

UCLA Veterans Initiatives & Partnerships May Mid Month Newsletter

*****Construction Update; VLC Open*****

Access to Building 218 is reduced due to construction; Parking Lot 7 specifically is most impacted. The UCLA Veterans Legal Clinic remains open. Please follow signs for building access.

*****Time Change for Tailgate tomorrow!*****

UCLA

YOU'RE Invited!

YOU ARE INVITED TO ENJOY A TAILGATE
BARBECUE AT JACKIE ROBINSON STADIUM!

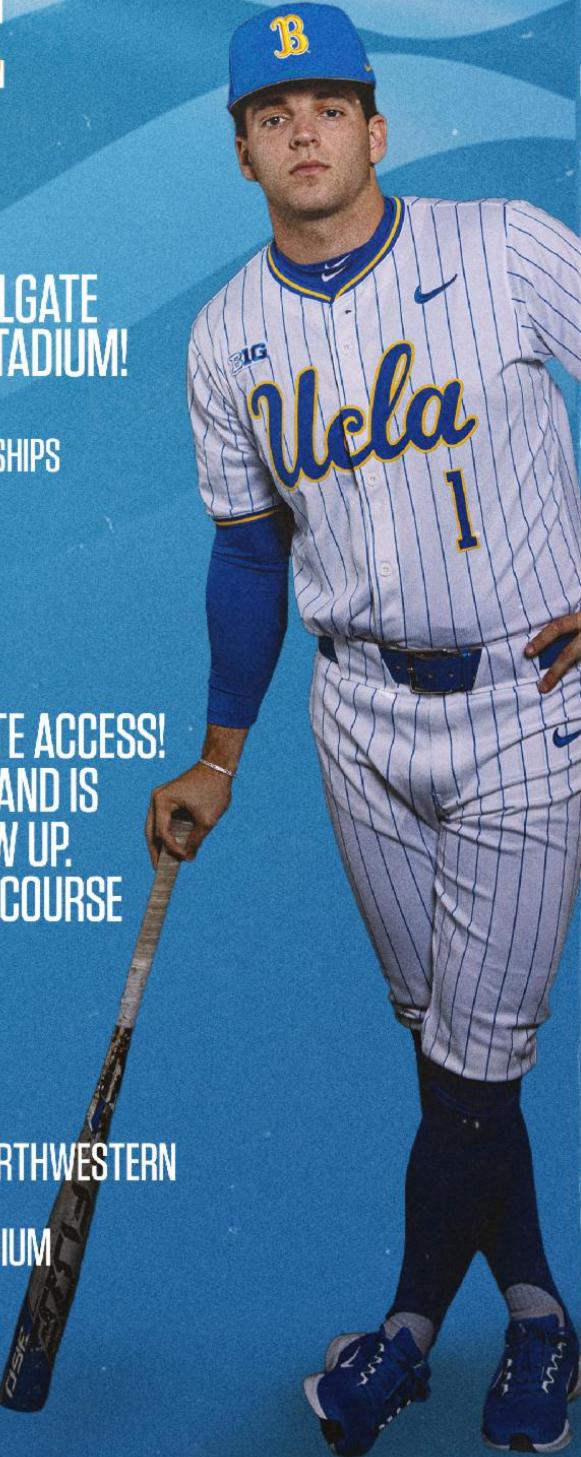
PRESENTED BY
UCLA VETERAN INITIATIVES AND PARTNERSHIPS
AND THE BRENTWOOD SCHOOL



MUST HAVE A WRISTBAND FOR TAILGATE ACCESS!
TAILGATE IS OPEN FROM 6 - 7:30PM AND IS
OPEN TO THE FIRST 60 WHO SHOW UP.
CHECK IN WILL BE ON THE MAIN CONCOURSE
NEAR THE 3RD BASE SIDE.



GAME INFO:
UCLA BASEBALL VS. NORTHWESTERN
FRIDAY, MAY 16 | 7PM
JACKIE ROBINSON STADIUM



SCAN HERE TO RSVP
OR VISIT
UCLABRUINS.COM/VETERANEVENTS

More great games at UCLA!



Veterans enjoyed a great game at Easton Stadium on April 30. The No. 6 Bruins took down Cal State Fullerton 4-2!



Our ongoing VIP-sponsored VetJet and Success Academy Mixers continue to educate UCLE Extension Veteran Alumni with continuing education courses and opportunities to meet with other Veterans!

Check out What's Happening!

Integrating Lifestyle Medicine into Behavioral Health Practice

With Dr. Michael Franc

Wednesday, May 21, 2025

12:00pm-1:00pm

Click here to register or visit:

<https://vfwc.ucla.edu/>



Dr. Michael Franc

Dr. Michael Franc is a licensed psychologist based in California, with a diverse academic and professional background that bridges the humanities and behavioral sciences. Born in Prague, in the former Czechoslovakia, he holds degrees in Philosophy, English, and Rhetoric, along with doctoral and postdoctoral credentials in Psychology.

