The mission of the Veterans Health and Trauma Clinic (VHTC) is to support the wellness and behavioral health needs in our military and civilian communities with integrated, research informed services.

At the Veterans Health and Trauma Clinic, we are here to provide help to any community member seeking behavioral health services. We offer specialized care for trauma survivors and those who assist them to move forward positively in their lives with a focus on health and wellness. The VHTC is uniquely positioned in the community to offer integrated behavioral healthcare.

- Specialized treatment for combat/ deployment stress, sexual assault, physical or psychological trauma, depression, anxiety, eating disorders, Post-Traumatic Stress, and secondary trauma
- Individual, group, and family psychotherapy services
- Ages 16 and older
- Licensed, experienced clinicians

Directions to the Veterans Health and Trauma Clinic:

**From the North:**
Take I-25 south to the Garden of the Gods Road exit, EXIT 146. Turn left onto Garden of the Gods Road. Turn left onto North Nevada Avenue and travel to 4863 North Nevada Avenue on your right.

**From the South:**
Take I-25 north to the Garden of the Gods Road exit, EXIT 146. Turn right onto Garden of the Gods Road. Turn left onto North Nevada Avenue and travel to 4863 North Nevada Avenue on your right.

**Parking:**
Please park in any spot labeled HealthCircle or use the designated Handicap spots, if you have the appropriate tag. If these spots are not available, please see the concierge in the Main Floor Lobby for a pass to place in your vehicle to avoid a UCCS parking ticket.

**Finding our offices:**
An elevator is located in the Main Floor Lobby. The HealthCircle Veterans Health and Trauma Clinic is located on the third floor and is part of the UCCS Trauma, Health, and Hazards Center. Once you exit the elevator on the third floor, turn right and follow the signs to the Trauma, Health & Hazards Center. Proceed past Psychology/Gerontology all the way down the hallway to our Reception/Waiting area in Room 380.

Military Spouses/ Partners Support Group

Helping relationships to become whole again.

4863 North Nevada Avenue
Colorado Springs, CO 80918

Phone: 719-255-8003
Email: VHTC@uccs.edu
Military Spouses/Partners Support Group

Have you been struggling with the following concerns?

- Recent deployments
- Recent return home
- Changes in behavior
- Changes within your marriage/family
- Changing roles in your household
- Feeling isolated or alone

How can this help?

This group is designed to help individuals feel whole again if they are struggling with the stress that can accompany relationships with military service members. Our group can help you to:

- Learn how to strengthen your relationship
- Deal with relationship stress
- Heal from anger and depression
- Meet with other people struggling with the same problems
- Feel understood and supported
- Become more connected and feel more capable to deal with challenges

If you are feeling lost in your relationship, struggling with anger or sadness, or feel like you don’t know or recognize your partner anymore, then this group can benefit you and teach you how to deal with these concerns in a supportive group environment.

Our Program:

The Spouses Support Group is designed specifically for the spouses of active duty soldiers.

Call to Register: (719) - 255 - 8003
Where:
UCCS — Veterans Health and Trauma Clinic
4863 North Nevada Avenue
Colorado Springs, CO, 80918
When: Fridays from 10:30 — 12 AM