



## **ATTN: Any and All LGBTQ Veterans!**

Join our drop-in support group at the  
**Central Oregon Vet Center,**  
1645 NE Forbes Rd. Suite 105 Bend, OR 97701  
every Monday from 4:30p-6:30p.

We want to help create a safe place for Veterans to come and discuss unique challenges related to being a Veteran who identifies as LGBTQ covering things like reintegration, VA benefits, military experiences, mindfulness and daily struggles.

Facilitators: Nathaniel Boehme, M.A. / LGBTQ Veterans Coordinator  
Amanda Juza-Hamrick LICSW / Director, Central Oregon Vet Center

For more information: [nathaniel.boehme@state.or.us](mailto:nathaniel.boehme@state.or.us)



OREGON DEPARTMENT  
of VETERANS' AFFAIRS

LGBTQ  
VETERANS



## LGBTQ Veteran Support Group

---

These are the dates that the group will not meet due to federal holidays or Amanda's being out of the office.

**26 Dec - Christmas Day (Observed)**

**2 Jan 17- New Year's (Observed)**

**16 Jan 17- MLK Jr Day**

**30 Jan 17- Amanda out all week**

**20 Feb 17- Washington's Birthday**

**29 May 17- Memorial Day**

**10 July 17- Amanda on Leave**

Any other changes to the schedule will be discussed in group and any last minute cancellations will be made by e-mail and phone calls.

Thanks

-Amanda



**DEPARTMENT OF VETERANS AFFAIRS  
CENTRAL OREGON VET CENTER**

**1645 NE Forbes Rd., Suite 105**

**Bend, OR 97701**

**(541) 749-2112**

**Group Guidelines**



Regular weekly attendance is expected. If you are unable to attend, please call the Vet Center.

**SCHEDULE:** Group will meet every week on Monday from 4:30PM - 6:00PM. The group will not meet on days that the facility is closed due to federal holiday. If Amanda is sick/ unable to make it to group the Vet Center will do our very best to contact everyone in a timely manner.

**LOCATION:** CENTRAL OREGON VET CENTER 1645 FORBES RD, BEND OR

**PROCESS:** Start group with “check in” with at least two emotions/feelings being experienced currently. Each member will be given an opportunity to request group time. (i.e., “I’m feeling \_\_\_ and \_\_\_. And, I would like some group time today.”) Group time will be used to talk about current stressors/ triggers along with coping skills.

**CONFIDENTIALITY:** What happens in group stays in group. Discussion outside of group about something that may have happened in group should respect the confidentiality of each group member.

**SAFETY:** Respect for group members and the group cohesiveness requires respectful behavior to others in group – **no politics, no religion**, no name calling, no cursing at each other, no physical aggression, no aggressive personal challenges to each other. Conflicts will be worked out in group as a part of the group process since that is part of what we are working on. If someone feels the need to leave the room, let the group know, leave, and then return when ready.

No weapons of any kind, or display of any item that might be perceived as a weapon, will be allowed in group.

Appropriate and “present” behavior in group means no drinking or illicit drug use 24 hours before and after attending group.

Any topic can be discussed in group – if it’s bothering you, it deserves to be talked about somewhere, with someone. Each member decides what his/her tolerance is and how to handle his/her own disclosure and the disclosure of others.

You get what you give (most of the time...). Try to balance what you give to the group members with what you take from the group members. Agree to disagree without being disagreeable.