



James A. Haley Veterans' Hospital

# Treatment and Support Groups for Veterans and Family Members



Compiled by:  
Patient/Family Health Education Committee  
James A. Haley Veterans' Hospital  
13000 Bruce B. Downs Blvd.  
Tampa, FL 33612  
(813) 972-2000 x7428  
[www.tampa.va.gov](http://www.tampa.va.gov)

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Updated quarterly

# Welcome to the James A. Haley Veterans' Hospital!

Your health is important to us.

We want you to be an informed and active partner in your health care.

James A. Haley Veterans' Hospital and Clinics offers many resources to help you learn about your health. We offer many classes and support groups taught by trained staff. To attend these classes and support groups the meeting locations will vary throughout the hospital and clinics. Please refer to the chart and information below for assistance in these locations:

The main hospital at James A. Haley Veterans' Hospital is divided into 4 wings (A, B, C, D):

When the class room is listed as 1C-104, this means that the room is on the 1<sup>st</sup> floor, in the C section of the building in room 104.



Room Location	Description
1C-102B	1 <sup>st</sup> floor of main hospital in C wing near Podiatry
1C-104	1 <sup>st</sup> floor of main hospital in C wing near Podiatry
2B-258	2 <sup>nd</sup> floor of main hospital in B wing near OT/PT
2CN Conference Room	2 <sup>nd</sup> floor of main hospital in C wing and north section
Auditorium	2 <sup>nd</sup> floor of main hospital in front of canteen in between A wing
RTU Conference Room	Radiation Therapy Unit (RTU) in between main hospital and SCI on ground floor
VA Outpatient Mental Health Clinic	11707 N. Club Drive, Tampa, Florida 33612 (across from University Mall)

Visit the Patients' Library: 2<sup>nd</sup> floor (2A-237)

Use the My Health Vet computers: [www.health.va.gov](http://www.health.va.gov)

- Patients' Library: 2<sup>nd</sup> floor (2A-237)
- 2<sup>nd</sup> floor (2A-215e) near Voluntary Service
- VA Café in SCI (Spinal Cord Injury) building

Contact our Patient Education Committee for more information: (813) 972- 2000 ext. 7428

# Treatment and Support Groups

*James A. Haley Veterans' Hospital*  
(813) 972-2000

## Advanced Support Group for Weight Management

**Day:** Wednesday

**Time:** 9:00-10:30

**Where:** SCI First Dining Room

**Target Audience:** GRADUATES of the Intensive Weight Management Program

**Consult Needed:** Yes Consult From: Staff of the Intensive Weight Program

**Walk-ins Accepted:** Yes-only if patient meets graduation standards of intensive program

**Contact Person:** Claire Bell, RD Contact Extension: 7919 or 6336

## Alcoholics Anonymous (AA)

**Day:** Fridays

**Time:** 7:30 - 8:30 p.m.

**Where:** Auditorium, 2nd floor

**Target Audience:** Open to everyone with a desire to deal with their alcohol problem and to those interested in learning more about AA

**Consult Needed:** No

**Walk-ins Accepted:** Yes

**Contact Person:** Bob Zentarski

**Contact Number:** (813) 631-7126

## AVAST: Amputee VA Support Team

**Day:** 2nd Tuesday of the month

**Time:** 7 p.m.

**Where:** 1C-102B

**Target Audience:** Amputees, their family, friends, and interested professionals. This is a non VA affiliated support team.

**Consult Needed:** No

**Walk-ins Accepted:** Yes

**Contact Person:** Jim Switzer, Amputation Rehabilitation Coordinator

**Contact Extension:** 813-558-3919

## Depression and Bipolar Support Alliance

**Day:** 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of the month

**Time:** 7 – 8:30 p.m.

**Where:** 1C-104

**Target Audience:** Support group for anyone impacted by depression and bipolar disorder.

**Consult Needed:** No

**Walk-ins Accepted:** Yes

**Contact Person:** (813) 878-2906 (DBSA) or email at: [info@dbsatampabay.org](mailto:info@dbsatampabay.org) Or Neil Bush at (813) 961-8326

## Diabetes Support Group (Insulin Pump ONLY)

**Day:** 2nd Wednesday of the month

**Time:** 1 - 2 p.m.

**Target Audience:** Support for those Veterans presently on insulin pump therapy or being considered for insulin pump therapy.