Dr. Franc has taught extensively at the university level and has led behavioral health initiatives for institutions such as the UC San Diego School of Medicine and the State of California. His interdisciplinary interests include the philosophy and psychology of food, cultural semiotics—particularly the semiotics of food—lifestyle and integrated psychology, psychoanalytic theory, and evolutionary psychology. He maintains a private clinical practice in Orange County, CA.

A recently retired State Active Duty Officer with the California National Guard, Dr. Franc holds the rank of Colonel (COL) and remains in reserve service. As a behavioral health officer, he supports the 19th Special Forces Group and contributes as a subject matter expert in Special Forces candidate selection. A Veteran of both the U.S. Navy and the U.S. Naval Reserve, he frequently lectures at universities on military culture, trauma, PTSD, and related topics.

Michael resides in Orange County with his wife, their three children, and an Australian Shepherd. He also spends time in the U.S., the Czech Republic, and South Korea. Outside of his clinical and academic work, he enjoys research, fiction writing, cycling, walking, yoga, Tai Chi, and cooking.

1 Continuing Education Credit Available.

UCLA Division of Population Behavioral Health is approved by the American Psychological Association to sponsor continuing education for psychologists.
UCLA Division of Population Behavioral Health maintains responsibility for this program and its content.



Veteran Family
Wellbeing Center



U.S. Department
of Veterans Affairs

vfwc.ucla.edu

UCLA ATHLETICS

SUMMER CAMPS

AVAILABLE TO MILITARY FAMILIES!

BOYS BASKETBALL

- YOUTH CAMP #1: JUNE 23-26
- YOUTH CAMP #2: JULY 14-17

BOYS SOCCER

- YOUTH CAMP #1: JULY 1-3
- YOUTH CAMP #2: JULY 28-30

SWIMMING

- ADVANCED SESSION #1: JUNE 23-26
- ADVANCED SESSION #2: JULY 7-10
- ADVANCED SESSION #3: JULY 14-17
- YOUTH CAMP: JULY 21-24

GIRLS VOLLEYBALL

- YOUTH CAMP: JULY 8-11

GIRLS BASKETBALL

- YOUTH CAMP #1: JUNE 16-19
- YOUTH CAMP #2: JULY 7-10

GIRLS SOCCER

- YOUTH CAMP #1: JULY 7-10
- YOUTH CAMP #2: JULY 14-17

DIVING

- SESSION 1: JUNE 16-19
- SESSION 2: JUNE 23-26
- SESSION 3: JULY 7-10
- SESSION 4: JULY 14-17

FOOTBALL

- YOUTH CAMP: JUNE 11



SCAN THE QR CODE TO REGISTER OR
EMAIL CAMPS@ATHLETICS.UCLA.EDU

Take advantage of everything UCLA has to offer

UCLA Veteran Family Wellbeing Center



The Veteran Family Wellbeing Center (VFWC) provides evidenced-based resilience building services to Veterans, Guard and Reserve members of all eras (regardless of discharge status) and their family members residing in California. Located on the West LA VA campus, appointments are available both in person and remotely using a computer or laptop.



The VFWC services help individuals, couples and families:

- Improve communication
- Express and respond to emotions
- Feel closer to loved ones
- Solve problems
- Plan for the future
- Increase overall wellbeing
- Overcome challenges of all kinds, including marital difficulties, parent-child relationships, grief and loss, reintegration, caregiving, feelings of isolation and many others

Services are free, confidential and offered regardless of military discharge status. Whether you have served or supported someone who has, we look forward to helping you achieve your wellbeing and relationship goals.

Location:

**VA Greater Los Angeles Healthcare System
West Los Angeles Medical Center
11301 Wilshire Boulevard
Building 220, 3rd Floor Room 316
Los Angeles, CA 90073**

Appointments available

**Monday-Friday 8:30am-7:00pm
and Saturday mornings.**



Veteran Family
Wellbeing Center



U.S. Department of
Veterans Affairs

For more information, contact our Family Services Coordinator

310.478.3711 ext 42793 | info@vfwc.ucla.edu | vfwc.ucla.edu

UCLA Veterans Legal Clinic

Need **legal** advice?

What types of legal issues do we handle?

Veterans Benefits: Pension and service-connected compensation benefits.

Citations & Traffic Infractions:
Violations in traffic court, not DUIs.

Criminal Record Clearing:
Expungements and 290 removals
Housing: Assistance for tenants in disputes with their landlord.

(424) 248-9783



2nd & 4th Tuesdays

8 a.m. - 12 p.m., 1 p.m. - 4 p.m.

Located at Building 218, ground floor Room 5A.

Call or walk in.

Any person who served in the U.S. military, regardless of discharge status, length of service, or era of service may be eligible for services. **The service is for low-income, Los Angeles-area Veterans.** Additional criteria apply. Services are not guaranteed. Referrals are available.



Take ownership of your health care

Operation Mend heals our nation's post-9/11 military service members, veterans and caregivers by providing innovative, comprehensive, world-class care for the physical and psychological wounds of war.

Veterans who have gone through the in-person intensive outpatient program (IOP) have shown improvement in mental health symptoms within 3 months after program completion.



Scan, call **310-267-2110** or visit uclahealth.org/programs/operationmend to learn how you can get help today

UCLA Health



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