# Upcoming Events Veteran Services **Events on Campus**

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# Woman Warriors Brown Bag Lunch

**Monday, May 16th, 12:00pm, Room 1268 learning commons**

Informal hangout for current and former female service members.



# Veteran Orientation

**Monday August 15th, 4:00pm & Wednesday August 24th**

**Sandstone Room in the Library** Military and Veteran Services invites you to join us for veteran’s orientation in the Library. Come learn about campus and community resources that will help you make the most of your time at RRCC. Returning students are welcome, too. Check out what you have been missing!

# Financing Your Life While in College

RRCC Veteran Newsletter

Tips and Resources

Whether you are using VA education Benefits or paying out of pocket, funding your education and life can sometimes be challenging.

In this issue you can learn about helpful resources and strategies for making ends meet.

[Remember to Submit Your Blue Form Before Every Semester.](http://www.rrcc.edu/veteran-services/blue-certification-form)

### Don’t forget to register!

# In this issue

* Veterans Club Update
* No More Ramen Please, Eating on a Budget
* Cutting Child Care Costs
* Getting Your Summer Job
* Local Organizations and Wellness Classes for Vets
* Job Postings (Military preference anyone?)
* Understanding Benefits and Financing Options
* Campus Resources

# https://scontent.xx.fbcdn.net/hphotos-xpa1/v/t1.0-9/574588_3609883839509_417952233_n.jpg?oh=7fbdd02d15fd3129343c58ceb736d041&oe=576F144AVeterans Club Update

### Veterans club meeting are held in the Veterans Center, the first Wednesday of each month at 3:00 pm.

### The Veterans Club is officially a chapter of the Student Veterans of America! Join today to get involved!

Range day is coming up, join the veterans club for a fun day of shooting. Check out the Veterans Lounge for more information.

### Add us on Facebook https://www.facebook.com/rrccveteransclub

*No More Ramen Please, Eating on a Budget*

Eating right can help you in more ways than you think. An unhealthy diet not only affect your physical health in long lasting ways, it can also affect your academic performance and mental state. Studies have shown that poor diet negatively effects memory. Studying for that math test could be more effective if you are getting the right fuel. Another surprising effect of poor diet is depression. According to the Mayo Clinic, bad diet can lead to the “Junk Food Blues”. Unfortunately knowing why you should eat better does not put grocery money in your pocket.

Luckily there are steps we can take to eat right on a budget.

### Consider the nutritional value and compare prices.

-Let’s start with breakfast: Cereal seems like an economic choice, but we can do better. A box of cereal is generally a few bucks’ more than a dozen eggs, and it does not give you the protein you need for a day of activity. Start you day with some eggs the protein will give you energy longer.

-Dried Goods: Cooking dried foods like beans and rice is a good way to get more nutritional bang for your buck. Dried beans will go a lot further than canned, and they are significantly cheaper. Soak them over night, cook them, and them store them for a weeks’ worth of protein and fiber packed meals. For even more money saving cooking, substitute some meat for beans and rice. When eaten together grains (rice, corn, wheat) and legumes (lentils, beans, etc.) make all the essential proteins your body needs to be healthy.

-Cooking Oils: Olive Oil is a popular choice for cooking healthy meals, but it can be expensive. Canola oil is significantly cheaper and some argue that is has a better monounsaturated to saturated fat ratio than olive oil.

- Frozen Food: Eating fresh fruit and veggies is a healthy habit, but sometimes it is better to eat frozen. Frozen fruits and vegetables are cheaper than fresh, and you won’t need to worry about the waste of spoiled food. Eating frozen also allows you to eat your favorite foods out of season.

### Food Assistance, good for you, farmers and our economy

Food assistance is available through the Peak Program for Colorado residents. They offer assistance in the form of a card (like a debit card) that can be used to purchase groceries.

Good for You: This program is great for families and individuals who need extra help with putting enough nutritional food on the table.

Good for Farmers: It is also good for people who produce food, like farmer. When you spend money on food, producers are paid just as they would be if you were using cash. You are increasing their income.

