



2016 Support Groups at VA Clinics

Veteran Copy

Welcome to our support groups. Because of space limitations we ask you to attend no more than one group a month. To be scheduled for the next month, a monthly food/activity log must be turned in each time you attend. *Thank you*

* ALBERT LEA *			
Tuesday 10:00 am			
January	26		
February	23		
March	22		
April	26		
May	24		
June	28		
July	26		
August	23		
September	27		
October	25		
November	22		
December	27		

CHIPPEWA			
Thursday 2:00 pm			
January	7	21	
February	4	18	
March	3	17	
April	7	21	
May	5	19	
June	2	16	
July	7	21	
August	4	18	
September	1	15	
October	6	20	
November	3	17	
December	1	15	

* ELY *			
Thursday (time TBD)			
January	21		
February	18		
March	17		
April	21		
May	19		
June	16		
July	28		
August	18		
September	15		
October	20		
November	17		
December	15		

HAYWARD			
NOT AVAILABLE			
January			
February			
March			
April			
May			
June			
July			
August			
September			
October			
November			
December			

* HIBBING *			
Wednesday 3:00 pm			
January	27		
February	24		
March	23		
April	27		
May	25		
June	22		
July	27		
August	24		
September	28		
October	26		
November	23		
December	28		

* MANKATO *			
NOT AVAILABLE			
January			
February			
March			
April			
May			
June			
July			
August			
September			
October			
November			
December			

MAPLEWOOD			
Friday			
January	15	2:00 pm	
February	19	8:30 am	
March	18	2:00 pm	
April	15	8:30 am	
May	20	2:00 pm	
June	17	8:30 am	
July	15	2:00 pm	
August	19	8:30 am	
September	16	2:00 pm	
October	21	8:30 am	
November	18	2:00 pm	
December	16	8:30 am	

NW METRO			
Thursday 2:00 pm			
January	14		
February	11		
March	10		
April	14		
May	12		
June	9		
July	14		
August	11		
September	8		
October	13		
November	10		
December	8		

RICE LAKE			
NOT AVAILABLE			
January			
February			
March			
April			
May			
June			
July			
August			
September			
October			
November			
December			

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ROCHESTER			
Wednesday 1:00 pm			
January	20		
February	17		
March	16		
April	20		
May	18		
June	15		
July	20		
August	17		
September	21		
October	19		
November	16		
December	21		

* SAINT JAMES *			
NOT AVAILABLE			
January			
February			
March			
April			
May			
June			
July			
August			
September			
October			
November			
December			

* SHAKOPEE *			
Thursday 1:00 pm			
January	14	28	
February	11	25	
March	10	24	
April	7	21	
May	5	19	
June	2	16	30
July	14	28	
August	11	25	
September	8	22	
October	6	20	
November	3	17	
December	1	15	29

TWIN PORTS			
Friday 11:30 am			
January	8		
February	5		
March	4		
April	1		
May	6		
June	3		
July	1		
August	5		
September	2		
October	7		
November	4		
December	2		

If you want to attend MOVE at a different VA clinic, please contact that facility for authorization.

Albert Lea	507-377-6051
Chippewa Falls	715-720-3780
Ely	218-365-0001
Hayward	715-934-5454
Hibbing	218-263-9698
Mankato	507-387-2939
Maplewood	651-225-5420
NW Metro	MOVE message center
Rice Lake	715-236-3355
Rochester	507-252-0885
St. James	507-375-9670
Shakopee	952-445-4070
Twin Ports	715-398-2400 or MOVE message center
Minneapolis	MOVE! message center: 612-629-7388 or 1-866-414-5058 ext 7388 www.minneapolis.va.gov/services/move

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Revised 1/5/16.

Schedule subject to change.

Contact your clinic to schedule.