

VA



U.S. Department
of Veterans Affairs

Veterans Wellness Offerings

What do you live for? What matters most to you? The Alaska Health and Wellness Classes are here to support and enhance your quality of life!

1201 N Muldoon Rd
Anchorage AK, 99504
907-257-4854

Back Care Class

Learn how to manage back pain

- Individual session with Michael Campbell with limited face to face appointment. Contact your provider to place a consult.

Chaplain Service

Provides religious and spiritual support

- Wednesday prayer 12:00-12:30 p.m. at 1-800-767-1750 code 38210.
- Chaplain is available at Anchorage clinic on Tuesday, Wednesday, and Friday in Room 1B-162.
- Chaplain is available at the VA Domiciliary on Monday and Tuesday in Room 1A-125.
- For questions, email Stephen.Zachary@va.gov.

Cognitive-Behavioral Therapy for Managing Chronic Pain

Learn to manage pain and improve quality of life

- 10-week session on Wednesday 2:30-4:00 p.m. by group VA Video Connect with Jill Duke and Kelley Russell. Call 907-257-4854.

Depression and Anxiety Management Class

Learn how to manage anxiety and depression

- 4-session class by VA Video Connect on Thursday 2:00-3:00 p.m. with Ian Carpenter. Contact your provider or your health team.

Gender Identity Group

Discuss gender identity, resources and coping skills

- Wednesdays 1:30-2:30 p.m. by telephone or VA Video Connect with Jessie Kullberg, LGBT Veteran Care Coordinator. Contact provider for referral or call 907-257-4888.

Low Vision & Blind Support Group

Provide support for low vision and blind Veterans

- Group support by telephone on second Thursday of the month 10:30-11:30 p.m. Call Laura Kabatt-Kennedy at 907-375-2187.

MOVE - Introductory Session

Weight Management options

- 16-Week group series
 - Telephone lifestyle coaching
 - Secure messaging via MyHealthVet
 - MOVE Coach app
- All sessions are by telephone only. Contact Deedee Brandeberry or Camille Irvine at 907-257-4720.

MOVE - 16 Week Group Session

Must have attended introductory class first

By VA Video Connect on:

- Monday 5:00-6:00 p.m. with Deedee Brandeberry.
- Tuesday 3:00-4:00 pm with Jill Duke and Camille Irvine.
- Friday 1:00-2:00 pm with Jill Duke and Camille Irvine.
- Call 907-257-4720 for more info.

MOVE - Telephone Lifestyle Coaching

Learn weight management by telephone

- 16-19-week telephone support with Deedee Brandeberry, Camille Irvine or Jill Duke. Call 907-257-4720.

Problem Solving Training

Learn to overcome obstacles and reach own goals

- Every other month on Mondays 4:00-5:00 p.m. by VA Video Connect with Susan Guillory. Contact your provider for referral.
- Wednesdays 1:30-2:30 p.m. by VA Video Connect with Ann Hutcheson. Contact your provider for referral.

PTSD Symptom Management

Learn why PTSD develops and how to cope with it

- 8-week group session by telephone on Tuesday 2:30-4:00 p.m. with William Boyles. Contact your provider for referral.

Strength at Home (SAH)

Learn how to handle or decrease abusive behaviors

- 12-week group session by VA Video Connect. Providers need to contact Geraldine Rouse for referral.

Tobacco Cessation Group

Learn to quit tobacco with other Veterans

- 4 sessions on Wednesdays 1:00-2:30 p.m. by VA Video Connect with Michael Frazier and Jill Duke. Call 907-257-4720.

Understanding Anger Group

About understanding how anger relates to past and present experiences and learning to change

- 9 sessions on Tuesdays 3:30-5:00 p.m. by telephone with Rebecca Young. Call 907-257-4830 to check when a new cycle starts.

VA Introductory Class ON HOLD

Learn about Alaska VA services and operations

- Held twice a month virtually from 6:00-7:00 p.m.

Wise Warriors

Offer support and skills to develop Suicide Prevention Safety Plans

- Weekly drop-in group every Friday 11:00-12:00 p.m. by telephone with Rebeca Chace. Call Julie Moth at 907-375-2111.

Women Veteran's Trauma Recovery Group ON HOLD

- 3-month telephone support group. Need referral from provider.

Yoga

Reduce stress, anxiety, and pain while improving well-being

- Wednesdays 5:00-6:00 p.m. by VA Video Connect with Jennifer Lanier.
- Thursdays 10:00-11:00 a.m. by VA Video Connect with Jennifer Lanier.
- Contact Jurileen Fex at 907-257-5425 or Jennifer Lanier at 907-257-2193.

VA Domiciliary Wellness Center Offerings

3001 C Street
Anchorage, AK 99503
907-273-4011

Offerings are open to all Veterans and only residents can attend face to face during COVID-19.

CogSMART

Learn to improve memory and problem-solving

- 10-12 sessions on Wednesday 1:00-2:00 p.m. at 1-800-767-1750 code 93901# with Jayson Hsieh and psychology intern.
- Staff to first contact Dr. Hsieh at 907-273-4020.

