



Military, Family and Community Network Calendar of Events and Regularly Scheduled Meetings

Contact calendar@vtmfcn.org with Calendar Events or Changes



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		VT Vet-to-Vet: 6:00 Middlebury Turning Point Ctr. 802-388-4249 Additional Mtgs: www.vtvettovet.org	VT Vet-to-Vet: 6:00 – 7:00 Hedding Methodist Church in Barre-802-476-8156 4:00 – 5:00 Rutland Regional Medical Center (Conf. Rm 2) Additional Mtgs: www.vtvettovet.org	VT Vet-to-Vet: 4:00 White River Junction VAMC (Rm G-82, Bldg. 31) Additional Mtgs: www.vtvettovet.org	VT Vet-to-Vet: 4:00 – 4:45 The Waystation in Burlington 802-863-3157 Additional Mtgs: www.vtvettovet.org	

Additional Notes About Upcoming Events and Regularly Scheduled Meetings

New Courses available for CEs! : PTSD 101 ONLINE courses for CEs! Check out the 20 courses to help you understand war zone stress such as “Cognitive-Behavioral Interventions for PTSD” and “PTSD and Families: Supporting Veterans, Recent Returnees, and Active Duty Personnel and Their Families”
<http://www.ncptsd.va.gov/ptsd101/>

Vermont Vet-to-Vet is a Peer Support for Veterans Issues, Guidance with Coping Strategies, Completely Confidential. Info at: **Email:** info@vtvettovet.org
Web Site www.vtvettovet.org Or call: **Ron Waggoner** at (802) 223-9832, **Dave Morgan** at (802) 485-9246, or **Steve Woodward** at (802) 793-8876.

VERMONT FALLEN presentations: A Film about the families of Vermont’s Fallen Service Members. Please contact Pat Boyden for more information, to schedule a screening or for support materials at 802 872-2619 or : <mailto:VermontVeteran@verizon.net>

Seeking Safety Group: Every Tuesday at 3:30 – 5:00 at VA Colchester Community Based Outpatient Clinic, 162 Hegeman Ave., Colchester. Integrated Approach for treatment of PTSD and Substance Abuse, and designed to help understand the links between trauma and substance abuse by. Improve trauma-related symptoms, decrease or stop substance use/abuse, improve social adjustment and improve family functioning. Contact Elizabeth at 655-1356 X 6749 or Julia at 655-1356 X 6751.

The Parent Support Group meets the first Sunday of every month at 2PM at the Family Readiness Center in Colchester. If you plan to attend a meeting, please RSVP to one of the people listed below in case we have to move locations or cancel the meeting:

- Joy Granger-Chittenden County Parent Leader 802-878-4794;
- Deb Sandalwood-Franklin County Parent Leader 802-782-0969;
- Mary Blow-FAC Coordinator 802-338-3076

For more information on the Parent Network, or to be added to the distribution list please contact Mary Blow.

Brain Injury Recovery Group starting Feb 9, 2009; every Monday from noon - 1:00 pm at the VA Colchester Community-based Outpatient Clinic at Fort Ethan Allen.

- For veterans who were either exposed to a blast(s) or other head injury.
- Symptoms may include: fatigue, sleep disturbance, headache, dizziness, blurry or double vision, sensitivity to light, irritability, apathy, concentration problems, attention problems, memory problems, intolerance of stress/emotion or alcohol, and/or personality change.
- Unable to attend or would like to have a similar group at the White River Junction VA Medical Center, Contact: Dr. Lisa Harmon at 802-295-9363 extension **6033**.

Strong Bonds Marriage Retreat: All married soldiers and airmen of the Vermont National Guard who have not previously attended a Strong Bonds Marriage Retreat are eligible to register. Location: Doubletree Inn, 1117 Williston Road, Burlington, VT. Date: April 24-26, 2009. Registration Deadline: April 7, 2009.
 POC: MSgt Heather Powell - 660-5422/heather.powell@vtburl.ang.af.mil.

Sesame Street's new prime-time special "Coming Home: Military Families Cope with Change" Sneak preview on March 25th at 2pm at the Family Readiness Center at Camp Johnson. Come view this episode before the air date on PBS April 1st, 2009 at 8pm EST.

Military Sexual Trauma (MST) “mini-conference” with community providers at American Legion, White River Junction, April 3, 8:45-3:00. Contact Rebecca Robinson, 802-295-9363, ext, 5766 or Chaplain Joseph O’Keeffe, ext, 5416. Registration of \$15 covers continental breakfast and lunch.



