

NEWS RELEASE

FOR IMMEDIATE RELEASE

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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

“Setting Boundaries: Defining what is best for you, the Caregiver”

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

The topic for the month of August is titled, “[Setting Boundaries: Defining what is best for you, the Caregiver](#)”

Caregivers will discuss skills and tools about:

- Types of boundaries
- What may interfere with setting appropriate boundaries
- Benefits of boundaries
- Steps to set boundaries

The group sessions will be offered on Tuesday, August 9, at 10:00 a.m., Wednesday, August 17, at 7:00 p.m., or Wednesday, August 24, at 3:00 p.m.

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

Future topics:

- September 2016 “Dual Caregivers: Surviving and Conquering the Challenges”

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 and visit the [Caregiver Support web page](#).

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

To learn more about upcoming events please visit our [News Room](#) or [Facebook events page](#).

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

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