



Readjustment Counseling Service
Wichita Vet Center
251 N. Water St.
Wichita, Kansas 67202
PHONE: 1-888-878-6881 or (316) 265-0889
FAX: (316) 265-0190



Life Coping Skills

The Wichita Vet Center will be hosting a new Support Group

The goal of this group is to provide participants with the skills and knowledge needed to understand about readjusting to civilian life. Participants will be educated about effective and healthy coping strategies and positive daily living skills. Participants will be encouraged to help support one another in a caring environment.

Veterans will learn how to:

- Daily coping skills to increase life satisfaction and promote a healthy lifestyle
- Distress Management Skills
- Talk about thoughts and feelings
- Positive Self Talk
- Make better choices in all settings
- Identify triggers of anger
- Use anger management skills coping skills when needed

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Check out the Vet Center website at <http://www.vetcenter.va.gov/>

The Group will be offered once a week, Thursday, from 10:00am-noon, beginning the week of April 18th 2011. The Group is open to any and all Veterans. Everything is confidential and one-on-one counseling also is available. Please see your individual Counselor for a referral prior to attending the first group session. If you are new to the Vet Center a screening interview is necessary.