

# News from the IVC Veterans Services Center

August 2017

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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

Jamie Bacon, VA Voc Rehab

Every Tuesday and Friday

See her about Voc Rehab benefits or anything related to career development.

## 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 Mon &amp; Thur, 1pm-7pm

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 Academic Counselor

[Veterans Services Center](#)

949-451-5296

[ivcvets@ivc.edu](mailto:ivcvets@ivc.edu)

## Laser Week 2017

August 16-18, 2017 8am - 3:30pm



Join us for Laser Week! This week is designed to set up first-time college students to be successful for success. Learn about IVC's academic programs, campus resources and campus life while connecting with faculty, staff and students.

Each day includes:

- Continental breakfast
- Workshops
- Lunch and entertainment
- Campus Tours

Daily prize drawings including textbook gift cards, restaurant gift cards, movie passes, Disneyland tickets, Universal Studios tickets and Knott's Berry Farm tickets

## Veterans Back To School Orientation

Friday Sept 8<sup>th</sup>, 9am-12pm RM B304

ATTENDANCE IS MANDATORY!

- Learn about and enroll in IVC resources
- Learn about and access off campus resources
- Meet fellow Veterans on campus
- Enjoy breakfast and lunch!

## September Meet and Greet

Tuesday September 12<sup>th</sup> @ 11am – 2pm in the Vets Office

The 2<sup>nd</sup> Tuesday of every month, we host a Meet and Greet for veterans to get together, eat some food, and connect with partnering agencies. This month we two groups coming that deal with [affordable housing & disaster preparedness](#).

- Meet people involved with supporting veterans.
- Enjoy some Pasta, Garlic Bread, and camaraderie!

## 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](tel:949-451-5296)

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

## 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.

[Czarina is here Wed from 4pm to 7 p.m.](#)

## Dr. Snetter can help you feel better



Balancing home and school responsibilities can sometimes be overwhelming. We just want to remind you that Dr. Snetter is here to help. If you'd like to sit down and talk with her, give us a call or stop by and we can make an appointment.

[Dr. Snetter is here every Monday and Thursday](#)

## 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.