



Santa Clara County
The Office of the District Attorney

COMMON REACTIONS TO WORKPLACE VIOLENCE:

- Sleep disturbances/nightmares
- Feeling on edge, irritable, anxious
- Replaying the incident over and over again
- Feeling unsafe
- Questioning your actions
- Worrying about it happening again
- Feeling guilty or responsible
- Feeling sad, angry
- Considering a career change
- Increased alcohol or food consumption
- Isolating from friends, family
- Feeling like nobody understands

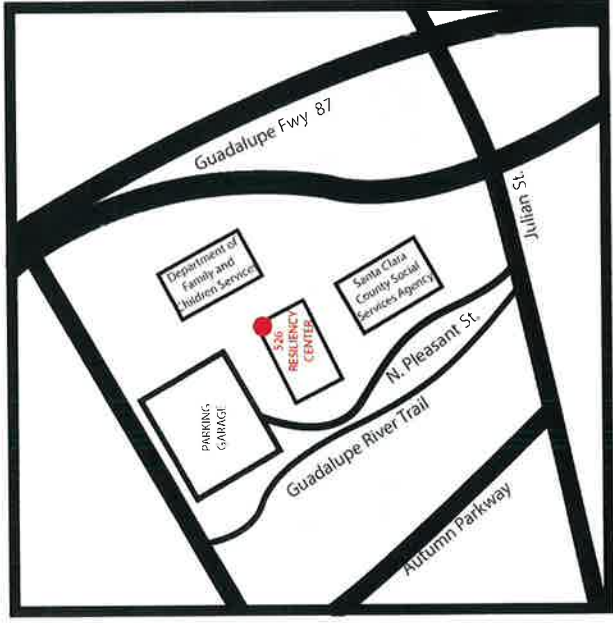


THE 526 RESILIENCY CENTER

353 W. Julian Avenue, San Jose CA 95110

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353 W. Julian Avenue, San Jose CA 95110
(669) 308-1475
526resiliencycenter@gmail.com

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THE 526 RESILIENCY CENTER

Developed by the County of Santa Clara for those impacted by the VTA shooting on 5/26/2021

- Open to all impacted by the shooting
- Counseling sessions are available without an appointment at the following times as well as by appointment with the contact info listed inside:
 - Dr. Tammy McCoy: 12-1 PM every Monday, Tuesday, Wednesday, and Thursday 4-6 PM, Friday 12-1 PM.
 - Yeymy Lopez, LMFT: Wednesday 4-6 PM, Friday 12-1 PM.
 - Sue O'Reilly Cronin: Tuesday 3-5 PM.

If you need support outside of the listed available hours please call (408) 850-6125 to speak with a crisis counselor. In case of emergency call 911.

HOW DOES COUNSELING HELP?

- Learn about your reactions
- Get tools to reduce symptoms
- Improve your relationships
- Reduce unhealthy behaviors
- Improve your quality of life

SERVICES AVAILABLE:

- Group Counseling
- Individual Counseling (children and adults)
- Family Counseling
- Trauma Counseling (EMDR) Eye Movement Desensitization and Reprocessing (Dr. McCoy)
- Walk-In Services (no appointment needed)
- Services by Appointment
- Workshops on Stress Management, Relationships, Coping Skills, and Self-Care
- English and Spanish Speaking (Yeymy Lopez)

CONTACT INFORMATION:

- Dr. Tammy McCoy (M-TH, 24/7) phone: (760) 885-6952 email: tammyjmccoy@gmail.com
- Yeymy Lopez, LMFT, with the Bill Wilson Center (M-F, 8-5 PM) phone: (669) 250-4799 email: ylopez@bwcmail.org
- Sue O'Reilly Cronin with the Bill Wilson Center (M-F, 8-5PM) phone: (408) 680-4320 email: scronin@bwcmail.org

