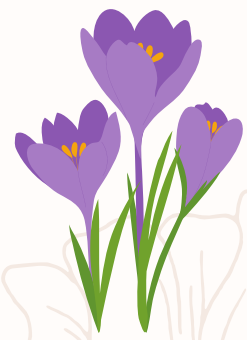




# OUT ON A LIMB

JUNE 2026

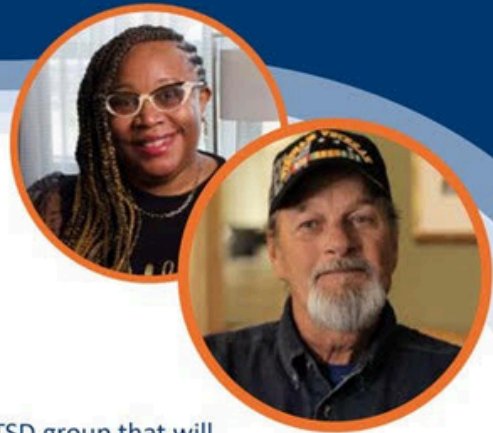


## PEER GROUP

As someone very special always said: COME TO GROUP! Peer group is offered every Wednesday at 1100 in room 1C150 all month!

## PTSD AWARENESS

### PTSD AWARENESS MONTH



#### PTSD DROP IN GROUP

June is PTSD Awareness Month so please join us for a PTSD group that will include a review of what is PTSD, symptoms, skills to manage symptoms and review of treatments available to help you manage your PTSD.

**3 WEEKS**  **June 9, 16, 23**  **2 - 3:30 p.m.**

 **North Las Vegas VA Medical Center - Behavioral Health**

For questions, please contact:

**Megan Adams, LCSW (702) 791-9000 ext. 14352**



**PTSD TREATMENT WORKS**

Please visit: [www.ptsd.va.gov](http://www.ptsd.va.gov)



VA




U.S. Department of Veterans Affairs

# WORLD CUP TICKETS

A fellow Veteran brought up that Veterans can claim free tickets to the 2026 FIFA World Cup through a \$2.25 million partnership between Bank of America, FIFA, and the Veteran Tickets Foundation (Vet Tix). The program is making over 4,500 tickets available across all 11 U.S. host cities, including matchups from the group stage through the final. For more information go to Vet Tix. Please share pictures if you go!

# VIRTUAL RESOURCES

## Get live support for VA's sign-in changes



**VA**  
**Sign in or create an account**


ID.me  
LOGIN.GOV

*Learn about creating an ID.me or Login.gov account*


**Other sign-in option**

DS Logon sign-in option  
*This option is no longer available*

*Learn how to access your benefits and set up your account*



**VIRTUAL HEALTH RESOURCE CENTER**



Join us to receive live help to create your new account for

**LOGIN.GOV** or **ID.me**

**Tuesday, June 23** 10 a.m. to 2 p.m.

**Wednesday, July 8** 10 a.m. to 2 p.m.


**Thursday, Aug 13** 10 a.m. to 2 p.m.

**VA Medical Center Auditorium**  
6900 North Pecos Rd. North Las Vegas

*Here's what to bring:*

- Mobile phone or tablet
- Social Security number
- ID (driver's license, state-issued ID, or passport)
- Other ID documents you may need (VA ID card, DD214, utility bill with your name)

*Learn more about these changes at, [www.va.gov/sign-in-changes](http://www.va.gov/sign-in-changes)*

**VA**  U.S. Department of Veterans Affairs  
Veterans Health Administration  
Healthcare Network Healthcare System



# annie

**VIRTUAL HEALTH RESOURCE CENTER**  
**Registration**

Annie is a free text messaging service from the VA that allows Veterans to track health metrics, receive medication reminders, and get tips for managing their care directly on their mobile device.

**10 a.m. to 2 p.m.**

**DATES**  
**Tuesday, June 23 • Wednesday, July 8 • Thursday, Aug 13**

**Location:** **VA Medical Center Auditorium**  
6900 North Pecos Rd. North Las Vegas

**FEATURES**

- Health reminders and tips.
- Data tracking via text with your VA care team.
- Two-way interaction designed to help Veterans manage their care plans.
- View charts and tables of your health measurements over time.





## VIRTUAL REALITY

The VA Immersive program provides virtual reality (VR) and augmented reality (AR) technology to Veterans across more than 170 VA medical centers and clinics nationwide. The initiative treats chronic pain, Post-Traumatic Stress Disorder (PTSD), depression, and supports physical rehabilitation. Let me know if interested in one of the following options.

- **Pain Management & Rehabilitation:** Utilizes programs like RelieVRx (for chronic lower back pain) and other VR-based physical therapy routines to improve mobility without medication.
- **BraveMind:** A Virtual Reality Exposure Therapy (VRET) program designed for PTSD treatment. It allows therapists to recreate specific, customizable scenarios (like Iraq or Afghanistan environments) to help process trauma.
- **Mental Health & Meditation:** Features programs that offer guided relaxation, immersive social support groups, and environments to reduce anxiety and treat substance use disorder.

## ANNUAL VISITS

The VA requires us to ensure you have received the prosthetic limb we ordered and that you are happy with it. We request that after you receive your completed prosthesis from your community provider that you call 702-791-9000 x 15985 to schedule a phone, VVC or in person appointment.

Remember to schedule your annual visit as well! See everyone in 2026!