

**U.S. Department of Veterans Affairs**  
***Vet Center***  
**Readjustment Counseling Services**

Readjustment counseling is a wide range of psycho social services offered to eligible Veterans, Service members, and their families in the effort to make a successful transition from military to civilian life. Readjustment counseling is offered to assist in making a successful transition from military to civilian life or after a traumatic event experienced in the military.

*Services include:*

- Individual and group counseling for Veterans, Service members, and their families
- Family counseling for military related issues
- Bereavement counseling for families who experience an active duty death
- Military sexual trauma counseling and referral
- Court order 52 Domestic Violence program available at the East Los Angeles and the Gardena Vet Center
- Post Deployment Health Reassessment assistance
- Outreach and education including PDHRA, community events, etc.
- Substance abuse assessment, treatment and referral
- Employment assessment & referral
- VBA benefits explanation and referral
- Screening & referral for medical issues including TBI, depression, etc.
- Employment assessment and referral
- College Work Study placement and referrals for eligible Veteran college students

In addition to the services mentioned, Vet Centers also offer opportunities to build community and connect with men and women who have shared similar experiences. They are designed and created to meet the unique needs of those in the community they serve. Some common group activities offered at Vet Centers across the country, or through their community partners include: Gardening, equestrian therapy, Mindful Meditation Potluck dinners and holiday gatherings, Outdoor activities, Community service projects, Guest speakers and other educational opportunities.

There are 300 Vet Centers and 83 Mobile Vet Centers (MVCs) across the country that provide a broad range of counseling, outreach and referral services. Services are also available in the U.S. Virgin Islands, Puerto Rico, Guam and American Samoa.

*All Vet Centers maintain non-traditional appointment schedules, after normal business hours, to accommodate the schedules of Veterans, Service members, and their family members; and 60 to 80% of Vet Center staff are Veterans themselves.*

**Eligibility:**

- If you, or a family member, served in any combat zone and received a military campaign ribbon (Vietnam, Southwest Asia, OEF, OIF, etc.) then both you and your family are eligible for Vet Center services.
- Family members of Veterans and service members, to include members of Reserve components, who require:
  - Assistance coping with deployment
  - Bereavement counseling after experiencing an active duty death
  - Assistance helping their Veteran or Service member readjust from military to civilian life or after a traumatic event in the military
- Veterans who provided direct emergency medical care or mortuary services, while on active duty, to the casualties of war, served as a member of an unmanned aerial vehicle crew that provided direct support to operations in a combat zone or area of hostility, Vietnam era Veterans who have accessed care at a Vet Center prior to January 2, 2013, Family members of Veterans and service members, to include members of Reserve components, who require, assistance coping with deployment, bereavement counseling after experiencing an active duty death, assistance helping their veteran or service member readjust from military to civilian life or after a traumatic event in the military.
- *Family members* of combat Veterans and Service members have been eligible for Vet Center readjustment counseling services for military related issues since 1979.

VA's readjustment counseling is provided at community-based Vet Centers located in easily accessible neighborhoods near Veterans, Service members, and their families, yet separate from VA organizational sites to ensure confidential counseling and reduce barriers to care. All Vet Center services are prepaid through military service. Contact your nearest Vet Center through information provided in your local directories. Vet Center call center staff are available toll free and around the clock **(24/7)** at 877-WAR VETS or **1-877-927-8387** is a free, where Veterans, service members and their families can talk about their military experience or any other issue they are facing in transitioning after military service or trauma and get connected to their nearest Vet Center.

***East Los Angeles Vet Center***

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