Good for the Economy: It also benefits the economy! Money that would have been spent on food can be spent on other important goods, like cleaning supplies, rent, and doctor visits.

Applying for benefits is easy and worth it. Simply go to the Peak website click apply for benefits and get started. https://coloradopeak.secure.force.com/

[](https://coloradopeak.secure.force.com/ABWEL?Language=EN)

*Cutting Child Care Cost*

# Colorado is one of the most expensive states in terms of quality child care. Luckily many communities offer child care assistance to families. To find out what services are available near you, checkyou’re your county’s services, or try the links below.

# Colorado Child Care: <http://www.coloradoofficeofearlychildhood.com/#!child-care-assistance-program/cu2m>

# Jefferson County Child Care: [http://jeffco.us/human-services/financial-assistance/child-care assistance/](http://jeffco.us/human-services/financial-assistance/child-care%20assistance/)

* Denver County Child Care <https://www.denvergov.org/content/denvergov/en/denver-human-services/assistance-programs/child-care-assistance.html>

# Summer Job Hunt

### Getting Cash between GI-Bill Payments

Prepare for your career or your summer job

Career Services and Veteran Services are here to set you up for a successful career search.

How we can help…

• Translate your military experience into skills relevant to your next job

• Resume building

• Find vet friendly companies

• Explore your interests and skills to find the career that is right for you

Contact Brittany, Melissa or Dan to Get Started Today

* Brittany Bartges, Brittany.bartges@rrcc.edu Military and Veterans Service Coordinator, Room 1268 Ph(303)914-6177,
* Melissa English, Lakewood Campus melissa.english@rrcc.edu, Career Services and Experimental Learning Coordinator, 303.914.6361
* Dan Macy in Arvada dan.macy@rrcc.edu Career Services 303.914.6016

# Upcoming Campus Events

### University Of Denver Transfer Visit Preview Days

**20 May 2016** - 8:00am to 3:00pm, University Of Denver Transfer Visit Preview Days

This visit program is designed specifically with the needs of transfer students in mind and will give you a more in-depth look at what it is like to be a student at the...

### R.A.D Defense Systems Woman's "Free" Self-Defense

**28 May 2016** - 9:00am to 3:00pm, **29 May 2016** - 9:00am to 3:00pm, View or download the R.A.D Defense Systems Woman's "Free" Self-Defense flyer for more details! Please RSVP (303)-914-6394

### Desire2Learn Student Orientation Lakewood

**1 Jun 2016** - 12:00pm to 1:00pm, **3 Jun 2016** - 3:30pm to 4:30pm, The D2L Student Orientation will review accessing Desire2Learn (D2L), finding courses, and using various tools. Attendees will explore discussions, quizzes, the dropbox, email, content, D2L gradebook and best practices to be successful. The...

### Desire2Learn Student Orientation Arvada

**2 Jun 2016** - 12:00pm to 1:00pm

The D2L Student Orientation will review accessing Desire2Learn (D2L), finding courses, and using various tools. Attendees will explore discussions, quizzes, the dropbox, email, content, D2L gradebook and best practices to be successful. The...

### Culinary Arts Orientation Lakewood

**6 Jun 2016** - 4:00pm to 5:00pm, This Fall 2016 RRCC Culinary Arts Orientation will be held on June 6, 2016 from 4:00 - 5:00 PM in the Lakewood Campus Red Fox Room (Room #1105). We hope to see you there!

### Colorado Christian Adult and Graduate studies Transfer Rep Visit

**7 Jun 2016** - 11:00am to 1:00pm 8 Jun 2016 - 11:00am to 1:00pm, A transfer representative from Colorado Christian Adult and Graduate studies will be hosting an information table on the Bridge/outside Admissions at the Lakewood Campus on Wednesday, June 8 from 11:00AM - 1:00PM.

# Staying Active with Other Local Vets

### Team Read White and Blue



Team RW&B is an active community of veterans, and they know how to take advantage of all that Colorado has to offer. Here are some upcoming events that you can attend.

**#EagleNation Colfax Races - Schedule of Events**

May 14 at 5pm: Pasta dinner at Tony P's, 17th Avenue. See the event page for all the delicious details!

