|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| 1st Week of  the Month |  | PTSD Combat Vets Group at Vet Center  (Copeland Ave) |  |  |  |
|  | Depressed Anonymous at Spirituality Center at 5:30pm | Veterans Women’s Group 5-6:30pm call 608-785-9719 (VA River Valley) for location |  |  |  |
|  |  | Mindful Meditation at Spirituality Center at 5:30pm |  |  |  |
|  |  |  |  |  |  |
| 2nd Week of  the Month | Depressed Anonymous at Spirituality Center at 5:30pm | Mindful Meditation at Spirituality Center at 5:30pm |  | Drumming Circle at Spirituality Center  At 5:30-6:30pm |  |
| NAMI Family to Family Support Group at Family & Children’s Center  6:30-8:30pm |  |  |  |  |
| 3rd Week of  the Month |  | PTSD Combat Vets Group at Vet Center  (Copeland Ave) |  | Divorce Recovery Group at Spirituality Center 5:30-7pm |  |
|  | Depressed Anonymous at Spirituality Center at 5:30pm | Veterans Women’s Group 5-6:30pm call 608-785-9719 (VA River Valley) for location |  |  |  |
|  |  | Mindful Meditation at Spirituality Center at 5:30pm |  |  |  |
| 4th Week of  the Month | Depressed Anonymous at Spirituality Center at 5:30pm | Mindful Meditation at Spirituality Center at 5:30pm |  |  |  |

For more info on La Crosse Vet Center: <https://www.va.gov/directory/guide/facility.asp?ID=5991>

For more info on VA River Valley Integrated Health Care: <http://www.visn12.va.gov/>

For more info on Franciscan Spirituality Center: <http://www.fscenter.org/>

For more info on NAMI’s Family-to-Family Support Group: <http://www.namilacrossecounty.org/>

For more info on Gundersen’s Sexual Abuse Counseling and Support Program: <http://www.gundersenhealth.org/services/behavioral-health/>

**Mental Health Related Support Groups**