

## Important Phone Numbers and Websites

### Vet Centers

Harrisburg: 717-782-3954  
Nation Wide: 1-800-WAR-VETS  
[www.vetcenter.va.gov](http://www.vetcenter.va.gov)

The Harrisburg Vet Center operates Outstations in York three days a week and Huntingdon on Thursdays.

### Lebanon VA Medical Center

717-272-6621  
OEF/OIF Program Office ext.4565

### Altoona VA Medical Center

1-877-626-2500  
OEF/OIF/OND Program Office ext. 7215

### US Department of Veterans Affairs

1-800-827-1000  
[www.va.gov](http://www.va.gov)

### Veterans Crisis Hotline

1-800-273-TALK (8255)  
Press #1 for Veterans

### GI Bill Information

[www.gibill.va.gov](http://www.gibill.va.gov)

## Vet Center Staff

### **Marian Bova, PsyD**

*-Team Leader  
-Licensed Psychologist  
-23 Years of experience assisting Veterans*

### **Gelu G. Negrea, LSW**

*-Licensed Social Worker  
-Certified in Prolonged Exposure Therapy  
-Iraq Veteran, United States Marine Corps*

### **Robert V. Loring, LMFT**

*-Licensed Marriage and Family Therapist  
-Trained in Eye Movement Desensitization & Reprocessing (EMDR) Therapy  
-Retired US Army, Fort Bragg, NC*

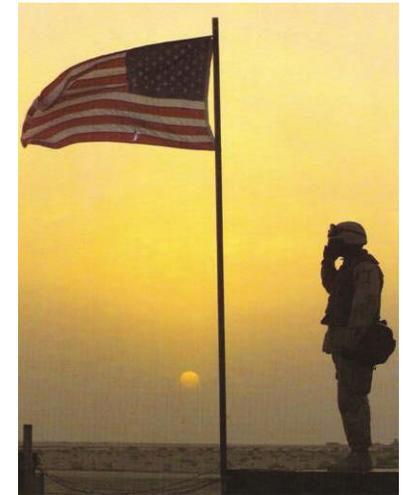
### **Michael J. Volz, BA**

*-Veteran Outreach Specialist  
-Iraq Veteran, US Army*

### **Anthony Zibolski**

*-Office Manager  
-Afghanistan Veteran, US Army*

# Vet Center Harrisburg



## *“Keeping the Promise”*



### **HARRISBURG VET CENTER**

1500 North 2nd Street  
Harrisburg, PA 17102  
(717) 782-3954

*Celebrating Thirty years of  
“Keeping the Promise” to Combat  
Theater Veterans and their Families*



1500 North Second Street  
Harrisburg, PA 17102  
(717) 782-3954  
[www.vetcenter.va.gov](http://www.vetcenter.va.gov)  
*Serving Those Who Served*

# What is the Vet Center?

Since 1979, the Vet Center program has been providing quality post-combat readjustment services to Veterans and Families.

Vet Centers are located in the community and provide a broad range of services to assist in readjustment to civilian life.

We welcome home war veterans with honor, by providing quality readjustment counseling in a caring manner.

Vet Centers understand and appreciate Veterans' war experiences while assisting them and their family toward a successful post-war adjustment in or near their community.

## Eligibility

- **Combat Theater:** Any Veteran who served in a Designated Combat Zone and received a Campaign or Expeditionary Medal (Vietnam, Desert Storm, OEF, OIF, etc.)
- **Sexual Harrassment / Assault:** Veteran of any era who has experienced this trauma while on active duty
- **Bereavement:** Family members of any service member who passed away while on Active Duty

## Welcome Home! Now what?

Returning from a combat zone can be just as stressful as the deployment itself. Both the deployed service member and their family have had some unique experiences during the separation.

After the "Honeymoon" period has ended, and reality sets in, many veterans or family members can begin to exhibit certain behaviors or habits that were not present prior to deployment.

They can include:

- Increased Irritability
- Anger or rage at little provocation
- Emotional numbing
- Isolating from family and friends
- Hyper-alertness
- Alcohol overuse or abuse
- Drug abuse/ misuse (to include prescription medication)
- Trouble Sleeping
- Depression

If you, a family member or a friend are experiencing any of these symptoms, the Vet Center is here to help

We are staffed by dedicated professionals who have made the commitment to help Veterans and their families with the challenges of readjusting to civilian life.

With decades of experience assisting and counseling veterans and their families, the Harrisburg Vet Center is uniquely qualified to assist in the readjustment process.

The Harrisburg Vet Center operates Outstations in York three days a week and Huntingdon on Thursdays.

If you would like more information, please contact us:

**(717) 782-3954**

## Services Available

- Individual and Group Counseling
- Marital and Family Counseling
- Sexual Trauma/Harassment Counseling
- Bereavement Counseling
- Outpatient Substance Abuse Treatment
- Referral for VA Benefits (Medical, C&P, etc.)
- Liaison with community agencies
- Referral for Homeless Veterans

**All Vet Center Services are FREE and your benefit will never Expire.**

You do not have to be enrolled for VA Medical Care in order to take advantage of your Vet Center Benefit.

Family members of Combat Veterans are eligible for Vet Center Services for military related issues as well.

## Confidentiality and Privacy

Vet Center staff respect the privacy of all veterans. We hold in the strictest confidence all information disclosed in the counseling process. No information will be released to any person or agency without written consent from the veteran, except in circumstances averting a crisis.