May 15 5:00am - 12:30pm: Stop by, socialize, visit, and cheer on the Eagle runners! If you're racing, you can drop your gear bag at the tent rather than checking it with race personnel. For more race day details be sure to check the [Facebook event page.](https://www.facebook.com/events/505940096248793/)

**Rocky Mountain Honor Flight Welcome Home: Saturday, May 21**

We're welcoming home the WWII & Korean veterans who have been on a trip to Washington, DC to visit their national monuments. Let's celebrate these heroes and make sure they know we appreciate their service! They may have served long ago, but we have not forgotten their sacrifices. Let's meet at the Denver International Airport, East side of the main terminal at 7:30 p.m. There will also be: bagpipers, color guards, military personnel, friends and relatives to greet them all home - the group will be hard to miss. [Please see the event page for more details.](https://www.facebook.com/events/1569246196720309/)

**BolderBoulder - Memorial Day - May 30**

Continuing the #EagleFire spirit....be bold in America’s All-Time Best 10K…BolderBoulder! We're running with the military throughout the streets of Boulder and into Folsom Field where nearly 70,000 people will gather. It truly is one of the most fun races you’ll ever experience and one of the most patriotic, not to mention “the largest” Memorial Day tribute in the nation. [Check out our Facebook event page](https://www.facebook.com/events/1581038995540088/) for more information. POC is Jill Orr. If you have questions about this event, zap her an email at [jill.orr@teamrwb.org](mailto:jill.orr@teamrwb.org).

### VFW Post 1 Free Wellness Classes

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| Weekly Events @ Post 1 | |
| Monday | 6:45pm**/Film Acting Class** |
| Tuesday | 7:00pm-8:00pm/**Free Yoga For Vets and Family** This is a fun way to stay flexible and active. |
| Wednesday | 7:00pm-8:00pm/**Mindfulness Meditation Free** Meditation is another great way to take care of yourself. This practice is a way to manage symptoms of PTS and daily stress. Meditation is held every Wednesday at 7:00pm |
| Thursday | * 6:00 pm-7:00 pm:/**Peer2Peer**, a causal hang out with new friends. (Every First Thursday) * 7:00pm-8:00pm/**Free Yoga For Vets and Family** |
| Friday | 6:00pm-10:00pm**/First Friday Art Walk** |
| Saturday | 1:00pm-2:00pm**/Tai Chi \*New Class\*** Tai If you're looking for a way to reduce stress, consider tai chi (TIE-CHEE). Originally developed for self-defense, tai chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions. |

Check out the VFW Post 1 Art Gallery and wellness classes, located in the heart of Denver’s art district (841 Santa Fe Drive Denver Colorado 80204). For more details check out their Facebook at <https://www.facebook.com/VFW.Post.1>

**Post 1 Veterans Graduation Party**

ATTN all Veteran Students Family Members and Graduates! If you have graduated recently or while with Post 1, we want to celebrate your accomplishment!  
All veterans, friends and family are welcome for a night of celebration.   
You have worked hard now it is time to party!   
Contact Sara for the details sara.avitia@vfwpost1.org   
[RSVP on our event page](https://www.facebook.com/events/1719976454911806/)

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| |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | |  |  |  Veteran Friendly Jobs and Training Opportunities http://integrityhr.com/wp-content/uploads/2013/10/Job-Posting.png New Job Postings | | **RRCC Student Veteran Peer Mentor, VA Work-Study**  green_officeMilitary and Veterans Services is looking for student veterans to staff the veterans center. Our work studies will help create a supportive and inviting space for veteran on campus. They will also be responsible for answering questions about VA benefits, other local resources and transitioning to college life.  **Who is eligible?**  The VA work-study allowance is available to persons training on a full-time or ¾ time basis under the following programs: Post-9/11 GI Bill--(38 U.S.C. Chapter 33) (Veterans and transfer-of-entitlement recipients), Montgomery GI Bill--Active Duty (38 U.S.C. Chapter 30), REAP Participants, Montgomery GI Bill--Selected Reserve (10 U.S.C. Chapter 1606), Post-Vietnam Era Veterans' Educational Assistance Program (38 U.S.C. Chapter 32) Chapter 35 may use work study only while training in a State. National Call to Service Participants, Vocational Rehabilitation & Employment Program -- (38 U.S.C. Chapter 31)  **When can I start?**  Work study employees can start working at the beginning of the summer semester. Your application must be approved by the VA, so turn it in asap. Applications can be found in room 1268 of the learning commons, at our website (http://www.rrcc.edu/veterans-affairs) and in the veteran’s center.  **Veterans Education Benefits Assistant, Campus Work-study**  Our certifying official is looking for a student veterans to assist with benefits processing part-time. Please Contact Donna for more details. (303)914-6353 |  | |  |
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### Military Friendly Employers and openings

