the VA.
   Location: VA Portland, Bldg 104, Level P2
   Day: Fridays (Every Week, except Federal holidays)
   Time: 1:00 PM – 2:00 PM
   Contact: Alex Durazo, LICSW, 503-220-8262 ext. 57030
   Referral Required: No appointment necessary
   Co-Pay: As it applies
HOME TELEHEALTH

THE HOME TELEHEALTH PROGRAM helps you manage your health care needs in the comfort of your home. Using in-home technology, Registered Nurse Care Coordinators monitor and assess your health and well-being. The Registered Nurse Care Coordinator serves as a link between you and your Patient Aligned Care Team (PACT). Home Telehealth is currently able to serve Veterans with the following conditions:

- Congestive Heart Failure (CHF)
- Chronic Obstructive Pulmonary Disease (COPD)
- Diabetes (DM)
- Hypertension (HTN)

For more information please contact your primary care team.
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 and Referral Center (CRRC)
Address: 308 SW 1st Ave. Portland. Transit Stop: Oak Street.
Day: 1st Thursday of the Month
Time: 12:00 PM to 1:30 PM
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: VA Portland, Bldg 100, Floor 5C
Day: Mondays (Every Week, except Federal holidays)
Time: 2:00 PM
Contact: Chaplain Services, 503-220-8262 ext.55939
Referral Required: Self- Referral
Co-Pay: None

DEPRESSION MANAGEMENT AND RECOVERY – SALEM
Join our 4-week group where you will learn to identify signs of depression, positive coping skills, share experiences with others, set achievable goals, and learn about therapy & medications available to help your symptoms.

Location: Salem CBOC, please check in at front desk
Day/Time: Mondays, for 4 weeks; 11:00 AM to 12:00 PM
Starting Sep.18th, 2017 (Excluding Holiday on Oct. 9th)
Contact: Lindsay Crowe, RN, BSN at (971) 304-2240
Referral Required: Self-referral, please call (971) 304-2240 to register
Co-Pay: As it applies
DISTRESS TOLERANCE – PORTLAND
Group limited to Veterans at the Portland Mental Health clinic only. This drop-in group focuses on developing skills to tolerate emotional distress and managing crisis moments.
   Location: VA Portland, Bldg 104, Mental Health Clinic (P2), Group Room A
   Day: Fridays (Every Week, except Federal holidays)
   Time: 12:00 PM to 1:30 PM
   Contact: Rebecca Casanova, LCSW, MPH
   Referral Required: Participation limited to Portland Mental Health (P2) patients only.
   Co-Pay: As it applies

GRIEF AND LOSS SUPPORT – ON HOLD, PORTLAND
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.
   Contact: Chaplain Services, 503-220-8262 ext. 55939
   Referral Required: Self- Referral
   Co-Pay: None

GRIEF AND LOSS SUPPORT – VANCOUVER
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: Wednesdays (Every Week, except Federal holidays)
   Time: 10:00 AM to 11:00 AM
   Contact: Chaplain Thom Phillips, 503-220-8262, ext. 57025
   Referral Required: Self- Referral, to register call Bill Davis 503-220-8262, ext. 51733.
   Co-Pay: None

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: VA Portland, Bldg 104, Floor P5, Room 154A
   Day: 2nd and 4th Thursdays of the Month
   Time: 1:00 PM to 2:30 PM
   Contact: Jan Spencer, LCSW, 503-220-8262 ext. 51661
Referral Required: You can self-refer, contact Jan Spencer to register.
Co-Pay: No co-pay

PTSD AND SPIRITUALITY – VANCOUVER
Ongoing, co-ed, open class that focuses on various topics to include moral injury & PTSD & spirituality. This group welcomes ALL PTSD Veterans for ongoing spiritual dialogue and support.
   Location: TBD
   Day: Wednesday (1st & 3rd, except federal holidays)
   Time: 2:15 PM
   Contact: Chaplain Services, 503-220-8262 ext.55939
   Referral Required: Self-referral
   Co-Pay: As it applies

MANAGING ANXIETY – PORTLAND
Group limited to P2 Portland Mental Health Clinic Veterans
   Location: VA Portland, Bldg 104,
   Mental Health Clinic (P2), Group Room C
   Day/Time: Call with interest
   Contact: Kimberlee Dennery, LICSW
   Referral Required: Contact Portland MH Clinic
   with interest, 503-273-5018
   Co-Pay: As it applies

OEF OIF OND COMBAT VETERAN DROP-IN GROUP
Weekly drop-in support group for veterans who have served in Iraq or Afghanistan.

