

## Peer 2 Peer

Peer 2 Peer is a free in-home counseling program that offers weekly visits to older adults that are having trouble overcoming difficulties, or are facing significant change in their lives.



Sometimes just having someone to be there to listen, to care, really helps...

*“When life gives you a hundred reasons to cry, show life that you have a thousand reasons to smile.”*

-Unknown



STANISLAUS COUNTY  
AREA AGENCY ON AGING

## Peer 2 Peer Senior Peer Counseling

*You are not alone*



Sponsored by the  
Stanislaus County  
Board of Supervisors



**Senior Caregiver &  
Information**  
**209-558-8698**

A free service for those 60 and older

## Peer 2 Peer Counseling

Volunteer Senior Peer Counselors are trained to provide counseling and support to those experiencing emotional distress due to health problems, grief, loss of a loved one, depression, anxiety or other difficulty. The volunteers are seniors themselves and often share similar life experiences as well as offer comfort and understanding. The home visits are usually weekly and continue 3-6 months or longer if needed.



### Becoming a Counselor

All counselors must be 55 or older and complete 30 hours of training over 5 weeks time. Training classes meet twice a week for a 3 hour session. All counselors are eligible to receive mileage reimbursement.

Once training is completed Counselors are required to:

- Attend bi-weekly supervision meetings
- Visit with their client once a week for a minimum of an hour
- Submit monthly time logs

**Call to learn when the next training class begins**

**FOR MORE  
INFORMATION CALL  
209-558-8698**

### Becoming a Client

All clients must be 60 or older with a referral to the program. How do you get a referral? Just call the office and speak with someone in confidence that you would like to enroll in the Peer 2 Peer Counseling. It's that simple.



Senior & Caregiver  
Information & Assistance  
(209) 558-8698  
Or  
1 (800) 510-2020

