Message from the Director

The start of 2021 has brought continued change. At the VFWC, we recognize the challenges and sacrifices of the past months, salute your strength and honor your resilience. Every day our staff continues to meaningfully serve the needs of our Veteran community, seeking new resources and remaining grateful for partnerships that allow us to increase impact. Please, if you are seeking a particular resource, reach out. The VFWC is currently available virtually for the health and safety of the Veterans, families that we serve and staff alike, but as always we’re here for you!

Tom Babayan,  
Acting Director  
UCLA/VA Veteran Family Wellness Center

Transition-Resilience with TEAM

TEAM is a program to support Veterans and family members, individually or together. Participants learn to chart a path forward and through transitions large and small. It’s useful both during initial EAS and well into civilian life.

TEAM explores key resilience skills in the context of goal mapping, action planning, peer support, and an examination of 11 domains of Veteran and family transition needs, including:

- Behavioral Health & Wellness
- Physical Health & Wellness
- Spiritual Health & Wellness (including Community Service)
- Families, Relationships & Children
- Benefits
- Education
- Employment
- Legal
- Finance
- Housing & Homelessness
- Diverse Veteran Needs (including Women Veterans and LGBT Veterans)

VFWC Resilience Trainers lead 5 group sessions online. Internet access is required, please call for more information.
How to Help Children Navigate Uncertainty During COVID-19
Written by Erryn Shine, MS

From a switch in schooling to a year-long pause in building in-person relationships, the pandemic has challenged the way we show up for the children in our lives. If the stresses of living under quarantine are making you feel more withdrawn or irritable, chances are children and teens feel this way, too. By communicating regularly, building resilience, and adopting new strategies, caregivers can play an important role in helping children and teens make sense of information and emotions surrounding COVID-19.

- Honest Conversations
- Building Resilience
- Coping Strategies

Utilize these tools to improve the wellbeing of yourself and your children during times of uncertainty. If you feel stressed, overwhelmed, fearful or worried, remember to show yourself compassion and remind yourself that it is normal to feel this way. With practice, you and your family will be ready to face whatever tomorrow will bring.

Read the full article on our website

Erryn Shine, MS is a Resilience Trainer at the UCLA/VA Veteran Family Wellness Center (VFWC). She was a USMC spouse of 13 years, and during those years she served as a Key Volunteer. Erryn obtained a Master’s of Science degree in Clinical Psychology from Capella University. She had the privilege to work with soldiers from Fort Bragg providing therapy and assessment services at a private mental health provider in Fayetteville, North Carolina. Erryn worked for the Los Angeles County Department of Mental Health (LACDMH) for the last 5 1/2 years.

VFWC Speaker Series

Dr. Bill Nash recently presented for the VFWC Speaker Series. Keep an eye out for details on our next speaker.

Watch The Recording

For more information, contact our Family Services Coordinator
310.478.3711, ext 42793 | info@vfwc.ucla.edu | vfwc.ucla.edu
Training Veteran Peer Navigators

The VFWC is honored to work with the LA County Department of Mental Health Veteran Peer Access Network in supporting the training of its Peer Navigators stationed within the 5 Supervisorial Districts. To date, the VFWC has trained over 50 Peers in our innovative Veteran Family Veteran Peer Access Network.

Training is facilitated using the Wellbeing for LA Learning Center. A resource developed by the DMH + UCLA Public Partnership for Wellbeing that provides educational trainings to enhance the professional development and wellbeing of the LA County workforce.

Fun Free things to do in LA during the pandemic

1. Take a drive up Pacific Coast Highway to the Ventura County line and back.
4. Climb some rocks at Vasquez Rocks.
5. Cook a new recipe as a family. [https://www.youtube.com/watch?v=XBJKi2tcKkE](https://www.youtube.com/watch?v=XBJKi2tcKkE)
6. Start a fun, family fitness challenge. Go for walks, do sit ups, push ups, jump rope, and other fitness activities.

** Please ensure that you are following all COVID mandates**