



Vital Connections: Restoring Balance in the Most Challenging Times

A telephone educational group focused on strategies to enhance resilience and restore balance

Facilitated by the VA Caregiver Support Line

Tuesday, February 12th at 10am ET

With encore session

Wednesday, February 27th at 3pm ET

This is open to Family Caregivers of Veterans of all eras.

If you would like to participate, please contact your Caregiver Support Coordinator:

Veronica A. Castro, LCSW or Lisa C. Barker, RN

561-422-1425 or 561-253-4272