

How we can help

There are multiple programs to choose from: Brief or volunteer Peer Counseling, Friendly Visitors, & or Senior Center Without Walls. The program options are described in greater detail inside this brochure. You have to take the first step. Help is just a phone call away...

Eligibility

These programs are for seniors age 60 or older. There is no cost for the programs. Participation is voluntary and you may withdraw from the programs at any time. We will help you decide which program is the best fit for you. Call for more information.

**All calls are
completely confidential.**

**“Once you choose hope,
anything’s possible”**

-Christopher Reeve

Loneliness

Sadness

WHY do I feel this way?

Often the losses we endure as we age: loss of loved ones, of our independence, of our health etc., can lead to feelings of loneliness, sadness, frustration, irritability, 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 your health & quality of life. There are things you can do to help yourself feel better.

**Call us
We can help!**



Sponsored by the
Stanislaus County
Board of Supervisors
& Mental Health Services Act



**Stanislaus County
Area Agency on Aging**

PROJECT HOPE

**Caring people providing
emotional support
and social visits
to older adults**

(209) 558-8698

A free service for those 60
or older, provided in the
comfort of your own home.

What to expect

A caring staff person will come to your home & listen to you describe your situation, your hopes and needs. We will describe our programs as well as the services of local agencies and groups that we believe might be a support for you. We will recommend one of these programs or community services and help connect you to the programs and/or services that best meet your needs. There is never a charge or cost for our services. All volunteers are pre-screened and pass a Live Scan background check.

For more information call:

**Senior & Caregiver
Information & Assistance**

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

Peer Support (PEER 2 PEER)

Volunteer Senior Peer Counselors are trained to provide support to those experiencing emotional distress due to health problems, loss of a loved one, severe stress, sadness or other issues. These volunteers are seniors themselves and often share similar life experiences and can offer comfort and understanding. They will come to your home weekly initially, then less frequently, usually for a total 6 to 8 visits or more when needed.

Professional Support

For those struggling with more complex issues we offer short-term traditional counseling, from Master's level Social Workers, who offer support and guidance in resolving personal conflicts, coping with grief and loss, and other difficult emotions & situations.

*“Happiness depends
upon ourselves.”
- Aristotle*



FRIENDLY VISITORS

Volunteers that come to your home for social visits and support. Activities may include reading together, taking walks, playing cards having coffee & conversation etc... They usually visit twice a month and provide on-going social visits.

Senior Center Without Walls

Activities you can join in without having to leave your home. The call & registration are free. You will receive a calendar of events, class schedule, and list of groups you join over the phone. Meet new people, learn new things, and have some fun! Simply call:
Toll-Free 1(877) 797-7299

Programs funded through the
Mental Health Services Act
Visit www.stanislausmhsa.com

for more information.