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 register or verify schedule by reaching out to the point of contact or clinic.
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
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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 PAGE 16)
Healthy eating for pre- or diagnosed diabetics. Includes nutrition education on label reading, carbohydrate counting, portion control, and diabetic meal planning.

HEART HEALTHY CLASSES
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: 4th Wednesday of the month
Time: 1:00 to 2:30 PM
Contact: Nutrition Scheduling 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: 4th Tuesday of the month
Time: 9:00 to 10:30 AM
Contact: Nutrition Scheduling (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
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 for more information.

BEND
Location: Bend CBOC, Room 105
Day: 2nd Wednesday of the month
Time: 1:00 PM to 3:00 PM
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: 2nd Tuesday of the month
Time: 1:30 PM to 3:30 PM
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

FAIRVIEW
Location: Fairview Clinic
Day: 2nd Thursday of the month
Time: 12:30 PM to 2:30 PM
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
MOVE! BASICS CLASSES – (Continued)

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: 3rd Friday of the month
Time: 2:00 PM to 4:00 PM
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

WEST LINN
Location: West Linn CBOC
Day: 4th Friday of the month
Time: 9:30 AM to 11:00 AM
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: 1st Wednesday of the month
Time: 9:00 AM to 11:00 AM
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
PHYSICAL ACTIVITY & EXERCISE

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

AQUATIC CLASS
Group aquatic exercise program
   Location: Vancouver Campus, Marshall Community Center
   Day: Tuesdays and Thursdays
   Time: 3:00 PM to 4:00 PM
   Contact: Natalie Schmitz
   Referral required: Yes, need a physical therapy consult
   Co-Pay: Yes

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: 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: 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 – VARIOUS
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. (Pre-requisite: 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 pre-requisite 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
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, 3rd Floor, Room D305, Columbia Conference Room
   Day: Thursdays (once per week for 6 weeks)
   Time: 2:00 PM to 3:30 PM
   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 EVAL 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 AM to 12:00 PM (Evaluations)
       1:00 PM to 2:30 PM; 2:30 PM to 4:00 PM (Follow-up group sessions)
   Contact: EB Yap, PT, 503-273-5018
   Referral Required: Yes (Contact your PCP for referral; drop-in unavailable)
   Co-Pay: Yes

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 AM to 12:00 PM
   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
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 AM to 11:30 AM
- **Contact:** Call Recreation Therapy, 360-696-4061, ext. 33327 (Debra, Gerri or Jessie).
- **Referral Required:** Limited to CLC residents only. Pre-registration is required.

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:** Vancouver Campus, Bldg 11, Columbia Room 305
- **Day:** Mondays for women/Wednesdays for men (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.

- **Location:** Vancouver Campus, Marshall Community Center
- **Address:** 1009 E. McLoughlin Blvd., Vancouver, WA
- **Day:** Tuesdays & Thursdays (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 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 AM to 8:00 PM (ET)
   Contact: 1-800-784-8838

QUIT NOW SMOKING CESSATION CLASSES – VARIOUS
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: Portland; CRRC Group Room
(Community Resource & Referral Center)
Address: 308 SW 1st Ave, Suite 155, Portland, Oregon
Day: Mondays (except federal holidays)
Time: 2:00 PM to 3:00 PM
Contact: 971-352-1644

FAIRVIEW
Location: Fairview Clinic
Day: Tuesdays (except federal holidays)
Time: 9:00 AM to 10:00 AM
Contact: 503-660-0700, call for more information
PORTLAND
Location: Portland VAMC, Bldg104; Mental Health Clinic - P2,
Group Room C Please check in at front desk
Day: Wednesdays (except federal holidays)
Time: 1:00 PM to 2:00 PM
Contact: 503-220-8262, ext. 33602

YOU CAN QUIT TOBACCO – MH & SATP PROGRAMS
Drop-in group to help Veterans who want to stop using tobacco. Open to Veterans enrolled in Vancouver Mental Health or SATP that are interested in quitting tobacco.

