



CENTER GROUP SESSION SCHEDULE

FREE AND CONFIDENTIAL GROUPS FOR VETERAN'S, MILITARY SERVICE MEMBERS AND FAMILIES

ALL GROUP SESSIONS ARE HELD AT THE ONE STOP VETERANS CENTER
9565 Diana Drive, El Paso Texas 79924

WHEN A SOLDIER LEAVES AND RETURNS

Facilitator: Bethany

Support group is focused on helping families as they transition through the deployment/return process and the time frame in between.

*1st and 3rd Wednesday of each month
5:00p.m. – 6:00p.m.*

FAMILY AND SPOUSE SUPPORT

Facilitator: Aileen

Support group designed for adults to learn about community resources, ways to improve communication within the family, parenting skills and stress management.

Every Monday – 3:30p.m. – 4:30p.m.

GRIEF AND LOSS

Facilitator: Bethany

Support group is focused on helping adults as they experience grief; and helps to normalize the experience of losing a loved one. Understanding emotions and interpersonal experiences in moving forward with the process.

*2nd and 4th Wednesday of each month
5:00p.m. – 6:00p.m.*

EMPOWERMENT SUPPORT

Facilitator: Aileen

Support group focused on adults- learn ways to cope with PTSD symptoms and promotes healthy lifestyles, grounding techniques and substance use topics.

*1st and 3rd Thursday of each month
5:30p.m. – 6:30p.m.*

HOT TOPICS IN MENTAL HEALTH

Facilitator: Andres

Group is designed for adults interested in mental health diagnosis. Understanding of psychoeducational, anger management, anxiety, depression and learning to fight stigma and promote mental health treatment.

*1st and 3rd Friday of each month
9:00a.m. – 11:00a.m.*

COPSD

CO-OCCURRING PSYCHIATRIC AND SUBSTANCE DISORDERS

Facilitator: Andres

Learn how substance use and psychiatric disorders go hand in hand. Understanding of drug education, psychoeducational, mental health diagnosis, dual diagnosis, recovery, treatment and support groups

*Every Wednesday
3:00p.m. – 4:00p.m.*

COPING AND LIFE SKILLS

Facilitator: Ismael

Based on individual needs, this group will discuss current obstacles or issues in the everyday life and educate each other on healthier alternatives. Independent living skills such as obtaining employment, housing, education, financial management, personal hygiene and other topics pertaining to everyday living.

Every Tuesday- 12:00p.m. – 1:30p.m.

VIETNAM VETERAN GROUP

Facilitator: Ruben

Support group focuses on those individuals whom were in combat during the Vietnam era. Group discussions and team building exercise are engaged during group.

*1st, 3rd and 5th Thursday of each month.
1:30p.m. – 2:30p.m.*

MILITARY SEXUAL TRAUMA SUPPORT

Facilitators: Dora and Sabina

Support group focuses on adults that are affected by MST and ways to cope with the trauma. Currently this group is an all-female; however one on one mentoring is available to male victims.

*1st, 3rd and 5th Tuesday of each month.
5:00p.m. – 6:30p.m.
2400 Davis Seamon Drive, El Paso Texas*

RECREATION THERAPY

Facilitator: Juan Carlos

Physical fitness can be an important part of balancing not only our bodies, but our minds and soul, increasing the muscular stature of the physical self. Recreation therapy will include a bi-monthly cardio boxing group that will promote a healthy living style while engaging in physical activity that will help reduce stress but also build self-confidence and will overall improve your health.

*1st and 3rd Wednesday of each month
8:30a.m. – 10:30a.m.
1010 Walls Street, El Paso Texas 79915*



WWW.ELPASOVETERANSONESTOP.ORG



WWW.FACEBOOK.COM/MILVETPEERELPASO



WWW.MILVETPEER.NET

FOR FURTHER INFORMATION AND TO SCHEDULE YOUR GROUP APPOINTMENT, PLEASE CONTACT *THE VETERANS ONCE STOP CENTER* AT 915-747-3590.