PORTLAND – COMING SOON
Location: Portland VA Medical Center
Day/Time: Every other Tuesday (Subject to Change).
Next start date To Be Determined (TBD).
Contact: Ty Miller, 503-273-5075

WEST LINN OUTPATIENT CLINIC
Location: 1750 Blankenship Rd., 3rd Floor
Day: Tuesdays (Every Week, except Federal holidays)
Time: 4:00 PM – 5:30 PM
PTSD SYMPTOM MANAGEMENT GROUP – BEND
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.
   Contact: Lee Hutson, PhD
   Referral Required: Provider referral required. Talk to your provider if interested
   Co-Pay: None

WOMEN’S PTSD SUPPORT GROUP – PORTLAND
   Location: VA Portland, 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: 4th Thursday of the Month
   Time: 1:00 PM to 2:00 PM
   Contact: Chaplain Mary Mahoney, 503-220-8262 Ext. 33923
   Referral Required: Referral required, 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. The goal of this group is to address first stage trauma treatment and work 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: VA Portland, Bldg 104,
Mental Health Clinic (P2), Group Room C
Day: Thursdays (Every Week, except Federal holidays)
Time: 1:00 PM to 2:00 PM
Contact: Anne Connor, LCSW, 503-220-8262, ext. 58379
Referral Required: Self- Referral, drop-in
Co-Pay: As it applies

WISE WARRIORS
A weekly drop-in group providing support and distress tolerance skills instruction to Veterans. (Must complete Suicide Safety Plan with a clinician prior to attending)

PORTLAND
Location: VA Portland, Bldg 104, Floor P5, Room 154-B
(NCRAR Conference Room)
Day: Fridays (Every Week, except Federal holidays)
Time: 1:00 PM to 3:00 PM
Contact: Suicide Prevention Team, 503-402-2857
Referral Required: See above requirements.
Co-Pay: None

VANCOUVER
Location: Vancouver Mental Health Clinic, Bldg 11, Room F-164
Day: Thursdays (Every Week, except Federal holidays)
Time: 10:00 AM to 11:00 AM
(10:45 AM on the 1st Thursday of the Month)
Contact: Kenneth Vickery, MSW, LCSW, 360-696-4061 ext. 34375
Referral Required: See above requirements.
Co-Pay: None

FAIRVIEW
Location: Fairview Outpatient Clinic, Room B-105
Day: Mondays (Every Week, except Federal holidays)
Time: 10:00 AM to 11:30 AM
Contact: Dimitri Ntatsos, LCSW, or Matt Schmidt, LCSW,
Call 503-402-2857
Referral Required: See above requirements.
WISE WARRIORS – CONTINUED

SALEM
Location: Salem CBOC, Mental Health Group Room
Day: Fridays (Every Week, except Federal holidays)
Time: 10:00 AM – 11:00 AM
Contact: Evelyn “Evie” Unkefer, LCSW, 503-402-2857
Referral Required: See above requirements.
Co-Pay: None

HILLSBORO
Location: Salem CBOC, Mental Health Group Room
Day: Thursdays (Every Week, except Federal holidays)
Time: 9:00 AM to 10:00 AM
Contact: Dimitri Ntatsos, LCSW, 503-402-2857
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 – PORTLAND FOR VETERANS AND CAREGIVERS
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: VA Portland, Bldg 100, Floor 6C, Room 126
Day: 3rd Thursday of the Month
Time: 10:00 AM to 12:00 PM
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: VA Portland, Bldg 101, Room 207
Day: 1st and 3rd Mondays of the Month
Time: 1:00 PM to 3:00 PM
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 WELLNESS CAFE – VARIOUS
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 CBOC**
Location: Salem CBOC, Suite 130, Floor 1C, Room 101B  
Day: 4th Wednesday of the Month  
Time: 1:00 PM to 2:00 PM  
Contact: Maria Loebach, RN, 503-729-0781

