

## Important Phone Numbers

### **Albany VA Medical Center**

(518) 626-5000 - Main Number  
(518) 626-5330 - Mental Health Services  
(518) 626-6962 - OEF/OIF/OND Veterans  
(518) 626-5372 - Military Sexual Trauma  
(518) 626-5436 - PTSD  
(518) 626-5388 - Substance Abuse Services

### **Combat Call Center**

(877) WAR-VETS (877-927-8387)

### **National Call Center for Homeless Veterans**

(877) 424-3838 (available 24/7)

### **National Veterans Crisis Line**

**(800) 273-8255 press 1**

### **Women Veterans Hotline**

(855) VA-WOMEN (829-6636)

### **VA Benefits**

(800) 827-1000

### **VA Education Benefits**

(888) 442-4551

### **Coaching Into Care Family Support**

(888) 823-7458

### **VA Health Benefits**

(800) 222-8387

### **VA Gulf War & Agent Orange**

(800) 749-08387

### **VA Life Insurance**

(800) 669-8477



## How do I join a group or class?

If you have found a group in the listing that you would like to participate in, please call the number listed next to it. The point of contact will be happy to assist you with next steps, commonly a conversation or screening to make sure your needs are matched with the program.

## Need Programs Closer to Home?

Some services are available through Video Conferencing at the VA Community Based Outpatient Clinics and through the Tele-health programs. Call 626-5398 for information on these distance-learning opportunities.

Learn more **ONLINE** about **mental health recovery** for **Vets**:  
[www.mentalhealth.va.gov](http://www.mentalhealth.va.gov)  
[www.maketheconnection.net](http://www.maketheconnection.net)



Albany VA Medical Center

Behavioral Health Services

*Available  
Groups  
& Classes*

*summer/fall 2016*



### Monday Groups

Drop In DBT	10am
626-5434 Dr Courtney (10A)	
Vietnam Veteran PTSD	10am
626-5319 Dr. Nozik (10A)	
Music Appreciation	11:15am
626-5303 Melissa Murgolo (BHRC Bldg 5)	
Co-Occurring Disorders CDRP	12pm
626-5379 George Nisbet (10C)	
Women's Therapy Group	4:30pm
626-5372 Dr. Kras ( PTSD Program)	

### Tuesday Groups

Pursuit of Happiness Drop- In	10am
626-5395 Paul Postiglione (10A)	
Aerobics for the Mind	11:15am
626-5305 Kristi Storey (BHRC Bldg 5)	
Spirituality Group	10:30am
626-5747 Chaplain Swingle (BHRC Bldg 5)	
Psychotherapy Group	1:00pm
626-5319 Dr. Nozik (10A)	
LGTB Support Group	2:00pm
626-5395 Paul Postiglione (10A)	

### Wednesday Groups

Mens Group	10:15am
626-5306 Dr Pzienza (BHRC Bldg 5)	
Anger Management	10am
626-5403 Nikki Holt (10A)	
Intro Skills to Change Addictions	10am
626-5379 George Nisbet (10C)	
Vietnam Vets PTSD	1pm
626-5319 Dr Nozik (10A)	
Intermediate DBT	2pm (1st and 3rd)
626-5395 Paul Postiglione (10A)	

### Thursday Groups

Acceptance& Commitment Therapy (ACT)	10am
626-5377 Dr Breen (10A)	
Dual Dx	9:15am
626-5305 Melissa Murgolo(BHRC Bldg 5)	
Pursuit of Happiness	10:15am
626-5305 Kristi Storey (BHRC Bldg 5)	
Veterans Career Network	10:30am
626-5150 Vocational Team	
Wives of PTSD Vets	1pm (1st and 3rd)
626-5347 Eliz. Donovan (10A)	
DBT Drop In	1pm
626-5363 Dr. Courtney (10A)	
Support Grp for Partners of Vets w/PTSD	5:30pm
626-5433 Cat Lynch	monthly- call for dates

### Community Engagement

Art4Vets (Peer)	(518) 626-5347
Rensselaer Heroes at Home (Peer)	(518)-545-6781
Team RedWhite&Blue	<a href="http://www.teamrwb.org/chapter-locations">www.teamrwb.org/chapter-locations</a>
Saratoga Peer to Peer	(518) 884-4999
Pride Center Capital Region	(518) 462-6138

### Friday Groups

Psychotherapy Group	10am
626-5319	
Skills in Affective and Interpersonal Relationships (STAIR)	10am
626-5390	
Sleep Disorders Group	10:30am
626-5360 Alyssa Gibbons	
Mindfulness	1:00pm
626-5433 Cat Lynch	

### Call for Additional Information

Addictions and Recovery	626-5379
Family Programs	626-5433
Caregiver Support Program	626-6133
Recreation/Creative Arts Therapy	626-5813
Employment and Housing	626-5150
Military Sexual Trauma	626-5372
Peer Support	626-5163
POST DEPLOYMENT Program	626-6962
PTSD	626-5436
Quit Smart Smoking Cessation	626-6123
Resume Building	626-5150
Behavioral Health Recovery Center	626-5307
Suicide Prevention Coordinator	626-5329
Vets of Albany Choir	626-5835
Weight Management	626-6123
Yoga for PTSD	626-5433