



## NEWS RELEASE

### FOR IMMEDIATE RELEASE

**Date: May 3, 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](mailto:Daniel.Ryan@va.gov)

### **Caregiver Support for Loved Ones of Veterans** *“Finding Hope in the Necessary Losses of Being a Caregiver”*

Grief and loss touch everyone’s life in various ways and at various times. Loss may include the death of a loved one but also includes the variety of losses that Caregivers experience every day, such as loss of role, loss of job, loss of financial security, loss of physical wellbeing or even the loss of hobbies.

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

The topic for the month of May is titled “Good Grief: Finding Hope in the Necessary Losses of Being a Caregiver.” Caregivers will learn strategies to recognize and honor loss, while also identifying what may have been learned or gained as a result.

The group sessions will be offered on Tuesday, May 10, 10:00 a.m., Wednesday, May 18, 7:00 p.m., or Wednesday, May 25, 3:00 p.m.

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

#### **Future topics are:**

- June 2016: “Finding Your Voice: Self-Advocacy in Medical Settings”
- July 2016 “Preserving Caregivers on the Front Lines”
- August 2016 “Setting Boundaries: Defining What is Best for You, the Caregiver”

People who wish to participate in any of these telephone support group programs should register by contacting, [Colleen Cohen, LCSW](mailto:colleen.cohen@va.gov) at, 585-393-7525 or email: [colleen.cohen@va.gov](mailto: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, N.Y. 14424.

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