

# OUT ON A LIMB

January 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!

**\*\*NO Group January 14\*\***

## GUEST SPEAKER

The Chief of Prosthetics will be joining us **January 21, 2026** at 1100 for peer group. Any prosthetic benefits are open for discussion and we hope to pay extra attention to the **AUTO ADAPTIVE GRANT**. Please bring any questions or concerns. Now is our time to find out more about the benefit!

## GROUP QUESTION

A question was brought up in group about how an amputation affects sliding around in a **vehicle seat** while driving. Anyone experience this and what do you do to stabilize?





**Honoring the Legacy of Dr. Martin  
Luther King Jr.**

**Date:** Friday, January 16, 2025

**Time:** 12:00 PM Noon

**Location:** Main Hallway Tables

Educational materials and Refreshments will be served



**American  
Red Cross**

**Mind-body & Wellness Workshop**  
**Topic of Discussion: Diffusing Anger**

Discover a grounded, creative space to explore healthier ways of navigating anger. For Veterans, their families, and friends, anger can sometimes feel intense, complicated, or difficult to express - but slowing down with a hands-on activity can open the door to understanding and calm. We'll use the meditative process of wood burning as a steady, focused backdrop for reflecting on what anger looks like in our lives, how it shows up in our bodies, and how we can respond with greater awareness and control. As we create, we'll talk about simple, practical strategies for defusing tension, building emotional resilience, and supporting one another through challenging moments. This experience invites you to reconnect with yourself and your community - one mindful, meaningful burn at a time.



**ALL THE SUPPLIES ARE  
PROVIDED**

**Friday, January 16, 2026**  
**11am to 12:30pm**

**Veterans & Community Resource Center**  
3090 E. Centennial pkwy, N. Las Vegas, NV 89081



## APPOINTMENTS

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!