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| * [Apartment Maintenance & Grounds](http://wehireheroes.simply-partner.com/a/job-details/view/jobkey-92250.83072/rid-rissizmvpzoxtrwerjdepfkslpjbglfj?rfr=partner)   Pinnacle Property Management Services   - Denver, CO  Pinnacle is a national real estate provider that manages and invests in multifamily residential communities. We are rapidly expanding our portfolio in the Denver metro area. Come...   * [Military: Become a Satellite TV Technician/Installer](http://wehireheroes.simply-partner.com/a/job-details/view/cparm-cF9pZD03NzQ2NyZ6b25lPTYmaXA9MTY0LjQ3Ljk5LjE5NCZjb3VudD0yJnN0YW1wPTIwMTYtMDUtMDkgMTI6MTE6MDcmY291bnRyeT11cyZwdWJsaXNoZXJfY2hhbm5lbF9pZHM9NiZhX2lkPTY5NzExJmNfaWQ9OTMwMjMmY3BjPTAuMjYmcG9zPTEmaGFzaD0xOWQ1NjE4ZWVkMTFlNzRmNzE5ZmQyYTdiZjcyODJmMA%3D%3D%3Bc791e6d1ba91e7f01f71ca65a6afa25f/jobkey-31489.501_57820/rid-rissizmvpzoxtrwerjdepfkslpjbglfj/pub_id-77467/cjp-1/hits-1593?rfr=partner)   Dish   - Denver, CO  DISH supports more than 150 DISH In-Home Services offices that deliver DISH products and services to customers across the country. The IHS organization encompasses thousands of...     * [Military Electrician Experience - Immediate Hire](http://wehireheroes.simply-partner.com/a/job-details/view/cparm-cF9pZD03NzQ2NyZ6b25lPTYmaXA9MTY0LjQ3Ljk5LjE5NCZjb3VudD0yJnN0YW1wPTIwMTYtMDUtMDkgMTI6MTE6MDcmY291bnRyeT11cyZwdWJsaXNoZXJfY2hhbm5lbF9pZHM9NiZhX2lkPTU1NTk1JmNfaWQ9MTA3NjI3JmNwYz0wLjEwJnBvcz0yJmhhc2g9ZWEwMWU2ODQyN2ViYmQ0NjQ1OWRiM2I0ZDJjM2RlNDE%3D%3B2ed36c983b6e158c2014b17f68ff9f36/jobkey-2e4139e899c59d1d2b446f8e9951e8c2350b6da/rid-rissizmvpzoxtrwerjdepfkslpjbglfj/pub_id-77467/cjp-2/hits-1593?rfr=partner)   Diedre Moire   - Aurora, CO  Details Description: Regular overnight travel throughout the United States to support turnkey installation of industrial machinery. This positions key responsibility is running...   * [Steward - Military](http://wehireheroes.simply-partner.com/a/job-details/view/jobkey-6027fb9e68ac258957df0f5763e604fc23ebf9/rid-rissizmvpzoxtrwerjdepfkslpjbglfj/pub_id-77467/cjp-3/hits-1593?rfr=partner) * [Host - Military](http://wehireheroes.simply-partner.com/a/job-details/view/jobkey-be849ba93678b6b3c9b883ac347aa126d204949/rid-rissizmvpzoxtrwerjdepfkslpjbglfj/pub_id-77467/cjp-4/hits-1593?rfr=partner) * [Server - Military](http://wehireheroes.simply-partner.com/a/job-details/view/jobkey-7611376f11f0f4c424765aaef28f7ea8d7199fee/rid-rissizmvpzoxtrwerjdepfkslpjbglfj/pub_id-77467/cjp-5/hits-1593?rfr=partner) * [Line Cook - Military](http://wehireheroes.simply-partner.com/a/job-details/view/jobkey-52e98f718fa46b2b5d8453a722c4a418a82421/rid-rissizmvpzoxtrwerjdepfkslpjbglfj/pub_id-77467/cjp-6/hits-1593?rfr=partner) * [Bartender - Military](http://wehireheroes.simply-partner.com/a/job-details/view/jobkey-3d96992710ba79949f34fb2daf38cd5601bb423/rid-rissizmvpzoxtrwerjdepfkslpjbglfj/pub_id-77467/cjp-9/hits-1593?rfr=partner)   The Cheesecake Factory   - Denver, CO  Job Title Steward - Military Location Denver Tabor Center 1201 16th Street Denver, CO 80202 Description Military Veterans are a natural fit for The Cheesecake Factory. We share...     * [Director Military & Vet Community Relations - CTU Denver South](http://wehireheroes.simply-partner.com/a/job-details/view/jobkey-CRAWL.c70863a8993765f94795d3119c15ed35/rid-rissizmvpzoxtrwerjdepfkslpjbglfj/pub_id-77467/cjp-8/hits-1593?rfr=partner)   Career Education   - Aurora, CO  The Director of Military & Veteran Community Relations is responsible for developing, growing and retaining strategic, long term partnerships with the military community, veteran...  4 days ago from CAREER EDUCATION CORP | * [Entry Level Maintenance technician- Military a plus- Training available](http://wehireheroes.simply-partner.com/a/job-details/view/jobkey-8322.65907382/rid-whimaqzlhymflfpiicjpmjoqgpwbtsln/pub_id-77467/cjp-11/hits-1593?rfr=partner)   Big Jobs Recruiting and Staffing   - Denver, CO  / / Denver, Entry Level HVAC technicians in Denver, CO . Our client is a locally based heating and AC company that focuses on residential services. Some of the fiields that do...     * [Military: Become a Home-Based Satellite TV Technician/Installer](http://wehireheroes.simply-partner.com/a/job-details/view/jobkey-54930.69_61556/rid-whimaqzlhymflfpiicjpmjoqgpwbtsln/pub_id-77467/cjp-14/hits-1593?rfr=partner)   Dish   - Parker, CO  This Home-Based Satellite TV Installer/Technician will have the opportunity to begin and end their business day from home and be the face of Dish in their local community! Our...     * [Military and Veteran Tanker Opportunities - Nationwide Terminals -- Quality Carriers](http://wehireheroes.simply-partner.com/a/job-details/view/jobkey-5235.75436196/rid-whimaqzlhymflfpiicjpmjoqgpwbtsln/pub_id-77467/cjp-15/hits-1593?rfr=partner)   Quality Carriers   - Golden, CO  If you are looking for an opportunity to join a growing trucking company that pays well and respects its drivers you've come to the right place. \* /QUALITY CARRIERS AFFILIATE HAS...  [Truck Driver Trainee or Refresher Program - Military Skills Waiver Accepted!!! -- JBS Carriers](http://wehireheroes.simply-partner.com/a/job-details/view/jobkey-5235.71978333/rid-whimaqzlhymflfpiicjpmjoqgpwbtsln/pub_id-77467/cjp-18/hits-1593?rfr=partner)  Jbs Carriers   - Louisville, CO  Need training or just a refresher course? We’ve got you covered. By partnering with many different schools nationally, JBS Carriers has secured one of the best trainee and... |

