

NEWS RELEASE

FOR IMMEDIATE RELEASE

Date: April 8, 2016

Contact: Daniel Ryan, Public Affairs Officer
Phone: (585) 393-7209
Cell: (585) 455-6456
Fax: (585) 393-7111
E-mail: Daniel.Ryan@va.gov

Caregiver Support for Loved Ones of Veterans *Monthly Support Groups Available*

The Canandaigua VA Medical offers monthly telephone education groups for Caregivers through the VA Caregiver Support Line.

Group sessions are open to family caregivers of Veterans of all eras.

The topic for the month of April is titled “Standing on Solid Ground: Finding Your Path Along the Challenging Road of Caregiving and Mental Illness.” The group sessions will be offered on Tuesday, April 12, 10:00 a.m., Wednesday, April 20, 7:00 p.m., or Wednesday, April 27, 3:00 p.m.

Caregivers will learn about tools that can assist them in remaining grounded to better manage challenges and find strategies to cope with the unique demands of caring for their loved one.

Future topics are:

- May 2016: “Good Grief: Finding Hope in the Necessary Losses of Being a Caregiver”
- June 2016: “Finding Your Voice: Self-Advocacy in Medical Settings”

People who wish to participate in any of these telephone support group programs should register by contacting, [Colleen Cohen, LCSW](#) to register, 585-393-7525 or email: colleen.cohen@va.gov

If a caregiver is looking for something tailored to their specific needs, please call Colleen Cohen, to explore other options that may be available to you.

Visit the Canandaigua VA Medical Center [News Room](#) or [Facebook events page](#) for more information and upcoming events.

The Canandaigua VA Medical Center is located at 400 Fort Hill Avenue Canandaigua, N.Y. 14424

#####