



## Confidentiality & 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, except in circumstances averting a crisis. Vet Center services are provided at "no cost" to the Veteran or family of the Veterans we serve.*



"Welcome Home" cover designed by Elizabeth Molignoni, Granddaughter of David R. Hunt Killed in Action, Vietnam 1967.

Vet Centers understand and appreciate Veterans' war experiences. We are ready to assist you and your family to make a successful post combat transition.

### SOUTHWEST FLORIDA VET CENTERS

Clearwater Vet Center  
29259 US Hwy 19 N.  
Clearwater, FL 33761  
Phone: (727) 549-3600

Naples Vet Center  
2705 Horseshoe Dr. South, Unit 204  
Naples, FL 34104  
Phone: (239) 403-2377

Sarasota Vet Center  
4801 Swift Rd., Suite A  
Sarasota, FL 34231  
Phone: (941) 927-8285

St. Petersburg Vet Center  
6798 Crosswinds Dr., Bldg A  
St. Petersburg, FL 33710  
Phone: (727) 549-3633



**Fort Myers Vet Center**  
4110 Center Pointe Dr.,  
Suite 204  
Fort Myers, FL 33916  
Phone: (239) 652-1861

24 HR CALL CENTER  
1-877-WAR-VETS  
[www.vetcenter.va.gov](http://www.vetcenter.va.gov)

**Hours of Operation:**  
*Vet Centers are open beyond regular business hours to accommodate Veteran needs.*  
*Please call for specific hours.*



# Welcome Home!

## Readjustment Counseling Service



# Fort Myers





## Our Mission

To welcome home and honor those who served, those still serving, and their families by reaching out to them, engaging their communities, and providing them with quality readjustment counseling and timely referral.



## Vet Center Services

Readjustment Counseling is a wide range of psychosocial services offered to eligible Veterans. We serve Active Duty as well as prior service and their families in the effort to make a successful transition from military to civilian life.

### Groups and Workshops.

We conduct several types of groups designed to help with readjustment issues. Some typical groups are: Symptoms Management of Post Traumatic Stress Disorder PTSD, Significant Other Support Groups, and Coping with Stress.

### Individual and Family Counseling.

We provide individual, couples and family counseling for veterans and their family members or significant others.

### Bereavement Counseling.

Vet Centers offer bereavement counseling to parents, spouses and children of Armed Forces personnel who died in the service of our country. Also, eligible are family members of Reservists and National Guardsman who die while on federally activated duty.

### Military Sexual Trauma.

We provide counseling or make referrals to any Veteran that experienced sexual trauma or sexual harassment while on active military service.

### Outreach and Education.

We conduct outreach programs or workshops to educate organizations and the community about combat readjustment issues and PTSD.

## Eligibility

If you, or a family member, served in a war zone and received a military campaign service or expeditionary Medal, or are on Active Duty you are eligible for Vet Center services.

### War Zone Veterans , All Eras, including:

- World War II - 7 Dec 1941 to 31 Dec 1946
- Korean War - 27 Jun 1950 to 31 Jan 1955
- Vietnam War - 28 Feb 1961 to 7 May 1975
- Lebanon - 25 Aug 1982 to 26 Feb 1984
- Grenada - 23 Oct 1983 to 21 Nov 1983
- Panama - 20 Dec 1989 to 31 Jan 1990
- Persian Gulf - 2 Aug 1990 to ....
- Somalia - 17 Sep 1992 to ....
- Operation Joint Endeavor/Guard/Forge - 20 Dec 1995 to ....
- Global War on Terrorism - 11 Sep 2001 to ....
- Operation Enduring Freedom - 11 Sep 2001 to ....
- Operation Iraqi Freedom - Mar 2003 to Feb 2010
- Operation New Dawn - 17 Feb. 2010 to...



## PTSD

Post Traumatic Stress Disorder (PTSD) is an anxiety disorder that can occur following the experience or witnessing of a traumatic event. A traumatic event is a life-threatening event such as military combat, natural disasters, terrorist incidents, serious accidents, or physical or sexual assault in adult or childhood.

Symptoms of PTSD can include recurrent thoughts of a traumatic event, reduced involvement in work or outside interests, emotional numbing, hyper-alertness, anxiety and irritability. The disorder can be more severe and longer lasting when the stress is human initiated action (example: war, rape, terrorism). A delayed stress reaction may surface after many years and include some or all of the following:

- Anger, irritability, and rage
- Feeling nervous
- Depression
- Difficulty trusting others
- Feeling guilty over acts committed or witnessed, failure to prevent certain events or merely having Survived when others did not
- Hyper alertness and startled reactions
- Isolation from others
- Loss of interest in pleasurable activities
- Low tolerance to stress
- Anxiety
- Problems feeling good about oneself
- Nightmares
- Alcohol or Substance abuse
- Thoughts of harming and/or killing self