### Ready2work Academy

  
If you want to get new skills and a new career fast, check out this program on the Lakewood campus.   
LAKEWOOD, CO – Red Rocks Community College’s Continuing Education Division, Rocky Mountain Education Center (RMEC) has partnered with employers to meet the oncoming “gray tsunami,” the industry term for the pending retirement of more than 50 percent of their current workforce.  RMEC is leveraging the resources offered by a newly renovated HVAC lab at Red Rocks Community College.  Their Ready2 Work Academy, which follows a “boot camp” model, was developed in concert with employers from the building maintenance and energy efficiency industries.  The Ready2 Work Academy offers 80 hours of hands-on basics resulting in work ready certifications in EPA 608 Universal Card and the OSHA 10 hour General Industry Card.  Students completing the program are given priority preference to interview for internships among the employer sponsors.

# Take Control of Your Health

### Burn Pit Registry

**Please help your brothers and sister who were exposed, by registering. There is strength in numbers.**

Registry for Veterans and Service members

VA's Airborne Hazards and Open Burn Pit Registry allows eligible Veterans and Service members to document their exposures and report health concerns through an online questionnaire.

Eligible Veterans and Service members include those who served in:

* Operation Enduring Freedom/Operation Iraqi Freedom/Operation New Dawn
* Djibouti, Africa on or after September 11, 2001
* Operations Desert Shield or Desert Storm
* Southwest Asia theater of operations on or after August 2, 1990

**TOTAL PARTICIPANTS**

In total, 68,434 Veterans and Servicemembers completed and submitted the registry questionnaire between April 25, 2014 and April 24, 2016.

[Check your eligibility and sign up](https://veteran.mobilehealth.va.gov/AHBurnPitRegistry). It takes about 40 minutes to complete the questionnaire. You can do it in one sitting or save it and come back later.

You can print and use your completed questionnaire to discuss concerns with your provider. VA providers can also access an online copy of your questionnaire.

- See more at: http://www.publichealth.va.gov/exposures/burnpits/registry.asp#sthash.GTxGlDFp.dpuf

# Understand Your Benefits and Financing Options

**VETERANS EDUCATION BENEFITS**

If you have exhausted the 9/11 GI Bill, and you have a VA disability rating, you may be able to get additional months of benefits.

If you are still in service, you can transfer your benefits to your spouse or kids.

Use it or lose it, you have 15 years from your ETS date to use your Post 911 education benefits.

**FINANCIAL AID $$$$$$**

You may qualify for **FAFSA** (Federal Grants) even if you are collecting the GI Bill. Your GI Bill is not taxable and it does not count against your eligibility!

Some school **scholarships** may limit your how far your GI Bill goes, so talk to a financial aid rep when planning.

Many veterans service organizations offer scholarships check out VFW, American legion, or google veteran’s scholarships.

**Don’t forget to fill out RRCC’s scholarship application**! Rrcc.academicworks.com,. Applications are due April 8th. Don’t leave money on the table.

**The Department of Labor** has grants to help you pay for certifications Call David for More info (David McLemore)Ph:303-271-4769 eMail: david.mclemore@state.co.us

### REGESTERTING AND PLANNING

**VA Certification:** our Veterans Affairs staff must certify your credits each semester. Check with Donna to make sure your classes will work with your benefits.

For professional and academic planning see Dan Macy in Arvada dan.macy@rrcc.edu 303.914.6016, or Melissa English in Lakewood, melissa.english@rrcc.edu 303.914.6361.

You must be enrolled in at least 12 credits (all semester) to get your full living stipend.

You must take more than 12 credits per semester to get a bachelor’s degree in 4 years.

### ACADEMIC SUPPORT

**Tutoring**: Free tutoring is available for many subjects, check out the tutoring webpage or stop by the learning commons for details. www.rrcc.edu/learning-commons/tutoring

**Office Hours**: Each of your professors will hold hours in their office, so that you can ask questions and get individual help. This is one of the best academic resources you have. Use it often.

# Resources: Campus, Local, National

### HEALTH CARE

**The RRCC Student Health Clinic**: is a medical clinic that is staffed by certified and licensed medical providers. They provide nearly all general medical care, similar to visiting a Family Practice Clinic. Call for an appointment: 303-914-6655. They can get you in sooner than the VA.

