

A broken bone or broken spirit...

...domestic
abuse hurts.

Let VA Help.

Bedford VA Women Veterans Healthcare

Program Manager 781-687-3021

Mental Health 781-687-2347

Primary Care 800-VETMED1 or 800-838-6331

Veterans Crisis Line 800-273-8255 Press 1



bedford.va.gov/guide



VA
HEALTH
CARE

Defining
EXCELLENCE
in the 21st Century

~ September 2014 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
BEDFORD VA's Women's Center is in Bldg 78 1st Floor	1 Labor Day	2 9:30-12 Recovery thru Art Call 781-687-3199 Yoga for Vets JP VA 857-364-5071	3 9:00am Walking Club Meet in Gym 2:15-1:30pm Coping with Aggression Bldg 9 Room 110	4 12-1:30pm Family Center Drop In Bldg 9 Room 136A 6:30pm Rock Climbing Hanscom AFB	5 8-3pm Visit our New Hair Stylist Bedford LGBTQ Well Being group call 781-687-3644	6 9-11:00am Open Studio Coffee, Crafts, & Chat Building 4 Call Nadene Landry 781-687-3199	
7	8 9:00am Walking Club Meet in Gym 1pm "Basketball Junkie" Chris Herron Hospital Theater	9 7:30am-4pm Women Veterans Golf, Yoga, Lunch Seabury Country Club iklakin@partners.org	10 9:00am Walking Club Meet in Gym 10:30-11:30 Pottery Group Bldg. 4 Greenhouse	11 12-1:30pm Family Center Drop In Bldg 9 Room 136A	12 11-12:30pm Suicide Prevention & Walk Free shirt THE BIG E Veterans FREE	13 9-11:00am Open Studio Coffee, Crafts, & Chat Building 4 Call Nadene Landry 781-687-3199	
14	15 9:00am Walking Club Meet in Gym 2-2:30pm Women's MST Group call Holly 781-687-3153 6:15-7:15pm Yoga for Veterans ~ Edwards Hall 39 Edwards St. Framingham	16 12-1:15pm Music Group Lowell Vet Center 6:00pm Multi-Family PTSD Group Matt 781-687-2511	17 9:00am Walking Club Meet in Gym Want to start a Vet-Owned Business? Call Jerry 781-983-3728 10:30-11:30 Pottery Group Bldg. 4 Greenhouse	18 10:30-12pm Support & Recovery Group Lawrence MA womensvets@gmail.com 12-1:30pm Family Center Drop In Bldg 9 Room 136A	19 10-11am Combat Trauma Debriefing Bldg 9 Room 110 1-2pm Rebuilding Relationships call Dr. Karpel 781-687-3226 2-3:30pm Anxiety Boot Camp Lynn CBOC	20 9-11:00am Open Studio Coffee, Crafts, & Chat Building 4 Call Nadene Landry 781-687-3199	
21	22 9:00am Walking Club Meet in Gym 4:30-6pm Post Deployment Drop-in call Liz Price 781-687-3067	23 10-2:00pm Haverhill Stand Down 4:45-5:30pm Art Therapy Call Nadene Landry 781-687-3199 1-2:00pm Women's Health Ask Denise WH clinic	24 9:00am Walking Club Meet in Gym 10:30-11:30 Pottery Group Bldg. 4 Greenhouse	25 12-1:30pm Family Center Drop In Bldg 9 Room 136A Fly Fishing 1-2pm Meet Women Veteran Peer Support Erika Gorman WH clinic	26-28th Traumatic Brain Injury Retreat Groton MA Project New Hope 508-713-3362	27 9-11:00am Open Studio Coffee, Crafts, & Chat Building 4 Call Nadene Landry 781-687-3199 2-7pm Freedom Song Festival Independence Hall Shrewsbury MA VetsInc.	
28 8am-3pm Vettes to Vets Food, Music, Cars Caravan FUN for All! Bedford	29 9:00am Walking Club Meet in Gym 6:15-7:15pm Yoga for Veterans ~ Edwards Hall 39 Edwards St. Framingham	30 1:30 Photography Club Canteen Staff Dining Rm 130 COMING Oct 3-5 Women's Retreat Project New Hope Groton	The Safing Center is Bedford VA's outpatient clinic specializing in holistic, recovery-oriented, Veteran-centered approaches to helping Veterans establish and maintain safety in their relationships. You're not alone! We've got your back! 781-687-2854 or 781-687-2948 or Safe Link 24 Hour Hotline 877-785-2020				

Please join the activities and connect with other women Veterans! Learn and share information about wellness, healthcare, benefits and other topics of interest. Go to www.Bedford.va.gov/guide for more information or call 781-687-3021
Edith Nourse Rogers Memorial Veterans Hospital (Bedford VA), Women's Center, Building 78, First Floor, 200 Springs Road, Bedford MA 01730