**Walk-ins Accepted:** Yes

**Contact Person:** Aida Macias, RN, MSN and Rosalie Parrillo, RN, MSN

**Contact Extension:** 6335



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## Diabetes Support Group

**Day:** 4th Thursday of the month

**Time:** 1 - 2 p.m.

**Where:** 2B-258

**Target Audience:** The Diabetes Support Group is for newly diagnosed or longstanding diabetes patients.

Group provides information to stay on track, opportunity to meet others and learn from them.

**Consult Needed:** No

**Walk-ins Accepted:** Must be scheduled to receive travel pay

**Contact Person:** Aida Macias, RN, MSN and Rosalie Parrillo, RN, MSN

**Contact Extension:** 6335

## Ex-POW Support Group

**Day:** 3<sup>rd</sup> Friday of the month

**Time:** 10 a.m. - 11 a.m.

**Where:** VA Outpatient Mental Health Clinic

**Target Audience:** This group provides a supportive environment for former prisoners of war and their family members.

**Consult Needed:** No

**Walk-ins Accepted:** Yes

**Contact Person:** Rachel Brink

**Contact Extension:** (813) 228-2761, ext. 2703

## Family Meeting

**Day:** Saturdays

**Time:** 10 a.m. - noon

**Where:** 2CN Conference Room

**Target Audience:** The group is open to family members of those with brain injury, stroke, polytrauma, SCI, and others who have experienced trauma. The benefits of the group include assisting families in forming and maintaining a support network, developing healthy coping mechanisms, and relieving the stress of providing care to their loved ones.

**Consult Needed:** No

**Walk-ins Accepted:** Yes

**Contact Person:** Steve Klemz

**Contact Extension:** 6663



# Treatment and Support Groups

*James A. Haley Veterans' Hospital*  
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## National Alliance on Mental Illness- Family Members of Individuals with Serious Mental Illness (Non-VA Sponsored)

**Day:** 1st Tuesday of the month

**Time:** 6:30 -8 p.m.

**Where:** VA Mental Health Outpatient Clinic, 11707 Club Drive, Tampa, 33612

**Target Audience:** Individuals (family, caretakers, ALF owners) that are personally involved with a person or persons with serious mental illness (depression, bipolar, schizophrenia, PTSD, etc.)

**Contact:** NAMI-Hillsborough: (813) 273-8104  
[www.namihillsborough.org](http://www.namihillsborough.org), or  
[support@namihillsborough.org](mailto:support@namihillsborough.org)



## Ostomy Support Group

**Day:** Last Friday of the month in January, March, May, July, Sept., and Nov.

**Time:** 2:30 - 3:30 p.m.

**Where:** Room C104

**Target Audience:** Group for anyone with an ostomy. Spouses/caregivers are welcome. This group is also listed as a support group with the United Ostomy Association of America. Please call ahead to be sure this group will be right for you.

**Consult Needed:** No

**Walk-ins Accepted:** Yes

**Contact Person:** Jane Nichols

**Contact Extension:** 6602

## Operation Enduring Families

**Day:** 1st and 3rd Tuesday of the month

**Time:** 6:15 - 7:30 p.m.

**Where:** SCI Middle Dining Room

**Target Audience:** All OEF/OIF Veterans and adult

family members are invited to attend. A Veteran can attend without their family and family members can attend even if the Veteran chooses not to participate.

