

# News from the IVC Veterans Services Center

February 2018

## In This Issue

- Transfer Applications
- March Meet and Greet
- New Voc Rehab Counselor
- Summer Registration
- Mental Health
- Got Essays?
- MY3 App
- IVC Food Resource Center

## 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**

*Tues & Thur 9am-7pm*

**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)

## Transfer Applications – Check your Emails



If you applied to transfer this coming fall, make sure you are checking your emails! The CSUs have already begun to reach out and sometimes require additional documents. If you miss a deadline, you could be denied. The UCs will probably be reaching out sometime in April.

## March Meet and Greet (*Date Change*)

*Wednesday March 14<sup>th</sup> 11am – 2pm IVC Veterans Services Center*



This month we are moving the meet and greet to Wednesday. Join us as we get together to eat some food and connect with partnering agencies.

- Meet people involved with supporting veterans.
- Enjoy some food and camaraderie!

## New On-Site Vocational Rehabilitation Counselor



Vocational Rehabilitation and Employment

IVC has finally been assigned a new on-site VA Voc Rehab counselor. We are fortunate to be one of the few schools in the country that has been granted an on-site Voc Rehab counselor. We are expecting the new counselor to arrive sometime in March. We'll keep you posted as things develop.

## Summer 2018 Registration

*Priority Registration Begins April 2nd*



I know it seems early, but summer registration is coming up quick. Start planning your schedules now so you can take advantage of your priority registration date.

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

## 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**  
*Tuesdays & Thursdays 9am-7pm*



**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 Tuesdays from 4 pm to 7 pm**

## 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>

## IVC Food Resource Center

*Room B105 Mon, Wed, Fri 10am-2pm*



If you find yourself in need of food, the IVC Food Resource Center has food and resources to help make sure you don't have to go hungry.