

## Confidentiality And Privacy

Vet Center staff respect the privacy of all veterans. We hold in the strictest confidence all information disclosed in the counseling process. No information will be released to any person or agency without written consent from the client, except in circumstances averting a crisis.

**VET CENTER SERVICES ARE  
ALWAYS PROVIDED  
AT NO COST TO THE  
VETERAN OR FAMILY**

Life isn't always easy after a deployment. That's where Vet Centers can help. Vet Centers provide a broad range of counseling, outreach, and referral services to combat Veterans and their families.



Request for outreach and education for your event or organization by Vet Center Staff at your event contact your local Vet Center To find out more about our program and locations near you:  
Readjustment Counseling Service  
Vet Center Program  
877-WAR-VETS (927-8387)  
<http://www.vetcenter.va.gov>

*We Value the Diverse  
Composition and Experiences  
of the Veterans We Serve*

## Veteran Center Locations Massachusetts and Southern N. E.

### Massachusetts

#### **Boston Vet Center**

7 Drydock Ave, Suite 2070  
Boston, MA 02210-2303  
(857) 203-3001

#### **Brockton Vet Center**

1041L Pearl St.  
Brockton, MA 02301  
(508) 580-2730

#### **Cape Cod Vet Center**

474 West Main Street  
Hyannis, MA 02601  
(508) 778-0124

#### **Lowell Vet Center**

10 George Street, Gateway  
Center Lowell, MA 01852  
(978) 453-1151

### Rhode Island

#### **Warwick Vet Center**

2038 Warwick Ave  
Warwick, RI 02889  
(401) 739-0167

### New Hampshire

#### **Berlin Vet Center 515**

Main Street Suite 2  
Gorham, NH 03581  
(603) 752-2571

#### **Keene Vet Center**

640 Marlboro Rd. (Rt. 101)  
Keene, NH 03431  
(603) 358-4950

#### **Manchester Vet Center**

1461 Hooksett Rd., B6  
Hooksett, NH 03106  
(603) 668-7060

#### **New Bedford Vet Center**

73 Huttleston Ave., Unit 2  
Fairhaven MA 02719  
508-999-6920

#### **Springfield Vet Center**

95 Ashley Avenue, Suite A  
West Springfield, MA 01089  
(413) 737-5167

#### **Worcester Vet Center**

255 Park Ave Suite # 900  
Worcester, MA 01609  
(508) 753-7902

### Connecticut

#### **Danbury Vet Center**

The Atrium Building  
457 North Main St., 1st Floor  
Danbury, CT 06811  
(203) 790-4000

#### **Hartford Vet Center**

25 Elm Street, Suite A  
Rocky Hill, CT 06067  
(860) 563-8800

#### **Norwich Vet Center**

2 Cliff St.  
Norwich, CT 06360  
(860) 887-1755

#### **New Haven Vet Center**

291 South Lambert Road  
Orange, CT 06477  
(203) 795-0148



## Welcome Home Veterans and Families

Our mission is to welcome home our War Veterans by providing quality readjustment services in a comfortable, confidential and safe environment.



## Who We Are

We are the people in VA who welcome home war veterans with honor by providing quality readjustment counseling in a caring manner.

Vet Centers understand and appreciate Veterans' war experiences while assisting them and their family members toward a successful post-war adjustment in or near their community.

## VET CENTER HISTORY

The Vet Center Program was established by Congress in 1979 out of the recognition that a significant number of Vietnam era vets were still experiencing readjustment problems. Vet Centers are community based and part of the U.S. Department of Veterans Affairs. In April 1991, in response to the Persian Gulf War, Congress extended the eligibility to veterans who served during other periods of armed hostilities from WWII to the current day OIF/OEF. The family members of these veterans are eligible for Vet Center Services as well. This includes bereavement counseling services to surviving parents, spouses, children and siblings of service members who die of any cause while on active duty, to include federally activated Reserve and National Guard personnel. With 300 Vet Centers located throughout the United States, Guam, Puerto Rico, and the Virgin Islands, in addition there are 70 Mobile Vet Centers (MVC) that run throughout the lower 48 states.

**We understand, and most of all,  
we care.**



**Eligibility is open to all War Zone Veterans and Current Service members who served in a War Zone. Service is provided at no cost to Veterans and/or family members.**

- WORLD WAR II
- AMERICAN MERCHANT MARINES
- KOREAN WAR
- VIETNAM WAR
- LEBANON
- GRENADA
- PANAMA
- PERSIAN GULF
- SOMALIA
- BOSNIA
- KOSOVO
- OPERATION JOINT ENDEAVOR, JOINT GUARD, & JOINT FORGE
- GLOBAL WAR ON TERRORISM
- OPERATION ENDURING FREEDOM
- OPERATION IRAQI FREEDOM
- OPERATION NEW DAWN

Also eligible are:

- Veterans who experienced sexual trauma while serving on active duty.
- Drone pilots & Mortuary services
- Family members of Armed Forces personnel who died while on active duty (Bereavement services).

**MILITARY SEXUAL TRAUMA AND HARASSMENT COUNSELING** - Military sexual trauma (MST) is sexual harassment and/or sexual assault experienced by a military service member regardless of the geographic location, the gender of the victim, or the relationship to the perpetrator. Both men and women can experience military sexual trauma and the perpetrator can be of the same or of the opposite gender. Perpetrators may or may not be service members themselves.

**BEREAVEMENT COUNSELING** - to parents, siblings, spouses and children of Armed Forces personnel who die in the service to our country. Also eligible are family members of Reservists and National Guardsmen who die while on federally activated duty.



## Post-Traumatic Stress Disorder (PTSD)

- Intrusive thoughts and memories
- Avoiding people/places (crowds)
- Feeling numb or detached
- Difficulty relaxing
- Being easily startled, feeling jumpy, on edge or on guard
- Feeling sad or down more days than not
- Losing interest in activities that used to be fun
- Low energy and overly tired
- Hopelessness; feeling like things won't get better
- Self blame, guilt, and shame
- Suicidal thoughts
- Anxiety
- Repeating thoughts and rituals
- Worrying all the time
- Anger or aggressive behavior
- Relationship and job problems.
- Alcohol/Drug Abuse
- Family/Relationship Difficulties
- Marital/relationship issues
- Behavior problems with children

## READJUSTMENT COUNSELING SERVICES

- *Individual and group counseling for Veterans and their families*
- *Family/Couples counseling*
- *Substance abuse assessment and referral*
- *Bereavement counseling for families who experience an active duty death*
- *Military sexual trauma counseling and referral*
- *Outreach and education including PDHRA, community events, etc.*
- *Employment assessment & referral*
- *VBA benefits explanation and referral*
- *Liaison with VA facilities & programs*
- *Screening & referral for medical issues including TBI, depression, etc.*