



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 Posttraumatic Stress Triggers

On **Monday, March 13, at 7 pm (PDT)** the Veterans' Voices show will host a live panel of Veterans and clinical psychologists to discuss posttraumatic stress triggers and explore techniques for coping. Guests will include Army Veteran Therman McCormick and Clinical Psychologists Dr. Tara Neavins and Dr. Jeffrey Kixmiller.

Viewers can share their experiences or ask questions by calling 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](https://www.facebook.com/veteransvoices1) or email veteransvoices@contracostatv.org prior to or during the live television show.

The Veterans' Voices program is broadcast 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](https://www.facebook.com/veteransvoices1). You can find an archive of past shows and show resources at <https://contracosta.ca.gov/5163/Veterans-Voices> 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 Channels 32 and 1027, and AT&T U-Verse Channel 99.

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