

ELIGIBILITY Any Yolo County resident age 60 or older who is troubled by concerns of aging may be eligible. There is no fee for counseling.

ASSESSMENT Our Program Director will initially assess your needs and evaluate if Senior Peer Counseling can meet those needs and is a good fit for you.

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.

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WEEKLY VISITS Weekly one-on-one visits with your counselor usually last one hour and take place in your home, local senior center, or another mutually agreed upon location. All information is held in the strictest confidence.

“Transitions” Support Group

This group, designed to offer emotional support and social interaction, meets twice a month and is facilitated by senior peer counselors.

All seniors over the age of 55 are welcome to participate.

Woodland Support Group

**2nd & 4th Tuesday each month
1-2 PM, Woodland Senior Center**

SENIOR PEER COUNSELING

*a no cost service for
older adults in Yolo County*



As you grow older you may face new challenges:

- death of a spouse
- illness
- loss of a job
- family conflict
- feeling sad, angry, helpless, or isolated.

You may need someone to talk with who understands and accepts you as you are right now.

YOU TALK with someone of a similar age and with related life experiences and values, someone who can help you work through feelings - or make decisions - about the challenging issues associated with aging.



WE LISTEN as Peer Counselors are compassionate men and women, age 55 and older, who are trained

and dedicated to providing support in a one-on-one setting or through support groups. They can also help you access other community resources.

**To get started
or for more information, call
Citizens Who Care at 758-3704**

The Senior Peer Counseling and Support Program is operated by Citizens Who Care for the Elderly, a volunteer-driven nonprofit organization, that has served the needs of the frail elderly and their caregivers in Yolo County since 1975. Citizens Who Care also provides in-home respite, visiting services, and weekend social respite for dependent elderly, as well as education workshops and support for caregivers. **This program is funded by the Mental Health Services Act (MHSA) of Yolo County Prevention and Early Intervention.**

To Request a Senior Peer Counselor

Call: 530-758-3704
(24-hour message line)

Email: citizenswhocare@omsoft.com

For telephone counseling and support

Call: 1-800-971-0016
The **Friendship Line**, a toll free **24 hour telephone service** offers telephone counseling, support, and reassurance for the elderly.

In Crisis

Call: 888-965-6647
(24-hour Crisis Line)

CWC
Citizens Who Care
For The Elderly
409 Lincoln Ave.
Woodland, CA 95695
www.citizenswhocare.us

CWC does not discriminate in hiring or services. We are open to all persons without regard to any background or characteristic protected under state and federal law.

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**Let's
Talk!**

**A UNIQUE, SUPPORTIVE RELATIONSHIP BASED
ON TRUST, COMPASSION AND UNDERSTANDING**



Support for seniors 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.

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