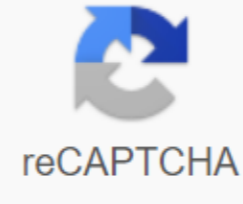




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## County va office sacramento

To contact your local Veterans Service Office, please refer to the following information: COVID 19 Update - Offices are closed to public telecommunications only Rochelle Arnold, County Veterans Service Officer 3970 Research Drive Map Sacramento, CA 95838 Phone: 916-874-6811 Fax: 916-854-8900 Opening Hours: Monday – Thursday, 8:00 a.m. – 4:00 p.m. Friday 9:30 – 4 pm This question is to test whether you are a human visitor and to prevent automatic sending of junk mail. What is the code in the image? Note T users. To access the menus on this page: 1. Turn off automatic form mode. Press Enter to expand the main menu options (health, benefits, and so on). 3. To enter and activate the sub-menu link, press the down arrow. To access or activate sub-menu links, you can now use tabs or arrows up or down the sub-menu options. Opening hours: Monday: 8:30 a.m. to 5:00 p.m. Tuesday: 8:00 a.m. to 7:00 p.m. Wednesday: Thursday 8:00 a.m. to 9:00 p.m.: Thursday: 8:00 a.m. to 9:00 p.m. Saturday: 8:00 p.m. 0am - 4:30pm Sunday: Reservations only: Closed to provide services to families, veterans' families and veterans The Vet Centre will provide services after normal working hours and/or on weekends. Support after time, weekend and holiday phone calls: 1-877-WAR-VETS(1-877-927-8387) Contact the Sacramento Veterinary Center for additional information on the following events: Monday: Veterans Defenders (10:30 a.m. - 7:00 p.m.) March 1st and 3rd Monday Tai Chi (12:00pm-1:00pm) Korean War Veterans Group (1 : 00pm-2:00pm) Vietnam Veterans Aftercare Group on the first Monday and the third Monday (5 p.m. to 6:30 p.m.) Vietnam veteran alumni association group, the second Monday of the month and the fourth Monday (afternoon) 5:00 p.m. to 6:30 p.m.) Trauma follow-up group every other Monday (date call) (10:00 a.m. to 12:00 p.m.) Tuesday: Veterans Advocate (10:30 a.m. to 7:00 p.m.) Hypnotherapy ( Bowling group (9:00 a.m. to 12:00 p.m.) on the second Tuesday of the month (11:00 a.m. to 12:00 p.m.) Vietnam Veterinary Processing Group 1 (1:00 p.m. to 2:30 p.m.) Vietnam Veterinary Processing Group 2 (3:00 p.m. to 4:30 p.m.) Women's veteran group (2:00 p.m. to 3:00 p.m.) Wednesdays on the first and third Tuesdays of March Group Orientation (2:00 p.m. to 3:00 p.m.) Veterans Advocates (10:30 a.m. to 7:00 p.m.) Health and Harmony (IREST) (10:30 a.m. to 12:00 p.m.) 1 Wednesday and 3rd Wednesday Yoga (4:00 p.m. to 5:30 p.m.) 2nd Wednesday photo shoot (4:00 p.m. to 5:30 p.m.) PTSD Education Support Group 1 (12:00 p.m. to 1:00 p.m.) Interactive Couple Group (4:00 p.m. to 5:30 p.m.) Asia Pacific Islands 2nd Wednesday- 3:30 p.m.) 3rd Wednesday Book Club (12:00pm-2:00pm) Thursday: Vietnam Veterans Group (12:00 p.m.-2:00 p.m.) Veterans Defenders (10:30 a.m. to 7:00 p.m.) Qigong (10:30 a.m. to 11:30 p.m.) Vet guitar (5:00 p.m. to 6:30 p.m.) Meditation (6:00 p.m.-7:00 p.m.) Vietnam Veterans Aftercare Group (12:00 p.m. to 1:30 p.m.) on the first and third Thursdays of March, the Second and Fourth Thursdays of the Vietnam Veterans Processing Group (9:00 a.m. to 10:30 a.m.) and the 4th Thursday African American Group (12:00 p.m. to 1:30 p.m.) PTSD Education Support Group 2 (4:00 p.m. to 5:30 p.m.) (10:00 a.m. to 11:30 a.m.) Sleep Group (2:00 p.m. to 3:30 p.m.) Friday: Veterans Advocate (8:00 a.m. to 4:30 p.m.) The second Friday of the month (8:00 a.m. to 4:30 p.m.) 0:00 p.m. to 12:30 p.m.) Adult Coloring (2nd and 4th Fridays of the month (3:00 p.m. to 4:00 p.m.) Trauma Focus Group (1:00 p.m. to 2:30 p.m.) Anger Management Group (10:00 a.m.) 11:30 a.m.) 2nd and 4th Friday Glad Group (12:00pm - 1:30pm) Vietnam Veterinary Processing Group 2 (10:00 a.m. to 11:30 a.m.) Fairfield Veterans Group (10:00 a.m. to 12:00 p.m.) Saturday: False Group on the third Saturday of March (9:00 a.m. to 12:00 p.m.) in Reiki (11:30 a.m. to 1:00 p.m.) For information on legal services in Northern California, please call the Sacramento Veterinary Center. VBA Information Group, quarterly (1:00 p.m. to 2:30 p.m.) (please contact the Veterinary Center for more information). (More information)