Project Hope is offered by the Stanislaus County Area Agency on Aging. Services include simple visits from a friendly volunteer, peer support, as well as professional support from trained counselors.

Project Hope also works to connect seniors through various community groups.

For more information about Project Hope services please call and speak with one of our staff members.

(209) 558-8698 or 1 (800) 510-2020

www.agingservices.info
Hours: 8:00 a.m. - 4:30 p.m.
Monday - Friday

(209) 558-8698

Stanislaus County Area Agency on Aging

LONELINESS  FRUSTRATION

Why do I feel this way?
Often the losses we endure as we age: loss of loved ones, our independence, our health, etc., can lead to feelings of loneliness, sadness, frustration, or anxiousness. These feelings may interfere with how well we function, how active we are, and our relationships with others. These feelings can negatively affect our health and quality of life. There are things we can do to help ourselves feel better.

Call Project Hope - We can help!

Project Hope is sponsored by the Stanislaus County Board of Supervisors & Behavioral Health and Recovery Services

www.stanislausmhsa.com
What to Expect

A caring staff member will come to your home and explain the details of our Project Hope programs, as well as other available services and local resources.

There is never a charge or cost for our services. All volunteers and staff are pre-screened and go through a background check. Please call for more information. All calls are completely confidential.

Eligibility

These programs are for seniors age 60 or older who reside in Stanislaus County. Participation is voluntary. Clients may stop services at any time.

Friendly Visitors

Friendly Visitors are volunteers who come to your home for social visits and support. Visits are usually twice a month for at least one hour. Activities may include reading together, playing cards, having coffee and conversation, playing games, going for walks; the opportunities are endless!

Peer Support

Volunteer Senior Peer Counselors are trained to provide support to someone experiencing sadness, stress, or other difficult feelings due to common life changes, health problems, loss, or any other challenging situation. Volunteers are seniors themselves and often share similar life experiences and can offer comfort and understanding. Senior peer counselors can provide support for up to 8 sessions on a bi-weekly basis.

Professional Support

For those whose needs are best met through professional counseling, our Master’s Level Social Workers provide short term counseling in the home environment. Clinicians are professionally trained and registered/licensed by the State of California to help individuals negotiate life’s changes and challenges. Clinicians typically provide up to 8 counseling sessions to support seniors in meeting their goals. Clients have the option to receive support services in the comfort of their home or in our office.

For more information about any of our programs or services please call: (209) 558-8698 or 1(800) 510-2020