... providing support and a compassionate ear through a difficult time.











# SENIOR PEER COUNSELING





### SENIOR PEER COUNSELING

This program is available at no charge to Yolo County residents age 60 + with concerns related to aging.

To request a Senior Peer Counselor or to learn more about volunteering:

Call: 530-758-5566 Email: spc@yolocares.org

SPCs are not licensed mental health practitioners. If you are in crisis or need additional support please refer to the resources below.

### LOCAL SENIOR CRISIS LINES

Davis (530)756-5000

Woodland

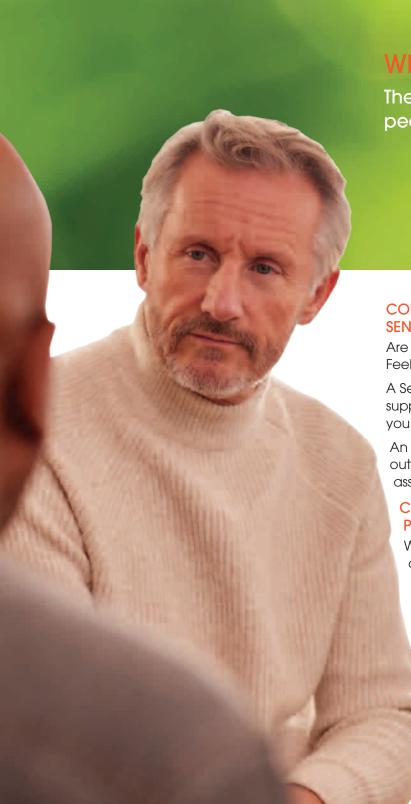
(530)666-7778

West Sac (916)372-6565

Yolo County 24/7 Access and Crisis Line (888)965-3772



1909 Galileo Court Davis, CA 95618 (530) 758-5566 • (800) 491-7711 www.YoloHospice.org



### WHAT IS SENIOR PEER COUNSELING?

The Senior Peer Counseling (SPC) Program offers free peer-to-peer support to Yolo County residents aged 60+.



## COULD YOU BENEFIT FROM HAVING A SENIOR PEER COUNSELOR?

Are you in an age-related life transition? Feeling isolated, lonely or overwhelmed?

A Senior Peer Counselor can provide support and a compassionate ear to help you through a difficult time.

An SPC can be a companion and an outlet to work through the daily challenges associated with normal aging issues.

# COULD YOU BE A VOLUNTEER SENIOR PEER COUNSELOR?

Would you like to use your life experiences and challenges to help others?

Volunteer Senior Peer Counselors are men and women aged 55+ from diverse backgrounds.

Senior Peer Counselors provide thoughtful and confidential support to their peers while sharing similar life experiences.

Senior Peer Counselors are carefully trained and matched with clients, and are fully supported in their work as counselors.



#### **HOW DOES IT WORK?**

Our program brings older adults together for one-on-one visits. Clients and volunteers meet at their mutual convenience in their homes, by telephone, or video chat.

### TRANSITION SUPPORT GROUPS

Group sessions are available and facilitated by our trained SPC volunteers.

Groups are designed to increase socialization and add additional opportunities to connect.

We hope you can join us!

### **LEARN MORE**

Sign up as a client or apply to be a volunteer Senior Peer Counselor.

Contact the Senior Peer Counselor Coordinator at:

Email: SPC@yolocares.org

Call: 530.758-5566

All referrals are confidential and require the approval of the SPC Coordinator.

The Senior Peer Counseling program is supported by the Mental Health Service Act, Prop. 63.