

UPCOMING VETERANS EVENTS

**** All Vet Center Groups require that the Veteran be enrolled with the Vet Center prior to attending. To check eligibility or for questions, please contact the Vet Center at (401) 739-0167 or reach out to our Veteran Outreach Program Specialist (VOPS) via email at Justyn.Charon@va.gov ****

Post-Traumatic Stress Disorder Group (PTSD) – 2nd and 4th Tuesday of the month from 2:00 – 3:30 p.m. (Group is only active September through May)

Global War on Terrorism (GWOT) and Vietnam Veterans PTSD Group – 2nd and 4th Wednesday of the month from 9:30 – 11:00 a.m.

Vietnam Veteran PTSD Group – 1st and 3rd Monday of the month from 10:30 – 12:00 p.m. and 5:30 p.m. – 7:00 p.m.

Art Expression Group – Every Thursday from 9:00 – 12:00 p.m.

Operation Enduring Freedom (OEF)/Operation Iraqi Freedom (OIF)/Operation New Dawn (OND) Group – Every Wednesday from 11:00 – 12:00 p.m.

Stress Management- Every Thursday from 9:00 – 10:00 a.m.

Low Impact Walking Group – Every Tuesday from 9:00 – 10:00 a.m.

Guitar 4 Veterans – Every Wednesday from 7:00-8:30 p.m.

Monday Mindfulness Group – Every Monday from 10:00 - 11:00 a.m.

Yoga Group – Every Friday from 12:00 - 1:00 p.m.

Moral Injury Group – Every Friday from 10:00 - 11:00 a.m.

Modern Warrior Support Group – 1st and 3rd Monday of the month from 2:30 - 4:00 p.m.

2023 Project New Hope Inc. Veterans'

Retreats: www.projectnewhopema.org/home/retreats/

THURSDAY, JULY 20 THRU THURSDAY, DECEMBER 28

Substance Use Recovery Meetings at Raffa Yoga - Weekly on Thursdays

Location: Raffa Yoga 19 Sharpe Drive Cranston RI, All day

WEDNESDAY, AUGUST 9 THRU WEDNESDAY, JANUARY 3, 2024

RAMP Live Video Podcast - Wednesdays at 7PM

Location: RAMP Facebook Page or www.CoalitionRadioNetwork.com, All day

FRIDAY, NOVEMBER 10, 2PM, Pawtucket Veterans Council meeting

Location: VFW Post 306, 171 Fountain St., Pawtucket, RI

LINK TO FREE VETERANS DAY DISCOUNTS: [2023 Veterans Day retail discounts, free meals and other offers - VA News](#)

LINK TO FREE BREAKFAST AT VA MEDICAL CENTER: [Canteen Service offers free breakfast in honor of Veterans Day - VA News](#)

SATURDAY, NOVEMBER 11, 10:30AM, DAV Chapter #3 Veterans Day Ceremony

Location: Redmond Memorial, Corner Roosevelt Ave and Exchange St, Pawtucket, RI

SATURDAY, NOVEMBER 11, 11:00AM Pawtucket Veterans Council & City of Pawtucket Veterans Day Ceremony

Location: War Memorial at Corner Roosevelt Ave and Exchange St, Pawtucket, RI

WEDNESDAY, NOVEMBER 15, 2:00pm 3:00pm, [Women Warriors Transition Call](#)

Location: Microsoft Teams

FRIDAY, DECEMBER 8, 2PM, Pawtucket Veterans Council meeting

Location: VFW Post 306, 171 Fountain St., Pawtucket, RI

MONDAY, DECEMBER 11, 10AM House Permanent Veterans Advisory Council meeting

Location: Room 135, State House

MONDAY, DECEMBER 11, 12PM, Wreaths Across America Ceremony

Location: Bell Room, State House

WEDNESDAY, DECEMBER 20, 2:00pm 3:00pm [Women Warriors Transition Call](#)

Location: Microsoft Teams

NOTE: If the event is in [BLUE](#) or [Red](#), hold down control key and click the icon.

**John P Gallo Sr., President
Pawtucket Veterans Council
Email: johnlqq@cox.net**

