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## Useful links:

[IVC Veterans](#)  
The Irvine Valley College Veterans Services Center website has lots of useful information.

[VA eBenefits](#)  
If you ever want to know how many months of benefits you have left, or if you have a payment coming, this is the place to look.

[Dept of Veterans Affairs](#)  
For information on the many benefits available to you, check out the US Dept of Veterans Affairs site.

## Outside Agencies on Campus

### Veterans Personal Counseling Availability

Feeling stressed? Dealing with anger? Or just need someone to talk to? Come in and see a member of our counseling team. They are here for you!

**Dr. Miatta Snetter, US Vets**  
Every Thur, 1pm-5pm

**Juan Gavidia, US Vets**  
Various Hours

**All information shared is confidential.**  
Call 949-451-5296 to Schedule appointments.

## Contact Us

Nancy Montgomery RN, MSN:  
Director

Ezekiel Hall:  
VA Certifying Official

Eric Garcia:  
Veterans Counselor

[Veterans Services Center](#)  
949-451-5296  
[ivcvets@ivc.edu](mailto:ivcvets@ivc.edu)

## Spring 2018 Priority Registration

October 23<sup>rd</sup> (Check Mysite for your specific time)



Priority registration for Spring 2018 is already coming up. It begins on **October 23<sup>rd</sup>**. The class schedule is already out, so start planning your schedule now.

If you need to adjust your Academic Plan, please make an appointment to meet with our Veterans Academic Counselor (Eric Garcia).

## Disability Claim Help

October 24<sup>th</sup>, 9am – 1:30pm IVC Veterans Services Center



**John Castillo** from AMVETS will be in the office to help you with any issues related to your disability claim. Call us at 949-451-5296 to schedule your appointment.

## Transfer Planning – Start Early!



It may seem early, but if you plan on transferring to a CSU or UC in Fall 2018, applications are already coming up. Contact Eric Garcia if you need help. **949-451-5296**

- TAG applications Sept 1 - Sept 30<sup>th</sup>
- CSU applications Oct 1 – Nov 30
- UC applications Nov 1 – Nov 30

## Walk of Hope

Tuesday, Nov 3<sup>rd</sup> @ 9am – 1pm Outside Performing Arts Center



Our Walk of Hope will promote education and awareness about the serious and tragic public health problem of suicide, which can be prevented through mental health and substance use awareness, services, and support.

- The 1.4 mile walk around IVC will begin at 10 am. Wear your tennis shoes and be prepared to walk!
- Educational booths will provide information.
- Lunch will be provided to participants around 11 am.

## Veterans Day Celebration

Tuesday, Nov 7<sup>th</sup> @ 11am – 12pm inside Student Services Lobby



Join us in the Student Services Lobby as we commemorate Veterans Day. Come enjoy the company of fellow veterans. We're also have a taco guy come to make some great food. Hope to see you there!



## Mental Health Services on Campus

Balancing home and school responsibilities can sometimes be overwhelming. We just want to remind you that there are resources right here in the Vets Office. If you'd like to sit down and talk, give us a call or stop by and we can make an appointment.. 949-451-5296

**All information shared is confidential.**



**Dr. Snetter, US Vets**  
Every Thursday 1pm-5pm



**Juan Gavidia, US Vets**  
Various hours

## Got Essays?



No appointments needed to get help with your writing skills here in the center. Czarina, our writing tutor, can guide you through the writing process and give you feedback on your assignments. She has stated that if you can't make it here on Wednesday nights, she may be willing to help you via email: [cpiniol@ivc.edu](mailto:cpiniol@ivc.edu)

**Czarina is here Wed from 4pm to 7 p.m.**

## MY3 App



Stay connected to your network when you are in a time of crisis with MY3. With MY3, you define your network, and your plan to stay safe. With MY3 you can be prepared to help yourself and reach out to others when you are feeling suicidal.

<http://my3app.org>

## Veterans Food Bank

Inside the IVC Vets Office



If you find yourself in need of food, the IVC Veterans Office has a stocked food bank and resource list to help make sure you don't have to go hungry.