

The Vet Center provides a personal and informal atmosphere and is in operation to assist eligible Veterans and their families. Therapy and support groups enable Veterans to discuss their experiences and to better understand them. Groups also help foster feelings of camaraderie among Veterans who have had similar experiences. Individual and family counseling is also offered. Family members are eligible for readjustment counseling when related to the resolution of the Veteran's readjustment issues. Increasing public awareness of the effects of military trauma also helps the community better understand our Veterans and be a contributing factor in the healing process. We are hoping we may be of assistance to you whenever the need arises.



## WOMEN VETERANS

Back home things didn't change much. Each day seemed more important halfway around the globe. Life in a combat zone seldom feels routine. Now, no one talks much about the war. Does anyone think about life and death half a world away—besides you?

Coming home from war after a year or more isn't easy. Survival instincts develop fast when you are exposed to gunfire, explosions and the chaos that evolves wherever armed combatants clash. Learning to dial those survival instincts back when you get home is hard. Getting back into the swing with family and friends, work and your old interests can be surprisingly difficult too. Being a woman can complicate things too because we often put ourselves and our needs last.

Vet Centers can help. We specialize in helping warzone Veterans return to lives that they find meaningful and healthy. Through readjustment counseling, we can help you get back to everyday living when the fanfare of homecoming is over. Your family and significant others are welcome too because we know that they are a big part of readjustment and that they are affected by deployments also.

We also know that Military Sexual Trauma (MST) is unfortunately something many women and men have endured. We provide caring and specialized care for survivors of MST.

Vet Centers work closely with other VA offices and can assist with referrals for benefits and healthcare. We also collaborate with state and community based agencies helpful to Veterans.

Many Vet Center counselors are Veterans themselves and many of us are women. We have delivered readjustment services since 1979. We pride ourselves on our experience, cultural awareness and sensitivity.

Welcome home! Call us today or stop by one of our Vet Centers so that we can assist you.

## WE'RE READY TO HELP YOU

For more information call  
 1-877-WAR VETS  
 1-877-927-8387  
 or  
[www.vetcenter.va.gov](http://www.vetcenter.va.gov)



Women Veterans Working Group, Readjustment Counseling Service, U.S. Department of Veterans Affairs

# READJUSTMENT COUNSELING SERVICE



# SERVING WOMEN WHO SERVED



# READJUSTMENT COUNSELING SERVICES

## VET CENTER ELIGIBILITY

War Zone Veteran - All Eras, Including:

Vietnam War - 28 Feb. 1961 to 7 May 1975

Korean War - 27 June 1950 to 31 Jan. 1955

World War II - 7 Dec. 1941 to 31 Dec. 1946

American Merchant Marines - In oceangoing service during the period of armed conflict, 7 Dec. 1941 to 15 Aug. 1945

Lebanon - 25 Aug. 1982 to 26 Feb. 1984

Grenada - 23 Oct. 1983 to 21 Nov. 1983

Panama - 20 Dec. 1989 to 31 Jan. 1990

Gulf War - 2 Aug. 1990 to -

Somalia - 17 Sept. 1992 to -

Operation Joint Endeavor, Operation Joint Guard,

Operation Joint Forge - Vet Center eligibility has been extended to Veterans who participated in one or more of three successive operations in the former Yugoslavia (Bosnia-Herzegovina and Croatia, aboard U.S. Naval vessels operating in the Adriatic Sea, or air space above those areas)

Military Sexual Trauma/Harassment Counseling - Veterans of both sexes, all eras

Global War on Terrorism - Operation Iraqi Freedom, Operation Enduring Freedom and all veterans who serve or have served in military expeditions to combat terrorism on or Sept. 11, 2001, and before a terminal date yet to be established.

Bereavement Counseling - Bereavement counseling is assistance and support offered to people with emotional and psychological stress following the active duty death of a loved one.

## 1-877-WAR VETS

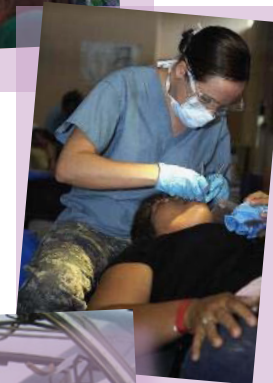
## VET CENTER MISSION

We're the people in the VA who welcome home war Veterans with honor by providing readjustment counseling in a caring manner. We understand and appreciate Veterans' war experiences while assisting them and their family members toward a successful post-war adjustment in or near their community.



## READJUSTMENT SERVICES

- Readjustment counseling
- Couples/marital counseling
- Family counseling
- Substance abuse information and referral
- Group readjustment counseling
- Military sexual trauma counseling and referral
- Referral for benefits assistance
- Job counseling and referral
- Community education
- Networking and referrals
- Bereavement counseling (some locations)
- Medical referrals
- Crisis intervention



I think if you talk to women...in the military we see ourselves as soldiers...We don't really see it as man versus woman...What I am doing is no greater or less than the man flying next to me or in back of me.

**Maj. Marie Rossi, killed in combat  
March 1, 1991**



Vet Centers maintain strict confidentiality. Services to Veterans are free, you've already earned these benefits.

[www.vetcenter.va.gov](http://www.vetcenter.va.gov)