

MOBILE VET CENTER



ON THE MOVE

Readjustment and PTSD

Readjusting to civilian life after war can be difficult. PTSD is a common set of reactions to a trauma such as combat exposure, which could be experienced by almost anyone. Sometimes, it becomes a disorder (PTSD) with the passage of time when feelings or issues related to the trauma are not dealt with, but are suppressed by the individual. This can result in problems readjusting to community life following the trauma. A delayed reaction may surface after several months or even many years and include some or all of the following problems:

- feeling nervous, anxious, jumpy or paranoid
 - difficulty trusting, problems with authority
 - feeling guilt over acts committed or witnessed,
 - hyper-alertness and exaggerated startle reactions
 - having unpleasant thoughts and memories that will not go away
 - isolation and alienation from others
 - loss of interest in pleasurable activities
 - difficulty sleeping, nightmares

Readjustment Counseling Services

Include:

Individual Counseling

Group Counseling

Marital and Family Counseling

Bereavement Counseling

Sexual Trauma Counseling

Education and Outreach

Assistance with Applying for VA Benefits

Referral to Medical Services

Alcohol/Drug Treatment Referral

Employment Referral

Referral to Community Resources

Days:	Time:	Location:
Every 2nd and 4th Tuesday.	10am-2pm	American Legion 44200 Sun Gold Street. Indio, Ca 92201
1st and 3rd Wednesday.	10am-2pm	Elks Lodge 6501 Elk Trail Dr. Twenty-nine Palms, CA 9227
Every 2nd and 4th Wednesday.	10am-2pm	American Legion 124 N. Ramona Ave. Hemet, CA 92543
Every 2nd and 4th Thursday.	10am-2pm	Moreno Valley College 16130 Lasselle Street. Moreno Valley, CA 92551
Every 2nd and 4th Thursday.	10am-2pm	Ft. Irwin ACAP Building 111. Ft. Irwin, CA 92310
Every 1st and 3rd Friday.	10am-2pm	American Legion 400 N. Belardo Rd. Palm Springs, CA 92262

All times date and locations are subject to change. Please call the Corona Vet Center at 951-734-0525 to confirm times and locations.