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St Paul Vet Center

101 5th St E Suite 101, St Paul, MN, 55101

www.vetcenter.va.gov 651-644-4022

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Welcome!

By Vet Center Director Judith Huerta

As you may have been aware, Govern Walz has made some changes to our local COVID precautions. This is just a reminder that at the St Paul Vet Center we are considered medical and follow the Minneapolis VA requirements. At this time we are preparing to welcome in person groups at the Vet Center and will still be taking social distancing precautions with limiting group size, as well as masking while in the building. This is a step in the right direction for us as we miss having in person groups. We look forward to welcoming you and hope to see you soon. Please call me with any questions or concerns, 651-644-4022.

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Featured Veteran Story

Your Service Your Sacrifice Your Story

BY SCOTT BRADEN

As you walk into to the lobby of the new St Paul Vet Center you may notice the beautifully crafted table and mirror set. This set has been donated to the St Paul Vet Center and is displayed for all to see as you walk in. This piece was crafted by local Veteran and Vet Center regular Mr. William “Bill” Dier who stated, “I wanted to give back to the Vet Center to show my appreciation for all that has been done for me”. This beautiful mirror and table set is crafted in cherry, black walnut, ebony, and etched glass with all branches of the military represented. The wood has been book matched on both pieces creating an ornate visual masterpiece within the Vet Center lobby. The mirror is set to height that allows Veterans to take a moment see their own reflection and set their intent for themselves. The inscription on the mirror reads “Your Service Your Sacrifice Your Story is Understood and Honored Here – Welcome to the St Paul Vet Center”. The inscription on the plaque next to the piece reads “The St Paul Vet Center IN APPRECIATION FOR ALL THE WONDERFUL PEOPLE PAST, PRESENT AND FUTURE WHO LABOR IN SERVICE FOR OUR VETERANS – William Penn Dier USN 1968-1972 Fall 2019”. Thank you, Bill, for this wonderful gift to the Veterans and Staff of the St Paul Vet Center Past, Present, and Future.

**“Your Service Your Sacrifice
Your Story is Understood and
Honored Here.”**

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New Groups Starting in June 2021

BY AUTHOR NAME

St Paul Vet Center groups are available to clients who can commit to group attendance and group rules. Before joining a group, members must meet individually with a Vet Center clinician to assess their individual needs and suitability for that group. To protect the needs of all group members, group facilitator will have final approval of who may join the group.

Whole Health Group: What Matters to You? The whole health pathway is a partnership with veteran peers trained to empower one to their mission aspiration and purpose and begin their overarching personal health plan. Group starting in June is Thursdays 1100-1230, 9 weeks

Combat Trauma Group: Veterans and currently serving military who have experienced Military Combat seeking a supportive place to process, cope, and find growth from that experience are welcome to join this group. Group starting in June is Wednesdays 0930-1100

Partners Group: Partners of Veterans who want to learn skills to support their partner are welcome to join this 6-session psychoeducational group. The group goal is to teach communication, coping, and supportive skills. Group starting in June is biweekly Wednesdays 1700-1830

Coffee Talk Group: This peer group provides a supportive environment for Veterans and military, a place to discuss current stressors in a relaxed environment. Members learn coping, self-care, and communication skills for growth. Group starting in June is Biweekly Tues 1000-1100

Women Veterans Nordic Pole Walking Group: Women Veterans and Military seeking comradery and wanting to learn healthy skills are welcome. Group is open to all ability levels, Nordic Poles provided for walks in Lilydale Regional park. Groups starting in June are weekly on Fridays 0900-1000

Groups limited to 6 members due to social distancing protocol. All groups will be starting in person in June. Please call the Vet center at 651-644-4022 to join. We look forward to seeing you soon!

St Paul Vet Center

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