Military, Family and Community Network March, 2009



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 2:00 p.m. Parent Support Group @ Camp Johnson's Family Support Center	2 Every Monday: Noon – 1:00: Brain Injury Recovery Group, VA Colchester Ft Ethan Allen.	3 Every Tuesday: 3:30 – 5:00 Seeking Safety Group VA Colchester Clinic, info: Elizabeth-655-1356 X 6749 / Julia at 655-1356 X 6751	4	5	6	7
8	9 "Brain Injury Recovery Group: See Above"	10 "Seeking Safety Group: see above"	11	12 10am – 12pm MFCN Planning meeting @ Camp Johnson	13	14
15	16 "Brain Injury Recovery Group: See Above"	17 "Seeking Safety Group: see above"	18 Post Deployment Support Group, Contact Mary Blow at 338-3076, Camp Johnson	19	20	21
22	23 "Brain Injury Recovery Group: See Above"	24 "Seeking Safety Group: see above"	25 2:00 @ Camp Johnson FRG: view Sesame Street's "Coming Home: Military Families Cope with Change"	26	27	28
29	30 "Brain Injury Recovery Group: See Above"	31 "Seeking Safety Group: see above"				



Military, Family and Community Network

April, 2009



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Every Monday: Noon – 1:00: Brain Injury Recovery Group, VA Colchester Ft Ethan Allen.	Every Tuesday: 3:30 – 5:00 Seeking Safety Group VA Colchester Clinic, info: Elizabeth-655-1356 X 6749 / Julia at 655-1356 X 6751	1 MFCN Quarterly Meeting in Waterbury, VT Time: 10:00-12:00 Sesame Street's "Coming Home" PBS 8 p.m. EST	2	3 8:45-3:00 p.m. Mini-conference on Military Sexual Trauma – White River Junction American Legion	4
5 2:00 p.m. Parent Support Group @ Camp Johnson's Family Support Center	6 "Brain Injury Recovery Group: See Above"	7 "Seeking Safety Group: see above"	8	9	10	11
12	13 "Brain Injury Recovery Group: See Above"	14 "Seeking Safety Group: see above"	15 Post Deployment Support Group, Contact Mary Blow at 338-3076, Camp Johnson	16	17	18
19	20 "Brain Injury Recovery Group: See Above"	21 "Seeking Safety Group: see above"	22	23	24 Strong Bonds Couples weekend retreat in Burlington April 24-26	25 Save the DATE: All Day Conference in the Northern Kingdom of Vermont
26 Strong Bonds Couples weekend retreat in Burlington April 24-26	27 "Brain Injury Recovery Group: See Above"	28 "Seeking Safety Group: see above"	29	30		



Military, Family and Community Network

May, 2009



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Every Monday: Noon – 1:00: Brain Injury Recovery Group, VA Colchester Ft Ethan Allen.	Every Tuesday: 3:30 – 5:00 Seeking Safety Group VA Colchester Clinic, info: Elizabeth-655-1356 X 6749 / Julia at 655-1356 X 6751			1	2
3 2:00 p.m. Parent Support Group @ Camp Johnson's Family Support Center	4 "Brain Injury Recovery Group: See Above"	5 "Seeking Safety Group: see above"	6	7	8	9
10	11 "Brain Injury Recovery Group: See Above"	12 "Seeking Safety Group: see above"	13	14	15	16
17	18 "Brain Injury Recovery Group: See Above"	19 "Seeking Safety Group: see above"	20 Post Deployment Support Group, Contact Mary Blow at 338-3076, Camp Johnson	21	22	23
24	25 "Brain Injury Recovery Group: See Above"	26 "Seeking Safety Group: see above"	27	28	29	30
31						



Military, Family and Community Network June, 2009



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Every Monday: Noon – 1:00: Brain Injury Recovery Group, VA Colchester Ft Ethan Allen.	2 Every Tuesday: 3:30 – 5:00 Seeking Safety Group VA Colchester Clinic, info: Elizabeth-655-1356 X 6749 / Julia at 655-1356 X 6751	3	4	5	6
7 2:00 p.m. Parent Support Group @ Camp Johnson's Family Support Center	8 "Brain Injury Recovery Group: See Above"	9 "Seeking Safety Group: see above"	10	11 10am – 12pm MFCN Planning meeting @ White River Junction	12	13
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21	22 "Brain Injury Recovery Group: See Above"	23 "Seeking Safety Group: see above"	24	25	26	27
28	29 "Brain Injury Recovery Group: See Above"	30 "Seeking Safety Group: see above"				