VANCOUVER
Location: Vancouver Campus, Bldg 11, SATP Room F-154
Day: Tuesdays (except federal holidays)
Time: Starting at 11:00 AM
Contact: Rhonda, 360-696-4061, ext. 33602, call to schedule an appointment.
Referral Required: No. 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.

DEMENTIA 101: INTRODUCTION TO DEMENTIA – BEND
In this one-time, one-and-a-half-hour Dementia Education Workshop for Winter 2018, 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 change.

Location: Bend CBOC, Sisters Conference Room, 2nd Floor
Day: Thursday May 24, 2018
Time: 1:00 PM to 3:30 PM
Contact: Jen Lawrence, LCSW
To register for a workshop, call 503-351-5041
Referral Required: No, drop-ins are welcome
Co-Pay: None

COMPENSATORY COGNITIVE TRAINING GROUP FOR MILD COGNITIVE IMPAIRMENT OR TBI – BEND
8-week long group class focused on providing 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

SAVVY CAREGIVER CLASS – SALEM
Savvy Caregiver is a 12-hour course delivered in 2 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.

Location: Center 50-Plus Senior Center
2615 Portland Rd. NE, Salem, Oregon
Day: Tuesdays (starting Apr 24th, May 1st, 8th, 15th, 22th, 29th)
Time: 10:00 AM to 12:00PM
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

STRESS REDUCTION FOR CAREGIVERS – VARIOUS
The stress of caregiving can be overwhelming and takes a toll emotionally, physically, and socially. In this one-time, 2-hour class, you will learn several strategies to manage stress including guided imagery, grounding techniques, and engaging in creative activity. Participants will also create a stress-reduction action plan.

HILLSBORO
Location: Hillsboro CBOC; Contact us for building and room location
1925 Amber Glen Parkway, Ste 300, Hillsboro, Oregon
Day: Tuesday (April 10th, 2018)
Time: 9:30 AM to 11:30 AM
Contact: Laura Tauber, 503-220-8262, ext. 51151, or Kristi Ketchum, LCSW, ext. 58594 to register for a workshop
Referral Required: Call for more information
Co-Pay: As it applies
**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, 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 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 CBOB
- **Day:** 3rd Monday of the month
- **Time:** 1:00 PM to 3:00 PM
- **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:** 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: Thursdays
Time: 10:00 AM to 12:30 PM
Contact: Gail Hirokan Tel, 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  
2nd & 4th Thursdays of each month, 10:00 AM to 12:00 PM  
Maps 1 & 2 – Two set series  
1st & 3rd Tuesdays of November, 1:00 PM to 3:00 PM  

**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 Clinic  
**Day:** 1st and 3rd 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

**DIABETES COMPLEX INSULIN GROUP – WEST LINN**

Insulin pattern management group.  
**Location:** 3rd Floor, Group Room  
**Day:** 1st & 3rd Thursday 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.

BEND
Location: Bend CBOC
Day: 3rd Wednesday of the month
Time: 1:00 PM to 2:30 PM

FAIRVIEW
Location: Fairview Clinic
Day: 1st & 3rd Thursdays of the month
Time: 12:30 PM to 2:30 PM

SALEM
Location: Salem CBOC
Day: 2nd Tuesday of the month
Time: 9:00 AM to 10:30 AM

VANCOUVER
Location: Vancouver Campus
Day: 2nd & 4th Thursdays of the month
Time: 10:00 AM to 12:00 PM

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
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 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 – IN 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:** Sylvia Rene Stell at 503-220-8262, ext. 53241
- **Referral Required:** Self-Referral – **call with interest.** Rene 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, 1A103
- **Day/Time:** Every 2nd and 4th Tuesday from 10:00AM-11:00AM
- **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 AM
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
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 PM to 3:00 PM
Contact: Lauren Anderson, PT, 971-304-2276

PORTLAND
Location: Portland VAMC, 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: Portland VAMC, Bldg 100, 6C, Room 109
  Day: Fridays (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, SATP building
Day: Each Wednesday of the month (except federal holidays)
Time: 10:30 AM - Noon
Contact: Vancouver Chaplain Services, 360-696-4061 ext. 33662
Referral Required: Self-Referral, contact Chaplain services to sign-up

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: Portland VAMC, P2A-101
Day: Mondays; Call for dates and more information
Time: 9:00 AM to 10:30 AM
Contact: Chaplain Morris - Chaplain Services
Call with interest, 503-220-8262 ext. 57027
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 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 – 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 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 – NORTH COAST
Education sessions on how to make healthy changes part of your normal daily routine.

Location: North Coast Clinic
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
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: 3rd Thursday of the month
Time: 1:00 PM to 3:00 PM
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 AM to 11:30 AM
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 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 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 follow the guidelines, to lifestyle, setting goals and medical options.
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, including 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) – 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 PM to 3:00 PM
   Contact: Please contact your Primary Care Team for more information.

CHRONIC DISEASE MANAGEMENT SERIES: HEART FAILURE – WEST LINN CBOC
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 PM to 2:30 PM
   Contact: 503-210-4900
   Referral Required: Self-Referral
   Co-Pay: As it applies

KIDNEY TRANSPLANT PATIENT AND 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 AM to 12:30 PM
   Contact: Heidi Lyons, BSN, RN or Christian Curtin BSN, RN, 503-220-8262 ext. 54464 or ext. 55509
   Referral Required: Self-Referral, call with interest.
   Co-Pay: None

LIVER TRANSPLANT PATIENT AND 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 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

HEALTHY AGING GROUP – WEST LINN CBOC  
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 PM to 2:00 PM  
Contact: Dr. Greg Baron 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: Sylvia Rene Stell at 503-220-8262, ext. 53241  
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 EXERCIZE GROUPS – PORTLAND  
Strength, balance, coordination and multi-tasking specifically for Parkinson’s.  
Location: Portland VAMC, 1C-194  
Day: Wednesdays at one of the times below (except federal holidays)  
Time: pick one: 10:00 AM; 11:00 AM; NOON or 1:00 PM
Contact: Ron Blehm, PT
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, 1C-194
   Day/Time: Tuesday 1:00 PM and 2:00 PM
              Thursday 10:00 AM and 11:00 AM
   Contact: Ron Blehm, PT, 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 PM to 2:00 PM
   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

HOW-TOOLS OF MY HEALTHEVET – WEST LINN
A workshop designed to assist Veterans on how to apply for My HealtheVet, showcasing its features, especially Secure Messaging for communication with providers.
   Location: West Linn CBOC
   Day: 1st Thursday of the month
   Time: 2:00 PM to 3:00 PM
   Contact: 503-210-4900
   Referral required: No registration needed! Just drop in!
   Co-Pay: None
STRESS MANAGEMENT & EMOTIONAL WELL-BEING

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: Portland VAMC, Bldg 100, Floor 5C
Day: Mondays (except federal holidays)
Time: 2:00 PM
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 PM to 1:30 PM
Contact: Rebecca Casanova, LCSW, MPH, 503-220-8262 ext. 56237
Referral Required: Participation limited to P2 patients
Co-Pay: As it applies
GRIEF AND 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 PM
  Contact: Chaplain Services, 503-220-8262 ext. Brie Kruger ext.57028
  Referral Required: Self- Referral – call to join next group. Drop ins not current an option.
  Co-Pay: None

GRIEF AND LOSS SUPPORT – VANCOUVER
Six 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: 2nd and 4th Tuesdays for six sessions (except federal holidays)
  Time: 10:00 AM to 11:00 AM
  Contact: Vancouver Chaplain Service, 360-696-4061 ext. 33662
  Referral Required: Self- Referral, to register call 360-696-4061 ext. 33662
  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: Portland VAMC, 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 – VARIOUS
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, (P2)
Day: Mondays (except federal holidays)
Time: 10:30 AM to 12:00 PM
Contact: Chaplain Services, 503-220-8262 ext.55939
Referral Required: Self-referral
Co-Pay: As it applies

VANCOUVER
Location: Vancouver Campus; please call for building/room location
Day: Wednesdays (1st & 3rd, except federal holidays; Call to confirm dates and times)
Time: starts at 2:15 PM
Contact: Vancouver Chaplain Services, 360-696-4061 ext. 33662
Referral Required: Self-referral
Co-Pay: As it applies

MANAGING ANXIETY – PORTLAND
Building coping strategies.
Location: Portland VAMC, Bldg 104, P2, Group Room C
Day: Fridays (except federal holidays)
Time: 10:00 AM and 11:00 AM
Contact: Kimberlee Dennery, LICSW
Referral Required: No, drop-in group limited to P2 patients
Call with interest, 503-273-5018
Co-Pay: As it applies
OEF, OIF, AND OND COMBAT VETERAN DROP-IN GROUP
Weekly drop-in support group for veterans who have served in Iraq or Afghanistan.

WEST LINN CBOC
Location: 1750 Blankenship Rd., 3rd Floor
Day: Tuesdays (except federal holidays)
Time: 4:00 PM to 5:30 PM
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, - get referral through provider
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: 4th Thursday of the month
Time: 1:00 PM to 2:00 PM
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 PM to 2:00 PM
   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
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 AM to 12:30 PM
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 AM to 11:30 AM
Contact: Dimitri Ntatsos, LCSW, or Matt Schmidt, LCSW, for more information call 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 AM to 10:00 AM
Contact: Dimitri Ntatsos, LCSW, 503-402-2857
Referral Required: See above requirements.
Co-Pay: None

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

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

VANCOUVER
Location: Vancouver Campus
Vancouver Mental Health Clinic, Bldg 11, Room F-164
Day: Thursdays (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
RELATIONSHIP SKILLS & FAMILY SUPPORT

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: Portland VAMC, Bldg 100, Floor 6D, 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: Portland VAMC, 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
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
Co-Pay: None

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
Topics covered vary from caregiver stress, legal issues, long term care planning, and caregiver benefits depending on the following schedule.
Location: Bend CBOC, Sister’s Conference Room, 2nd Floor
2650 NE Courtney Dr., Bend, Oregon
Day: Thursday (Apr. 26, and Jun. 28, 2018)
Time: 1:00 PM to 3:00 PM
Contact: Jen Lawrence, MA, LCSW, Social Worker. For questions or more information, please contact 503-351-5041
Referral Required: Self-Referral, everyone is welcome to participate
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

POWERFUL TOOLS FOR CAREGIVERS – VARIOUS
6 week series (90 minutes each) of 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 HOMEFRON FOR FAMILY MEMBERS– PORTLAND
This is a free, six 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 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

ADVANCED DIRECTIVES DAY – WEST LINN
All day event to help assist Veterans with completing legally-binding Advance Directives in compliance with Veteran’s wishes for medical treatment.
  Location: West Linn CBOC – 1750 Blankenship Rd, Suite 300
  Day: Monday, April 16th
  Time: 8:00 AM to 4:30 PM
  Contact: 503-210-4900
  Referral Required: None. Drop in.
  Co-Pay: None

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 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 VAMC
  Date: Every other Monday
  Time: 3:00 PM to 4:00 PM
  Contact: Dr. Gina Ortola at 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, 2nd Floor
Date: 3rd Friday 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

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

POST 9/11 GROUP – WEST OMM
A weekly support group for post-9/11 combat Veterans to help manage symptoms, stress, and challenges related to military service. Drop-in, no registration needed!
Location: West Linn CBOC
Date: Tuesdays
Time: 4:00 PM to 5:30 PM
Contact: 503-210-4900
Referral Required: None

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 PM to 4:30 PM
Contact: 503-220-8262 ext. 31841
Referral Required: Please call to schedule.
INTEGRATED HEALTH

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. Everyone is welcome to attend this free event.

