

**St. Louis VA Medical Center - Spinal Cord Injury Service  
VA Heartland Network (VISN 15)**

## **Patient Support Groups**

Our SCI Outpatient Support Group meets on the second Thursday of each month, from 1:30 to 2:30 PM. Since our service area is so widespread, it is unrealistic for most of our SCI veterans to attend in person. For that reason, we've made arrangements for them to attend on a "virtual" basis. They simply call toll-free 1-800-767-1750, enter access code 29945. They can then participate in the group from the comfort of their own home.

Topics are varied. We have a different guest expert from our staff at each meeting, so that the group members can have the opportunity to expand their knowledge in all key aspects of their lives.

The group is coordinated by our Social Work staff.

**For more information please call Bob Sontag, LCSW  
at 314-652-4100, x6-4819.**