**VANCOUVER**
Location: Vancouver Campus, Bldg 11, Columbia Room 305  
Day: 1st Thursday of the Month  
Time: 10:00 AM to 11:00 AM  
Contact: Maria Loebach, RN, 503-729-0781  
Referral Required: Self-Referral  
Co-Pay: None

CAREGIVER WORKSHOPS – BEND
Topic will cover legal issues and long term care planning.  
Location/Day/Time: To Be Determined (TBD)  
Contact: Jen Lawrence, MA, LCSW - Social Worker, (503) 351-5041  
Referral Required: Self-Referral  
Co-Pay: None

CAREGIVERS: COMMUNICATING TO PREVENT AND 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 for interest  
Contact: Caregiver Support Program, 503-273-5210  
Referral Required: Self-Referral  
Co-Pay: None
HEALING TOUCH – PORTLAND
Healing Touch is non-invasive, 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. More information, see Integrated Health section.

POWERFUL TOOLS FOR CAREGIVERS – VARIOUS
6 week series (90 minutes each) in-person classes for caregivers to reduce stress, improve self-confidence, and enhance communication skills.
- Location: Various
- Day: Varies; Call with interest
- Time: 10:30 AM to 12:00 PM
- Contact: Amber Lynch, LCSW, 503-273-5210
- Referral Required: Self-Referral
- Co-Pay: None

NAMI HOMEBRONT – PORTLAND
This is a free, six 2.5 hour sessions class for family, friends and significant others of Veterans and Military Service members with mental health conditions.
- Location: Portland VA Medical Center
- Day: Next session start date To Be Determined (TBD)
  *Tentative schedule January 2018;
  *Tentative 6:30 PM to 9:00 PM; 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

AMPUTATION SUPPORT GROUP – PORTLAND
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: VA Portland, Bldg 100, P2 Group Room 1
Day: Thursdays (Every Week, except Federal holidays)
Time: 1:00 PM to 2:00 PM
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

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 VA Medical Center
Date: Every other Monday
Time: 3:00 PM - 4:00 PM
Contact: Dr. Gina Ortola at 503-220-8262 ext. 56610 or Drew Fowler at ext. 54646
Referral Required: Call with interest!

RENT WELL – PORTLAND – ON HOLD
6-week tenant education course for Veterans with barriers to housing (evictions, debt, criminal history, etc.) Currently on hold, contact CRRC for more information, 503-808-1256
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 ran 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 VA Medical Center
Auditorium Foyer, Bldg 100, 2nd Floor
Date: 3rd Friday of the Month
Time: 10:00 AM to 1:00 PM

VANCOUVER
Location: Vancouver Campus, Columbia Room Foyer
Date: 1st Monday of the Month
Time: 10:00 AM to 1:00 PM

Referral required: Self-referral, please call Volunteer Services for more information and to “register” 503-402-2896
Co-pay: No cost
INTEGRATED HEALTH

SELF-COMPASSION HEALTH BREAK – VARIOUS
This program offers you a chance to express yourself, treat yourself to a relaxing and restorative activity. Open to Veterans, caregivers and staff.
   Location: Portland VA Medical Center
   Day/Time: Tuesdays of the Month, 12:15 PM to 12:45 PM
                Thursdays of the Month, 2:00 PM to 2:30 PM
   Location: Vancouver Campus
   Day/Time: Wednesdays of the Month, 12:15 PM to 12:45 PM
            (Every Week, except for Federal holidays)
   Contact: Judy Ulibarri, 971-373-3928
   Referral Required: Drop-in
   Co-Pay: None