Early Recovery Skills for Substance Abuse

- Tuesday and Thursday 9:30-10:30 a.m.
- Length varies by each person's progress with the addiction team.
- Must contact Corrie Dreher for ATP screening appointment at 907-273-4011.

Job Club (Anchorage)

Class on resume writing, job seeking, overcoming employment barriers, interview techniques, guest speakers, employers and more

- Every Monday 9:30-11:00 a.m., see [class access information](#).
- For questions, call Charles Gorman at 907-273-4044 or Theodore Thompson at 907-273-4072.

Mindfulness- Based Stress Reduction (MBSR)

Learn to manage chronic conditions and life issues

- 8-week group sessions every Thursday 2:30-4:30 p.m. in the atrium. Contact Dr. Jayson Hsieh for enrollment at 907-273-4020.

Motivation Toward Recovery

- 10-week course on Friday 11:00-12:00 p.m. with Kelley Russell. No referral needed, contact 907-273-4011 for questions.

SMART Recovery Support Group

- Thursday 5:30-6:30 p.m. with addiction team staff.
- Staff should contact Corrie Dreher.

Tobacco Addiction Awareness & Recovery

- Monday 1:00-2:00 p.m. with Jill Duke.
- Any questions call 907-273-4011.

Vet Center Resources

Anchorage Vet Center Offerings

4400 Business Park Boulevard
Anchorage AK 99503
907-563-6966

Group	Day	Hours	Counselor
Combat PTSD	Monday	5:00-7:00 p.m.	Christian Garrett
Trauma Support PTSD	Thursday	1:00-3:00 p.m.	Ann Brennan
iRest and Yoga	ON HOLD	2:00-3:00 p.m.	Kelly Wright
Trauma Recovery Support (for female Veterans)	Wednesday	4:00-6:00 p.m.	Marie Bateman
Trauma Recovery Support (for male Veterans)	Friday	1:30-3:30 p.m.	Marie Bateman

Wasilla Vet Center Offerings

851 E. West Point Drive Suite 102
Wasilla Ak 99654
907-376-4318

Group	Day	Hours	Facilitator
Problem-Solving Therapy	Monday	4:00-5:00 p.m.	Susan Guillory
Fly Tying Group by VA Video Connect	Tuesday	5:00-7:00 p.m.	Project Healing Waters

Job Club (Mat-Su)	ON HOLD	11:00-12:00 p.m.	VA Vocational Rehabilitation Service
iRest	Thursday	3:30-4:30 p.m.	Ron Wilmot
Table-Top Gaming	Friday	2:00-6:00 p.m.	Eric Warner

*In-center community agencies: Vietnam Veterans of America and DAV Veteran Service Organizations

Vet Center Class Information

Job Club (Mat-Su) ON HOLD

Class on resume writing, job seeking, overcoming employment barriers, interview techniques, guest speakers, employers and more

- Every Tuesday 11:00 a.m. to 12:00 p.m., see [class access information](#)

For questions call

- Charles Gorman at 907-273-4044
- Aneta Murphy 907-273-4015
- Theodore Thompson 907-273-4072

Military Sexual Trauma (MST) therapy group

Interested Combat Veterans or MST Veterans, call your provider for referral.

Additional Community Resources

Alaska 2-1-1

Connects you to your local emergency food and shelter, disability services, counseling, senior services, healthcare, child-care, drug and alcohol programs, legal assistance, transportation needs, educational opportunities and more.

- Dial 2-1-1 or 1-800-478-2221 Monday through Friday 8:30 a.m. to 6 p.m. or email Alaska211.org.

Anchorage and MatSu Women's Cancer Support Group

- Every Friday 10:00-11:30 a.m. During COVID-19, the group meets by online video only.
- To take part, email news@womenlisten.org by Thursday evening. For more information please go to <http://womenlisten.org/>

Project Healing Waters Fly Fishing (PHWFF)

Helps disabled active military personnel and Veterans recover from their physical and emotional injuries through fly fishing.

- The Alaska PHWFF has partnered with Fly-Fishing clubs in Anchorage, Wasilla and Fairbank to provide Fly Tying Classes, Fly Casting Instruction, Fly Fishing Seminars, Rod Building Instruction, and guided Fly-Fishing Trips for participants.
- Due to Covid-19 outbreak, all programs are offered through virtual sessions on Tuesdays at 7:00 pm by Zoom. Additional information on virtual sessions will be sent to active participants.

- All activities provided free of cost to individuals from: Warrior Transition Units, Medical Evaluation Boards, Medically Retired Military, Retired Military Undergoing Medical Treatment, Reservists Undergoing Medical Treatment.
- If you do not have computer access call 907-538-1818

To participate contact:

- Anchorage: Leslie Holland-Bartels Leslie.HB@projecthealingwaters.org
- Wasilla: Gary Eichhorn Gary.Eichhorn@projecthealingwaters.org
- Fairbanks: Fil Martinez Fil.Martinez@projecthealingwaters.org
- [Facebook Page](#)
- Additional info: Jan Schnorr Jan.Schnorr@projecthealingwaters.org