

Healing Garden

The healing garden is a calming, beautiful location to meditate and reflect with a quiet courtyard for Veterans to visit with loved ones.



History Room

The history room is dedicated to providing a historical view of VA Menlo Park, dating back to its original military use: Camp Fremont. It is also used to host small military ceremonies for Veterans.



Recreation Therapy

VA Palo Alto Health Care System has the largest and most complex Recreation Therapy Service in the country, with over 70 employees providing and supporting programs as an integral part of clinical treatment teams.

Services include a wide variety of on-site and off-site therapeutic programs for both inpatients and outpatients to improve Veterans' physical, mental, behavioral, cognitive, as well as social functioning.

Recreation/Creative Arts Therapists are responsible for developing therapeutic programs based on individually assessed Veteran needs. Therapists work in programs throughout the health care system providing high quality care and services to Veterans.



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Welcome Center

The Welcome Center is a *centralized access point* to *ease navigation* of the VA Menlo Park Division.

The Welcome Center is dedicated to providing clinical and holistic services, which *improve functional levels, promote optimal wellness, facilitate community reintegration, and enhance quality of life.*

Open Monday-Friday
General Hours: 8:00am-4:30pm

Classes, groups & event schedules may vary.



Service Dog Training Area



In 2008, the Trauma Recovery Program implemented a service dog training intervention, the first program of its kind in the VA.

The program offers therapeutic

interventions for Veterans and active-duty military personnel by teaching those with Post-Traumatic Stress Disorder (PTSD) to train service dogs for their comrades with combat-related physical disabilities.

Veterans who are diagnosed with PTSD and train a service dog report less anxiety and depression. They are more sociable, have a positive outlook, a mission-driven focus and a renewed sense of purpose.

The Service Dog Training Area allows for the ongoing growth and expansion to support the program and Veterans we serve.



Yoga and Fitness Room

The Yoga and Fitness Room meets the diverse and complex needs of our Menlo Park Veteran population, accommodating land-based programs and providing comprehensive classes such as yoga,

Zumba, Tai Chi, fitness boot camp, 5 Rhythms Dance as well as team building exercises.



Therapy Classroom

Veterans are able to engage in treatment goals through creative expression in a safe, centralized, and therapeutic environment. They are able to access specialized resources to better augment their rehabilitation.

The large Therapy Classroom accommodates many art mediums and displays Veterans' art work in a centralized location. In addition, this area provides opportunities for Veterans to engage in the National Creative Arts Festival.



Therapeutic Kitchen/Community Integration Room

The Welcome Center's Therapeutic Kitchen serves the entire Menlo Park Division for all rehabilitative purposes.

Veterans are able to receive hands-on nutritional education, cooking classes, adaptive cooking skills and healthy lifestyle choices.

Residential programs and VA staff have access to these areas for large holiday and special events, accommodating family members and loved ones.

Adjacent to the Therapeutic Kitchen, the Community Integration Room provides a home-like environment with an area for Veteran and family programming.



CLC staff participating in the Fine Dining Program.