Groups for Women Veterans

Groups open to Women Veterans eligible for VA care

Group Name: Women Veterans Finding Meaning Support Group
Group leader/contact number: Chaplain Sherri Headen 317-988-9531
When: ongoing, every Thursday, 1430-1530
Where: C-2090
Length: 10 weeks
Open/closed: open
Contact the leader before attending?: yes
Other requirements: no

Brief description:
This group helps you begin to heal from trauma and challenges in your life. This approach will use your own understanding of religion and/or spirituality.

Group Name: Women's Chronic Pain Group
Group leader/contact number: Beth Holder, CTRS Rec Therapist 317-988-3148
When: 2nd Friday of each month, 1400-1530
Where: PRMS Chronic Pain Clinic
Length:
Open/closed: open
Contact the leader before attending?: yes
Other requirements: enrolled in/graduated from chronic pain clinic

Brief description:
This group offers a safe and supportive place for Women Veteran's with chronic pain. Group members will learn strategies to build and keep a healthy support system. Group members will also have hands-on practice of relaxing and fun activities.
Groups open to Women Veterans eligible for VA care, continued

Group Name: iREST (Integrative Restoration)
Group leader/contact number: Jayme Brosmer, DPT 317-988-9545
When: 1:30-3:00 Thursdays
Where: A-2015
Length: 6 weeks
Open/closed: closed
Contact the leader before attending?: no
Other requirements: Veteran must call to schedule (317-988-2909)

Brief description:
iREST provides you with tools to help you relax deeply and release stress. The group leadered will guide members with meditation. This will help group members restore the mind and body to natural functioning.

Groups within Psychiatry Services**

Group Name: Warrior Renew (Women’s MST therapy group)
Group leader/contact number: Jennifer Fox, LCSW 317-988-2567
When: Thursdays 0900-1100
Where: STICC
Length: 14 wks., with option to continue another 14wks
Open/closed: closed
Contact the leader before attending?: yes
Other requirements: enrolled in psychiatry services, must attend individual therapy appointments with their MHTC while participating in the group.

Brief description:
This group uses a workbook written for survivors of MST. Details of trauma will not be shared during this group. Group members will learn about relationship patterns and the definition of military sexual trauma. Group members will also talk about how to cope with feelings, nightmares and triggers. Group members will discuss how to let go of guilt, self-blame and shame. Finally, the group will focus on finding meaning, purpose, and joy after MST.
**Groups within Psychiatry Services, continued**

Group Name: Women's Seeking Safety  
Group leader/contact number: Donna Finch, LCSW  317-988-2738  
When: Fridays 1100-1200  
Where: SUDRP (Substance Use Disorders and Recovery Program)  
Length: ongoing  
Open/closed: open  
Contact the leader before attending?: no  
Other requirements: enroll in SUDRP via orientation which is every day at 1:00  
                   enrolled in SUDRP or schedule intake with group leader.  

Brief description: This group is for women veterans with PTSD who have (or are) using substances to cope with stress. Group members will learn and practice more effective ways to cope with emotions. Group members will also learn about the connection of thoughts, feelings and behaviors.

Group Name: Bloomington Women's Group  
Group leader/contact number: Lynn Young-Bolden PMHCNS  317-988-0204 & Linda Kranitz, Ph.D. 317-988-0206  
When: ongoing, every Monday, 1400-1530  
Where: Bloomington CBOC  
Length: 16 weeks  
Open/closed: open  
Contact the leader before attending?: yes  
Other requirements: enrolled in psychiatry services, new members only, referral from your mental health provider.

Brief description: In this group, you will learn about coping styles that may lead to emotional pain or physical health problems. Group members will also learn strategies to manage unwelcome feelings.

Group Name: Women's Process Group  
Group leader/contact number: Christina McNeely, LCSW 317-988-3449  
When: 1st and 3rd Thursdays of each month, 1300-1400  
Where: C-5094  
Length: ongoing  
Open/closed: open  
Contact the leader before attending?: no  
Other requirements: enrolled in psychiatry services, referral from mental health provider

Brief description: This process group is CBT informed. This group is for women only. Group topics are generated by group members. This allows member to identify and work on the treatment needs they see as relevant.
Groups within Psychiatry Services, continued**

Group Name: Women's Group  
Group leader/contact number: Dr. Donna Lazarick 317-988-3367  
When: every Wednesday 1730-1900  
Where: STICC Clinic  
Length: ongoing  
Open/closed: open  
Contact the leader before attending?: If veteran would feel more comfortable  
Other requirements: enrolled in psychiatry services, all eras welcome

Brief description: This is a therapy group that focuses on current and past stressors. Group members will sort out emotions, build personal power & self-esteem. Topics include safety, trust, relationship issues, etc. This group will help women Veterans connect with each other, so they feel less alone.

**Must be enrolled in Psychiatry Services to attend this group. Also, must keep appointments for therapy and/or medications.

If you would like to enroll in Psychiatry Services, you may:

- Ask for a referral from your primary care provider  
- OR-  
- Walk-in to Mental Health Enrollment (D-5029) during standard business hours

Other important contact information:

Richard L. Roudebush VA Medical Center  
1481 West 10th Street  
Indianapolis, IN 46202  
Main number: 317-554-0000  

Local Women Veterans Mental Health Champion:  
Jennifer Fox, LCSW  
317-988-2567

Bloomington Community Based Outpatient Clinic (CBOC)  
1332 West Arch Haven, Suite A  
Bloomington, IN 47403  
812-349-4406  

Local Women Veterans Program Manager:  
Judith Kelly, MSN, RN  
317-988-4642  

Local Military Sexual Trauma Coordinator:  
Christina McNeely, LCSW  
317-988-3449

Local Women Veteran website:  
https://www.indianapolis.va.gov/services/women/index.asp