VA San Diego Healthcare System

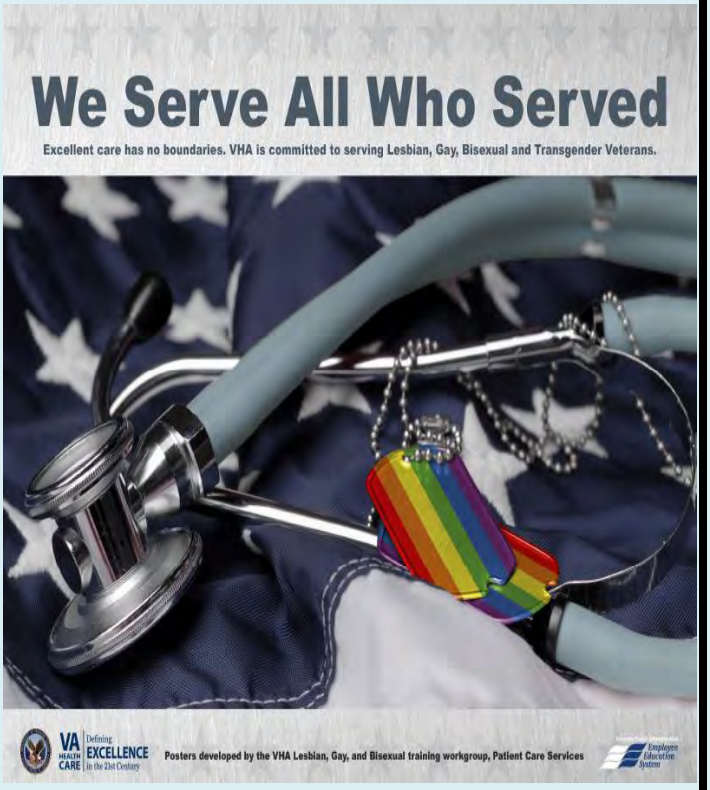
LGBTQ Veterans Mental Health Program

The LGBTQ Mental Health Program offers group and individual services for all Lesbian, Gay, Bisexual, Transgender and Questioning veterans seeking a safe and affirming place to share thoughts and feelings about their experiences, to explore creative ways to cope with challenges they encounter, to learn from one another, and to support one another.

LGBTQ Veterans Well-being Group
Time: Mondays 1 PM – 2:30 PM
Location: VA Mission Valley Clinic

Transgender Veterans Well-being Group
Time: Wednesdays 10 AM – 11 AM
Location: 2N La Jolla Medical Center

For information and enrollment contact: Nicholas Grant, Ph.D. LGBTQ Mental Health Postdoctoral Fellow at (619) 400-5234



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