



UCLA/VA Veteran Family Wellness Center

Working on Relationships

A FREE series of seven relationship-focused classes designed for Veterans facing ongoing stress and change. Each session builds on current strengths and introduces new skills that support relationships with family members and friends.

Veterans are encouraged to attend all of the following:

Thursday, October 3, 2019
3:30– 4:30 PM
My Relationship With Me

Thursday, October 24, 2019
3:30– 4:30 PM
Asking For Support

Thursday, October 10, 2019
3:30– 4:30 PM
Creating Relationships

Thursday, October 31, 2019
3:30– 4:30 PM
Talking About My Past

Thursday, October 17, 2019
3:30– 4:30 PM
Identifying Triggers

Thursday, November 7, 2019
3:30– 4:30 PM
Reconnecting With Others &
Forgiveness

LOCATION: VA Greater Los Angeles Healthcare System West Los Angeles Medical Center
11301 Wilshire Boulevard, Building 220, 3rd Floor Room 316, Los Angeles, CA 90073

Each interactive workshop is free of charge to Veterans. Light refreshments will be provided. This series is for residents of the West LA VA Domiciliary. This series is presented by the the UCLA/VA Veteran Family Wellness Center & the VA Domiciliary.



U.S. Department
of Veterans Affairs
VA Greater Los Angeles Healthcare System

For more information, contact our Family Services Coordinator
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