

**PSYCHOSOCIAL
SUPPORT CENTER
(aka The Harbor Club)**

Open for general use 9am-3pm

Referral required

Clubhouse groups
with Peer Specialist, A. Stamatouras

**Morning groups 10:30-11:15 am
(except Wed)**

Mon: Goals Group
Tues: Self Esteem Group
Thurs: Coping Skills group
Fri: Self-empowerment

**Afternoon groups 1– 2 pm, Mon/Fri
(ROTATING MONTHLY MODULES)**

- Wellness Recovery Action Plan (WRAP)
- Social skills module
- Budgeting module

Spirituality Group: Mon 11am

Double Trouble in Recovery: Tu 2pm

Individual anger management
by appt. with A. Stamatouras

**Music is what feelings sound like
(music therapy): Fri 1pm Rm 2694**

**Hope-Open-Proud to Decrease
Stigma: Mon 12-1, Rm 2693**

**OTHER SERVICES
IN THE VA**

Single stop: 15S Rm 15-061 M-Th9-3 for assistance with housing, employment, legal, taxes, SNAP benefits, public benefits eligibility screening and applications

Legal Health: 212-659-6199 for a phone intake

VA Regional office: 245 W Houston St

- Vocational rehab
- Service organizations
 - ◆ DAV, VFW, NY State
- Service connection applications

**OUTSIDE OF THE VA
(at no cost to veterans)**

Veteran Centers (Bronx, Harlem, southern Manhattan, Brooklyn, Queens, Staten Island)

- Individual/group therapy

Military Family Clinic 855-698-4677
One Park Ave, 8th Fl, NY, NY

- Short term psychotherapy for veterans and their families

Art Therapy for men (with the Art Therapy Outreach Center): referral needed

Art Therapy for women (Art Therapy Outreach Center): referral needed

Yoga for veterans Call 646-569-5200 for times. 227 W. 13th St, NY, NY

Fencer's Club Call 212-807-6947 for times 229 W 28th St, 2nd fl, NY, NY

Soldiers Project Psychotherapy for post 9/11 veterans. Call 877-769-7438.

Boxing Training. Call Jonathan Glasberg 212-686-7500 ext 7779

**Group
therapies
at the
Manhattan VA**

**Outpatient mental
health clinic**

2nd floor, Clinical addition wing,
(212) 686-7500 x7529



For Anger/Anxiety/Stress

Distress Tolerance Group
Tues 10 am, Rm 2691
AND Thurs 1-2pm, Rm 2644

Relaxation Group
Mon 11 am, Rm 17-024W

Anger Management group
Thurs 11:30-12:30, Referral needed

Men's Yoga
Wed 11am, 2N learning center
Women's Yoga
Wed 12pm, 2N learning center

DBT Skills
Mon 2pm or Tues 5 pm, Referral needed

STAIR
Mon 1 pm, Referral needed

Mind and Emotions
Mon 9:30-10:30, Rm 2685 (starting Aug.)

Women's groups

Knitting group
Tues 12 pm, Rm 2227, 2N learning center

Women's Relaxation group
Tues 1 pm, Rm 2227, 2N learning center

Clubhouse hours for women only
Thurs 12:30-3:30 pm, Clubhouse

OIF/OEF/OND

OIF/OEF/OND support for current events
Thurs 2 pm, Referral needed

Orientation to therapy

Bridge to Wellness
Wed 1 pm, Rm 2695

Specialty groups

Thinking about the Weekend
Fri 11:30 am, Rm 2691

Bereavement
3rd Monday 1 pm, Rm 2691

Shame
Wed 1 pm, Referral needed

Mild Traumatic Brain injury
Thurs 5 pm, Referral needed

Eyes Front (Compensated Work Therapy)
Thurs 11:15 am Rm 2695

Wellness Self-Management
Fri 12 pm, Rm 2693

Positive Living (seniors)
Thurs 9am, Rm 2691

PAIRS (couples)
Tues 4pm-7pm, Rm

Gains group
Fri 10am, Referral needed

Social Skills Training for SMI
Wed 2 pm, Referral needed

CBT for Depression and Anxiety
Thurs 1-2, Referral needed

Body Image and Trauma
Mon (time TBD), Referral needed

Addressing primary care issues

MOVE—weight loss and better diet
Mon 9:30 am or Th 2:30 pm, Rm 10W
100-11aW

Tobacco Cessation
Wed 1 pm, Rm 2227, 2N learning center

Diabetes Support group
Tues 10:30, Rm 2642

Cancer Support group
Alternating Tu/W, ask your provider

Alzheimers Caregivers group
Tues 2 pm, Referral needed

Living Better with Chronic Pain
Date/times vary, Referral needed

Healthy Sleep class
1st Fri of the month, 10a Rm 2227 (2N)

Substance use

Motivation 101
Mon 3 pm, Rm 2227, 2N learning center

SARP Orientation
Tues AND Thurs 3 pm
Ask the front desk for location

SARP LegalTrack
Dates and times vary, referral needed

LGBTQ

Do Ask, Do Tell (Ages 45 and younger)
Referral needed