

San Francisco VA Health Care System

Women's Specific Groups

Locations

San Francisco VA Medical Center (SFVAMC)
• **Medical Practice Clinic**
(Building 200) 415-221-4810
• **Comprehensive Women's Health Clinic**
(Building 203) 415-750-2174
4150 Clement St., San Francisco, CA 94121



Scan this QR code
to get started

VA Clinics

Clearlake VA Clinic 707-995-7200	San Francisco VA Clinic 415-281-5100
Eureka VA Clinic 707-269-7500	Santa Rosa VA Clinic Challenger Way 707-569-2300
Oakland VA Clinic 510-267-7800	North Santa Rosa VA Clinic Brickway Blvd. 707-569-2300
Twenty First St. VA Clinic 510-587-3400	Ukiah VA Clinic 707-468-7700
San Bruno VA Clinic 650-615-6000	

Other Important Numbers

Veterans Crisis Line	988, press 1
Mental Health/Substance Abuse	415-750-6674
Transition & Care Program	415-221-4810 ext. 2-4952
Pharmacy (Auto Refill)	415-750-2233
Nurse Advice Line	800-733-0502
VA Benefits	800-827-1000
VA Health Care Eligibility	877-222-8387
Trans Health Clinic	415-221-4810 ext. 23956
National Domestic Violence Hotline	800-799-7233 (SAFE)



We all need support at some point in our lives. Many women Veterans live with anxiety, depression, substance use, post-traumatic stress disorder (PTSD), and Military Sexual Trauma (MST)—you are not alone. Having a community of other women Veterans can be key to managing or healing some of these concerns.

Mental Health Care services

San Francisco VA Health Care System offers several women Veteran groups to help you.

Women Veterans groups. Below is a sampling of groups offered:

- **Courage Group:** A 12-week group for Veterans who have experienced military sexual trauma (MST) improving wellness and mood, and exploring how beliefs and relationships are impacted by trauma
- **Jumpstart Your Coping Skills:** A 13-week course to reduce emotional distress when your emotions become overwhelming
- **LGBTQ+ Support Group:** Peer-to-peer support group for lesbian, gay, bisexual, transgender, or questioning persons
- **Maintaining Resilience:** This ongoing group helps you maintain the gains you made after completing individual therapy
- **PTSD Caregiver Support Group:** Ongoing support group for partners and caregivers of Veterans diagnosed with PTSD (must have ChampVA or Caregiver Program eligibility)
- **Skills and Strengths Group:** Group focuses on promoting safety skills, improving wellness and mood, and exploring how beliefs and relationships are impacted by trauma
- **Skills Training in Affective and Interpersonal Regulation Resource and Interpersonal Regulation (STAIR) for MST:** This 12-week group is open to any Veteran who has experienced MST
- **Women Create:** Group uses creative arts to explore recovery goals
- **Women's Group for Substance Use Disorders:** Members discuss personal strengths, successes, and barriers to substance use recovery goals including triggers and stressors
- **Women's Mindfulness-based Cognitive Therapy (MBCT) group:** This 8-week group is for women Veterans who have a history of depression

How do I start?

- Ask for a referral from your primary care team
- Call Mental Health/Substance Abuse 415-750-6674
- Visit <https://wholehealth.vetsreturnhome.com/index.php>
- Contact your local VA clinic

Not enrolled in VA health care?

Call our toll-free hotline at 877-222-8387 Monday - Friday, 5:00 a.m. - 5:00 p.m.
Apply for VA health care online, by mail, or in-person.
Visit <https://www.va.gov/health-care/how-to-apply/>



U.S. Department
of Veterans Affairs

