



Contra Costa County
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www.contracostatv.org/veteransvoices

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MEDIA RELEASE

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Veterans Voices Show to Discuss Veterans and Social Isolation

On **Monday, May 9th at 7 pm**, Veterans Voices will host a live panel to discuss the many ways in which Veterans are prone to social isolation and provide real life solutions to help them reconnect. Guests will include Jeff Jewell, Harry Hitchings, and Jet Garner who have spent their careers helping Veterans and/or advocating for outdoor therapy for Veterans. They will be joined by our host, Nathan Johnson, to have an in-depth conversation of the causes and solutions for social isolation in the Veterans' community.

Viewers can share their own experiences or ask a question by calling into the program at (925) 313-1170. They can also use the phone number to record a message for the panel any time prior to the show. Leave questions and comments at facebook.com/veteransvoices1 or email veteransvoices@contracostatv.org prior to or during the live television show.

The Veterans' Voices program is broadcasted live on Contra Costa Television (CCTV) on the second Monday of every month at 7 pm. It can be seen live online at facebook.com/veteransvoices1. You can find an archive of past shows and show resources at contracostatv.org/veteransvoices or on our YouTube channel [Veterans Voices of Contra Costa](https://www.youtube.com/channel/UC...). The show is re-run multiple times on CCTV on Comcast Channel 27, Astound Channel 32, and AT&T U-Verse Channel 99.

So many who serve find themselves isolated after transitioning from military to civilian life. It is our hope that this show will reassure Veterans that they are not alone and point them in a positive direction with concepts and resources to help them reconnect.

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