

# Veteran Caregiver Support and Mental Health Zoom Workshop



**Wednesday, October 30, 2024**

**9am -11am**

Location: Zoom (Virtual)

Join our virtual seminar to learn more about the Veteran population.

Seminar topics will include military culture, Veteran caregiver support, PTSD and suicide prevention, as well as Veteran benefits and gaps in service.

**1 Free CEU Offered to Social Workers**

## Keynote Speaker

- Lauren D'Mello, Ed.D, MHC; NYC Department of Veterans' Services

## Panelists

- Kaymara Gayle, LCSW;  
VA Caregiver Support
- Matthew Ryba;  
NYP Military Family Wellness Center
- Maja Bergman, Ph.D;  
NYP Military Family Wellness Center
- Contessa Officer, M.S. Ed;  
VNS Health Veterans Program

## Registration required.

**Register here:** [https://vnshealth.zoom.us/webinar/register/WN\\_GI3IRqUeT2CThtOY5Oxa9A](https://vnshealth.zoom.us/webinar/register/WN_GI3IRqUeT2CThtOY5Oxa9A)



**NewYork-Presbyterian**  
Military Family Wellness Center



To contact us, please call 866-986-7691  
or learn more at [vnshealth.org/veteransprogram](https://vnshealth.org/veteransprogram)