**Consult Needed:** No

**Walk-ins Accepted:** No, please contact Anna Quinby prior to attending your first meeting.

**Contact Person:** Anna Quinby

**Contact Extension:** 5264 or 813-610-5918

# Treatment and Support Groups

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(813) 972-2000



## Psychology-Insomnia Group

**Day:** Tuesdays

**Time:** 1 - 2:30 p.m.

**Where:** Building. 41, 2nd floor, Psychology

**Target Audience:** Veterans with sleep difficulties

**Consult Needed:** Yes

**Walk-ins Accepted:** No

**Contact Person:** Elizabeth Jenkins, Ph.D.

**Contact Extension:** 4963

## Support and Family Education (SAFE)

**Day:** 1st Monday of the month

**Time:** 5 - 6:30 p.m.

**Where:** Mental Health Outpatient Clinic:  
11707 Club Drive

**Target Audience:** Family members or loved ones of  
Veterans with a mental illness

**Consult Needed:** No

**Walk-ins Accepted:** Yes

**Contact Person:** Nicole Shiber, Psy.D. and Kim  
Gronemeyer, Psy.D.

**Contact Extension:** (813) 631-7135, ext. 4356 or 972-2000,  
ext. 6633

## Wellness Support Group

**Day:** Tuesdays

**Time:** 9:30 - 11 a.m.

**Where:** VA Outpatient Mental Health Clinic

**Target Audience:** This group provides a  
supportive environment for Veterans aged 65 and  
older, interested in improving their physical,  
mental and emotional well being utilizing a  
holistic approach

**Consult Needed:** Will need referral

**Consult From:** Provider/Clinician

**Walk-ins Accepted:** No

**Contact Person:** Pat Caldwell

**Contact Extension:** (813) 631-7124

# Treatment and Support Groups

*Brooksville Community-Based Outpatient Clinic (CBOC)*

*14540 Cortez Blvd., Suite 108*

*Brooksville, FL 34613*

*(352) 597-8287*

## OEF / OIF Support group

**Day:** Fridays

**Time:** 4:00-5:00 PM

**Where:** Conference room

**Target Audience:** OEF / OIF patients

**Consult Needed:** Yes

**Consult From:** Provider

**Walk-ins Accepted:** No

**Contact Person:** Brooksville CBOC

**Contact Extension:** 352-597-8287

## PTSD Group

**Day:** Thursdays

**Time:** 1:30 - 3 p.m.

**Where:** Conference room

**Target Audience:** Patients affected by PTSD

**Consult Needed:** Yes, from provider

**Walk-ins Accepted:** No

**Contact:** Brooksville CBOC

**Contact Phone:** (352) 597-8287, ext. 4121

## PTSD Group

**Day:** Mondays

**Time:** 10:00-11:30

**Where:** Conference room

**Target Audience:** Patient's affected by PTSD

**Consult Needed:** Yes

**Consult From:** Provider

**Walk-ins Accepted:** No

**Contact Person:** Brooksville CBOC

**Contact Extension:** 352-597-8287

## PTSD Group

**Day:** 2<sup>nd</sup> and 4<sup>th</sup> Fridays

**Time:** 10:00-1130

**Where:** Conference room

**Target Audience:** Patient's affected by PTSD

**Consult Needed:** Yes

**Consult From:** Provider

**Walk-ins Accepted:** No

**Contact Person:** Brooksville CBOC

**Contact Extension:** 352-597-8287

## PTSD Group

**Day:** Wednesday

**Time:** 10 - 11:30 a.m.

**Where:** Conference room

**Target Audience:** Patients affected by PTSD

**Consult Needed:** Yes, from provider

**Walk-ins Accepted:** No

**Contact:** Brooksville CBOC

**Contact Phone:** (352) 597-8287, ext. 4121



# Treatment and Support Groups

## *Brooksville Community-Based Outpatient Clinic (CBOC)*

*14540 Cortez Blvd., Suite 108*

*Brooksville, FL 34613*

*(352) 597-8287*

### Women's Support Group

**Day:** Mondays

**Time:** 2:30-4:00 PM

**Where:** Conference room

**Target Audience:** Women's support group

**Consult Needed:** Yes

**Consult From:** Provider

**Walk-ins Accepted:** No

**Contact Person:** Brooksville CBOC

**Contact Extension:** 352-597-8287

### Suicide Prevention Support Group

**Day:** Fridays

**Time:** 1:00-2:00 PM

**Where:** Conference room

**Target Audience:** Support group

**Consult Needed:** Yes

**Consult From:** Provider

**Walk-ins Accepted:** No

**Contact Person:** Brooksville CBOC

**Contact Extension:** 352-597-8287

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## *New Port Richey Outpatient Clinic (OPC)*