HEALING TOUCH – PORTLAND
Healing Touch is non-invasive, 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: VA Portland, Bldg 104, Specialty Clinic
   Day: Mondays (Every Week, except Federal holidays)
   Time: 12:00 PM to 3:00 PM
   Contact: 503-729-0781 or 971-373-3928 for information. Please call Larry Bolf at 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
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: VA Portland, Chapel
   Day: Tuesday/Thursdays
   Time: 12:15 PM
   Contact Chaplain Services, 503-220-8262 ext.55939
WHOLE HEALTH CLASS (ALL VETERANS) – VANCOUVER
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: VA Vancouver Campus, Bldg 20, Room 104
Day/Time: Wednesdays (starts Sept. 27th), 10:00 AM to 11:30 AM
Contact: 503-220-8260, ext. 32261 or 33128
Referral Required: Self-referral. Please call to register
Co-Pay: As it applies

VETERANS HEALING GARDEN – PORTLAND
Visit our garden for a peaceful place to relax, view and explore nature, promote healing and more. Open to Veterans, caregivers and staff.
Location: Garden is located between Portland Bldgs 100 & 101, 1st floor near the Specialty Clinics.
Contact: Scott Hoffman, Gardener, 503-220-8260, Ext. 57376

VETERANS ART CONNECTION GROUP – PORTLAND
In this group, Veterans of the Mental Health Clinic bring their own art projects and work with other independently. The goal is to increase meaningful activity. Veteran may take this class two times and then are encouraged to find an art class in the community to continue their creative projects.
Location: VA Portland, Bldg 104, P2, Room 105
Date: Tuesdays for 4 sessions, alternating months
Time: 1:30 PM to 2:30 PM
Referral required: Mental Health provider referral only.
Co-pay: As it applies – if there is copay for other Mental Health appointments, there will be copay for this class.

MIND BODY CLASSES (INCLUDING YOGA, TAI CHI)
For more information, see Physical Activity and Exercise section.
SPECIAL EVENTS

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

2ND ANNUAL HARVEST FESTIVAL – PORTLAND
Join us to celebrate the Fall season. Come see the corn, sunflowers, millet, and gourds growing on the VA Portland campus 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: VA Portland at the Flag Pole,
           Between Bldgs 100 & 103/104
   Date: Thursday, October 5th, 2017
   Time: 11:00 AM to 1:00 PM
   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. Questions? Judy Ulibarri, 971-373-3928

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

CANCER SUPPORT GROUP: FOOD AS MEDICINE FOR VETERANS AND CAREGIVERS – PORTLAND
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 Main Campus
   Date: Quarterly; next date To Be Determined (TBD)
   Time: 10:00 AM to 12:00 PM
   Contact: Marcia Long, LCSW, OSW-C, 503-220-8262 ext. 51754

CANCER SUPPORT GROUP: SOUND THERAPY FOR VETERANS AND CAREGIVERS – PORTLAND
This program provides Sound Therapy which assists with relaxation and
rehabilitation for those coping with illness. January’s session will feature Sound Therapist, Hamid Shibata Bennett, LMT, CAMT who will provide a brief introduction to Tibetan singing bowls.

Location: Portland Main Campus
Day/Time: To Be Determined (TBD); Group occurs quarterly
Contact: Marcia Long, LCSW, OSW-C, 503-220-8262 ext. 51754

**NOURISH YOUR MIND, BODY, & SPIRIT – 2017**

**WASHINGTON COUNTY FAMILY CAREGIVER CONFERENCE – HILLSBORO**

Expect a day of fun, learning and empowerment, with inspiring presenters, helpful resources, and the opportunity to meet other caregivers who share similar challenges. This conference focuses on the needs of unpaid family caregivers of older adults. Free to family caregivers. Includes lunch.

Location: Tuality Health Education Center
Address: 334 SE 8th Ave. Hillsboro, OR
Day/Time: Friday, November 17th, 2017; 9:00 AM to 2:30 PM
Contact: Registration required, please call 503-846--3089

**WARRIOR TO SOULMATE**

The Warrior to Soul Mate (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.

Date: Happens 1-2x/year – next class TBD
Contact: Call 503-220-8262, ext. 31435 / 51733
CLINIC DIRECTIONS

ONLINE, CLICK HERE FOR LINK TO COMMUNITY CLINIC DIRECTORY Includes directions and general facility contact.

Or visit: http://www.portland.va.gov/locations/directions
For immediate access to Veteran health education resources, please visit, http://www.veteranshealthlibrary.com: