



Readjustment Counseling Service...

...Keeping the Promise



Vet Center Groups

Coed Assertiveness Group

Victim to Victory (Women's Group)

Spouse Support Group

Anger Management Group

OEF/OIF Co Ed Post Deployment Group





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Vet Center Groups

DBT Group (Dialectical Behavior Therapy)

CBCT (Cognitive Behavioral Conjoint Therapy)

Coping with Anger: Women Focused Group

Intro to Post Traumatic Stress Disorder (PTSD)

Spouse Deployment Experience Group





Vet Center Staff Understand

Vet Center staff are combat veterans from several eras and family members of combat veterans. Approximately 80 percent of the total staff served in the conflicts from Vietnam to present. We understand what it's like to serve.

"Vet to Vet Communication"



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CONFIDENTIALITY

Your Personal Information Will Be Kept Private

Vet Center policies state that no one will have access to your information — including treatment notes — *without written consent.*

***Not* even VA Medical Centers can view those records.**



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Community Based

**We are located in the
community.**

**Not at the big VA medical
center or facility.**