*9912 Little Road*

*New Port Richey, Fl 34654*

*(727) 869-4100*

### Caregiver Support Group

**Day:** 1st and 3rd Tuesday of the month

**Time:** 1 - 2 p.m.

**Where:** Mental Health Conference Room, NPR

**Target Audience:** Patients and family members or significant others who care for a loved one with a chronic illness

**Consult Needed:** No

**Walk-ins accepted:** No

**Contact person:** Doris Konyha, ARNP

**Contact Phone:** 321- 4243 or 4350

**Outside the VA:** (727) 869-4100, ext. 4248



# Treatment and Support Groups

**Lakeland Community-Based Outpatient Clinic (CBOC)**

4237 South Pipkin Rd.

Lakeland, FL 33811

(863) 701-2470

## Anger Management

**Day:** Wednesdays

**Time:** 1- 2:30 p.m.

**Target Audience:** Any Veteran experiencing problems with anger

**Where:** Lakeland CBOC

**Walk-ins accepted:** No

**Consult Needed:** Yes

**Contact person:** Ms. Heather Moore, LCSW

**Contact phone:** (863) 701-2470

## Cognitive Processing Therapy group

*Evidence-based treatment for PTSD*

**Day:** Tuesdays

**Time:** 9:00-10:30 am

**Where:** Lakeland CBOC, Building 2

**Target Audience:** Veterans with PTSD diagnoses

**Consult needed:** Yes

**Walk-ins accepted:** No

**Contact person:** Dr. Mary Dorritie

**Contact phone:** (863) 701-2470

## Seeking Safety

**Day and Time:** Tuesdays at 5:30-7 p.m. or Fridays at 9- 10:30 a.m.

**Where:** Lakeland CBOC

**Target Audience:** Veterans with PTSD and/or Substance Abuse

**Consult Needed:** Yes

**Walk-ins accepted:** No

**Contact person(s):** Dr. John Powell or Dr. Mary Dorritie

**Contact phone:** (863) 701-2470

## Social Skills Training

**Day:** Tuesdays

**Time:** 9-10:30 a.m.

**Where:** Lakeland CBOC

**Target Audience:** Veterans with Serious Mental Illness (schizophrenia, schizoaffective disorder, bipolar disorder, and treatment-refractory depression)

**Consult Needed:** Yes

**Walk-ins accepted:** No

**Contact person:** Ms. Heather Moore, LCSW

**Contact phone:** (863) 701-2470

## Symptom Management Group

**Day:** Mondays

**Time:** 5:30 – 7p.m.

**Where:** Lakeland CBOC

**Target Audience:** Coping skills group, primarily for PTSD

**Consult Needed:** Yes

**Walk-ins accepted:** No

**Contact person:** Dr. Margaret Schmitt

**Contact phone:** (863)701-2470



# Treatment and Support Groups

## *Zephyrhills Community-Based Outpatient Clinic (CBOC)*

6937 Medical View Lane

Zephyrhills, FL 33542

(813) 780-2550

### Dementia Caregiver Group

**Day:** First Thursday of each month

**Time:** 10-11:30am

**Where:** Zephyrhills CBOC MH building

**Target Audience:** A monthly support group for caregivers of loved ones with dementia. Group member does not have to be the Veteran. However, the Veteran must be enrolled in the VA.

**Consult needed:** No formal consult required.

Individuals can call the clinic to express interest or be referred informally by provider.

**Walk-Ins Accepted:** No

**Contact Person:** Lauryn Nussbaum, Psy.D.

**Contact Phone:** 813-780-2550

### Wellness Group

**Day:** Mondays

**Time:** 1 - 2:15 p.m.

**Where:** Zephyrhills CBOC MH Bldg.

**Target Audience:** A weekly supportive and insight oriented counseling group for Veterans with chronic health conditions

**Consult Needed:** No formal consult required.

Facilitator can be notified through co-signer status on note. Referrals accepted from PCC as well as MH.

**Walk-Ins Accepted:** No

**Contact Person:** Lauryn Nussbaum, Psy.D.

**Contact Phone:** (813) 780-2550

### PTSD Support Group

**Day:** Tuesdays **Time:** 10 - 11:30 a.m.

**Where:** Zephyrhills CBOC MH Bldg.

**Target Audience:** A weekly support and coping skills group for combat Veterans with PTSD

**Consult Needed:** Consult from primary mental health provider is required

**Walk-Ins Accepted:** No

**Contact Person:** Brian Nussbaum, Psy.D.

**Contact Phone:** (813) 780-2550







**Department of  
Veterans Affairs**