



“Try to be a  
rainbow in  
someone’s cloud”  
*Maya Angelou*



## Volunteer as a **Senior Peer Counselor** Training starts October 3!

A new training is being offered for prospective Senior Peer Counselors. This Senior Peer Counseling program is intended to help both seniors that are struggling and as a forum for the Peer Counselors to share, at the monthly volunteer meetings, their experiences of service and learning through helping others. The training will provide an orientation to Citizens Who Care and Senior Peer Counseling, explore adult development, positive counseling skills, and how to use Life Review as a tool to work with seniors.

### **ABOUT THE SENIOR PEER COUNSELING PROGRAM**

The program provides support for Yolo County residents age 60 or older who are at a crossroad in their lives and need a caring, non-judgmental person to talk to as they navigate the challenges of grief, loss, depression, and other life changes many experience as they age.

**COUNSELORS** Peer Counselors are volunteers (age 55 and older) recruited from throughout Yolo County. They are screened, trained, and supervised by Citizens Who Care’s Senior Peer Counseling Program Director, a gerontologist with 30 years experience. They are matched based on common interests and shared backgrounds.

**WEEKLY VISITS** Weekly one-on-one visits with a counselor usually last one hour and take place in the home, local senior center, or another mutually agreed upon location.

### **SENIOR PEER COUNSELOR TRAINING DATES**

October 3, 4, & 5

4-6 pm

Woodland Senior Center

For more information call  
Citizens Who Care  
for the Elderly  
(530) 758-3704

This program is administered by Citizens Who Care for the Elderly and funded by the Mental Health Services Act (MHSA) of Yolo County Prevention and Early Intervention.