

# UCLA Veteran Family Wellbeing Center

## NEWSLETTER

JANUARY | 2025

In 2024, the VFWC continued its mission to serve Veterans and their family members with resilience based programming designed to strengthen relationships for individuals, couples, parents and families. This past year we delivered a total of 1,042 unique sessions for 248 individual Veterans and family members. In addition, we expanded our group work on the West Los Angeles VA campus, conducting 196 groups with a total of 1,485 in overall attendance. Finally, we supported numerous community building events, from resource fairs to luncheons to our annual Recreation and Wellbeing Expo, which drew a record number of individuals this year. We look forward to continuing and expanding these efforts in 2025!



### VFWC IN THE COMMUNITY

The VFWC participated in 38 community events for Veterans in 2024, reaching a total of 2,650 individuals. The year was highlighted by our annual Recreation and Wellbeing Expo in August, which drew 250 attendees. The VFWC also provided financial support for 7 other events in collaboration with our partners, including the GLAVA Veterans Day Luncheon, Baby Shower Celebration and Annual Carnival. In addition to our GLAVA partners, the VFWC collaborates with the Los Angeles Veterans Collaborative, Veteran Peer Access Network and Disabled American Veterans among many others. Financial support for some of these events is provided by a grant from the Boeing Corporation.



### VFWC Groups

In 2024, the VFWC increased the number of skill building groups being delivered on the West Los Angeles VA campus. Two Expressive Arts groups support populations adjacent to Building 220 and at New Directions for Veterans. A Creative Storytelling group supports those living in Building #207 on campus. In addition, our Building Relationships group runs twice weekly at the VA Domiciliary, supporting both men and women Veterans in residence there. The groups are a result of a collaboration with VA Whole Health, the Arts and Healing Initiative, New Directions and U.S. Vets. These groups are supported in part by a grant from the St. John's Health Foundation.

### Staff Favorites: Skill-Building Activities



**Charles Johnson**

"I love using the Feeling Thermometer because it's a great way to check in with family members about how they are feeling. It provides a quick and easy way communicate about emotions and helps build a language that families can use to understand each other better and feel closer to one another."



**Erryn Shine**

"I like to use the SNAP worksheet with clients. It helps give them a framework for solving problems and helps families identify new ways of thinking about problems. The SNAP worksheet is great for utilizing skills learned throughout the program, such as communication skills."



**Melissa Lee**

"One of my favorite activities is the Stages of Communication handout. It not only breaks down how to speak with your loved ones, but also how to listen empathetically. It provides a roadmap for how to successfully manage difficult conversations."