



NEWS RELEASE

FOR IMMEDIATE RELEASE

Date: June 17, 2016

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Caregiver Support for Loved Ones of Veterans

“Preserving Caregivers on the Front Lines”

Caregiving for a loved one is challenging and many Caregivers find themselves balancing several caregiving roles.

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

The topic for the month of July is titled, [“Preserving Caregivers on the Front Lines.”](#) Caregivers will discuss some of the strategies and resources that Caregivers may use to help successfully juggle dual caregiving roles.

The group sessions will be offered on Tuesday, July 12, at 10:00 a.m., Wednesday, July 20, at 7:00 p.m., or Wednesday, July 27, at 3:00 p.m.

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

Future topics are:

- July 2016 “Preserving Caregivers on the Front Lines”
- August 2016 “Setting Boundaries: Defining What is Best for You, the Caregiver”
- September 2016 “Dual Caregivers: Surviving and Conquering the Challenges”

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

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](#).

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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