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Program Announces two Photography Programs for Veteran as Spouses that focus on improving mental health

Canton, Cherokee County Homeless Veteran Program today is announcing two photography programs for Veterans and their spouses to start in August. These classes are free of charge and are limited to 10 persons in each class.

The classes will be held at the Canton American Legion Post on Wednesdays in August which is located at 160 McClure St in Canton. The two classes are being taught by leading professionals in their field. The first class is a “Fundamentals of Photography” and is being taught by KSU professor Martin Longstaff. This class will start on August 12th and run for six weekly sessions. Equipment is included but if you want to bring your own camera/iphone you are welcome to.

The second class entitled “Mindful Photography” will start on August 5th and run for five weekly sessions. This program is being taught by Mark Malony a Combat Photographer and Alan Bernhardt a retired VA therapist. The concept of Mindfulness is one of the leading new area of focus by many organizations to include high stress environments like the United States Military.

Mindfulness and Its Benefits

Mindfulness is the practice of paying full attention to the present moment without judgment. It involves being aware of our thoughts, feelings, bodily sensations, and surroundings as they occur. This simple yet powerful practice has gained popularity because of its positive effects on mental, emotional, and physical well-being.

One of the main benefits of mindfulness is stress reduction. By focusing on the present rather than worrying about the past or future, individuals can feel calmer and more relaxed. Mindfulness also improves concentration and focus, helping people perform better in school, work, and daily activities. Regular practice can enhance emotional regulation by allowing individuals to recognize and manage their emotions more effectively.

In addition, mindfulness contributes to better mental health. Studies have shown that it can reduce symptoms of anxiety and depression while promoting a greater sense of happiness and life satisfaction. Physically, mindfulness may lower blood pressure, improve sleep quality, and strengthen the immune system.

Mindfulness can be practiced through meditation, deep breathing, or simply paying close attention to everyday activities such as eating or walking. By incorporating mindfulness into daily life, people can develop greater self-awareness, improve their overall well-being, and enjoy a more balanced and fulfilling life.



Our program is please to create and provide these two new programs to our Veterans and now their spouses as we want to ensure that we are doing everything possible to help our Veterans deal with overall improving mental health, stated Jim Lindenmayer Executive Director of Cherokee County Homeless Veteran Program. Those Veterans and/or Spouses who wish to sign up for either Program can email or call Jim Lindenmayer at 6678.983.7590 or jlindenmayer80@gmail.com.

About Cherokee County Homeless Veteran Program (CCHVP) – Created on Veterans Day, 2014, CCHVP has been focused on supporting the Veterans of Cherokee and Pickens County who are homeless or near homeless. Over the years we have introduced several programs to help homeless and other Veterans who have mental health issues to include our Veteran Fly Fishing Program, Annual Adopt a VET program, short term housing, rental assistance, eviction diversion assistance, food/clothing and household good via our Thrift Store, Veteran Home Repair Program and our Vehicle donation program. We are currently a Veteran non-profit 501c19 with EIN 58-6067723. You can visit our website at <https://www.cherokeehomelessvets.com>

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