**VA Health Care System**: If you served in the Military, received an honorable discharge, and need health care, you can enroll in the VA health care system. Enrolling is easy, and you can do it online at www.1010ez.med.va.gov

**Healing Warrior Program:** (Alternative Pain and PTSD Therapy Acupuncture, CranioSacral therapy and Healing Touch)Ph: 970-776-VETS (8387), http://HealingWarriorsProgram.org

### COUNSELING

The **VA** has both inpatient and outpatient mental health options.

**Vet centers** offer counseling away from the VA. (303) 326-0645

RRCC and JCMH offer **free veteran counseling on campus**. Call Mary: (303) 432.5304

### WHEN IT GETS TOUGH

**National Veterans Crisis Hotline**: 1-800-273-8255, Crisis Text Line: text “hello” to 741-741

**Housing:** VA Community Resource Referral (for emergency and transitional housing options): (303)294-5600

**Volunteers of America**: (case-management services, assistance in obtaining benefits and emergency financial resources, the SSVF Program seeks to prevent Veterans and their families from becoming homeless and to rapidly rehouse those who have lost their homes.), 1247 Santa Fe Dr. Denver, CO 80204 Phone: (720) 501-3367 - See more at: <http://www.voacolorado.org>

**American Association of Suicidology** (AAS) Learn how to support your reinds and family in crisis. Access to free online trainings (webinars). The trainings include topics such as:  posttraumatic stress disorder, traumatic brain injury, military culture/life, sleep problems, suicide, military sexual trauma, problem solving, and substance abuse. [www.usmilitarymatters.org](http://www.usmilitarymatters.org)

### EMPLOYMENT SERVICES

RRCC Career Services: Lakewood Career Counselor: Glenn Holly, glenn.holly@rrcc.edu 303.914.6906. Arvada Dan Macy, Arvada Career, dan.macy@rrcc.edu 303.914.6016

Internships Experiential Learning : Melissa English, melissa.english@rrcc.edu, Career Services and Experimental Learning Coordinator, 303.914.6361

Colorado Department of Labor, Veteran Employment Specialist (David McLemore)Ph:303-271-4769 eMail: david.mclemore@state.co.us

ACTIVTIES

VFW Post 1: Free weekly yoga, meditation, Tia Chi, other social events Web: https://vfwpost1.org/ Fb: www.facebook.com/VFW.Post.1 841 Santa Fe Drive Denver co 80204

Team River Runner Free Adaptive Water Sports: Michael Plourde (931)551-5758 Email: michael.plourde1@yahoo.com

Phoenix Multi Sport Sober Physically active community, 2233 Champa St, Denver, CO 80205 Ph:720-440-9175

Project Healing Waters: Project Healing Waters assists in the physical and emotional rehabilitation of disabled and wounded active U. S. military service personnel and veterans 720-515-1366

### CHILD CARE ASSISTANCE

Jefferson County Child Care Assistance, http://jeffco.us/human-services/financial-assistance/child-care-assistance/ Questions? Call 303-271-4484.

Denver County Child Care Assistance: For edibility questions call Phone: 720-944-KIDS (5437) or E-mail: denverccap@denvergov.org

### LEARNING ACCOMIDATIONS

Accessibility/Disability services, accessibility Services supports and assists students with physical, psychological, developmental and learning disabilities through appropriate accommodations and by acting as a resource for students, faculty and staff of the college. 303.914.6733 email: access@rrcc.edu, Office Hours: Monday – Friday 8:00 AM to 5 PM.

### RRCC VETERAN SERVICE STAFF

**GI Bill Issues/Certifying Official**, Donna Merriman Location: Learning Commons, Room 1252 Ph(303)914-6353, Email: donna.merriman@rrc.edu

**Military and Veterans Service Coordinator** (reintegration, resources, employment, advocacy) Brittany Bartges Location: Learning Commons, Room 1252 Ph(303)914-6177, Email: Brittany.bartges@rrcc.edu

**Veterans Club**: Email: [**rrccveteransclub@gmail.com**](mailto:rrccveteransclub@gmail.com)



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|  | *RRCC Veteran Newsletter* |  |

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