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# Press Release

## **Veteran's Help Center opens to provide Post Traumatic Stress, Anger Management and Substance Abuse treatment and counseling to Veterans and their families**

Veterans Help Center approach is unique in that we have retained on staff certified substance abuse/mental health counselors with military experience.

**Oxnard, CA, September 20, 2009:** We at Veterans Help Center are 100% committed to assisting Veterans and their families upon their return from deployment and or active duty. Senior management and staff have been providing substance abuse/mental health services in Ventura County since 1988 and in the LA area since 1977. Veterans Help Center has just become VA approved and is currently in the process of becoming approved in other areas of the Military System.

Our program consists of Group/Private Individual and Family Sessions. We have a Staff Psychologist that is very experienced in the area of trauma and PTSD and the effects this has on the family as well as the individual. We also have a Medical Physician on Staff that is certified in the treatment of drug dependency. Our groups consist of:

- Addiction and the Family
- Addiction and the Brain
- Addiction and Health Issues
- Stages of Recovery
- Relapse Prevention
- Anger Management
- Domestic Violence
- PTSD and other Co-occurring Disorders
- Readjustment/Reintegration Counseling and Services
- Understanding Trauma and how it affects the body and brain
- Communication Skills between Couples
- Parenting and Co-Parenting
- Managing Stress and Relationships.

All of these groups are not only available to the client but also to the family as well since we feel it is extremely important that the spouses understands what is happening and why. Our individual sessions will consist of the here and now problem areas such as couples counseling, solution focused communication as well as couples communication, setting and achieving goals, individual parenting issues.

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