Location: Portland VAMC
Garden is located between Bldgs 100 & 101
1st floor near the Specialty Clinics
Contact: Scott Hoffman, Gardener, 503-220-8260, ext. 57376
Day: Monday (April 16th, 2018)
Time: 11:00 AM to 1:00 PM
Contact: Scott Hoffman, Gardener, FMS, 503-220-8260, ext. 57376
Co-Pay/Fee: NONE ~ this is a free event

SELF-COMPASSION HEAL TH BREAK – VARIOUS
This program offers you a chance to express yourself, and treat yourself to a relaxing and restorative activity. Open to Veterans, caregivers, and staff.

Location: Portland VAMC
Day/Time: Tuesdays, 12:15 PM to 12:45 PM, and
Thursday, 2:00 PM to 2:30 PM (except federal holidays)
Contact: Judy Ulibarri, 971-373-3928
Referral Required: Drop-ins welcome
Co-Pay: None

Location: Vancouver Campus
Day/Time: Wednesdays, 12:15 PM to 12:45 PM
(Except for 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: Mondays (except federal holidays)
   Time: One hour sessions between 12:00 PM to 4:00 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

CREATIVE MINDFULNESS – WEST LINN
A six-session class that combines art and therapy to help promote mental, social, and emotional wellness.
   Location: West Linn CBOC – 1750 Blankenship Road, West Linn
   Day: Every other Friday – Starts April 6th
   Time: 9:00 AM to 11:00 AM
   Contact: Yolande Allen 503-210-4986

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: Portland VAMC, Chapel
   Day: Tuesdays and Thursdays
   Time: 12:15 PM
   Contact: Chaplain Services, 503-220-8262 ext.55939

WHOLE HEALTH CLASS (ALL VETERANS) – PORTLAND AND 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 – varying rooms
Day: Wednesdays (except federal holidays) – start with class 1. Class start dates are staggered. Contact Brian Price at the number below for details.
Time: 10:00 AM to 11:30 AM (and additional classes as needed)
Contact: 503-220-8262 ext. 56106
Referral Required: Self-referral. Please call to register
Co-Pay: As it applies
WHOLE HEALTH NUTRITION CLASS – PORTLAND
This 8-week series is designed to help you understand basic nutritional changes to achieve healthier eating habits. Sessions center around *Whole Health Circle of Food and Drink* with Veterans being asked to identify what they want their health for, and how healthier eating can achieve this. You will learn about basic nutrients, the body’s response to food, healthier choices, creating a “healthy plate,” gut health and inflammatory processes, identifying a SMART goal for nutrition, and resources to make changes.

Location: Portland VAMC
Day: Tuesdays (except federal holidays)
Time: Call to confirm (typically after 1:00PM; 1.5 hour class)
Contacts: Amanda Gango, RN, BSN, 360-696-4061, ext. 34024 for more information
To register contact Brian Price (PSS), 503-220-8262, ext. 56106
*We would prefer you attend one monthly Whole Health Orientation session to learn more about Whole Health before starting the class*
Referral Required: None (drop-in unavailable at this time)
Co-Pay: None

VETERANS ART CONNECTION GROUP – PORTLAND
In this group, Veterans of the Mental Health Clinic bring their own art projects and work with others independently. The goal is to increase meaningful activity. Veterans may take this class two times and then are encouraged to find an art class in the community to continue their creative projects.

Location: Portland VAMC, 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

3RD ANNUAL HARVEST FESTIVAL 2018 – PORTLAND - TBD
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 2018)
Time: 11:00 AM to 1:00 PM (TBD)
Contact: Scott Hoffman, Gardener, 503-220-8260, ext. 57376

EXPERIENCING THE LABYRINTH – VARIOUS – TBD
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: To Be Determined
Contact: 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 – TBD
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 To Be Determined
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 - TBD
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 VAMC
   Day/Time: To Be Determined; Group occurs quarterly
   Contact: Marcia Long, LCSW, OSW-C, 503-220-8262 ext. 51754

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

THIS DIRECTORY WAS CREATED BY  
THE VA PORTLAND HEALTH CARE SYSTEM  
VETERANS HEALTH EDUCATION AND INFORMATION COMMITTEE