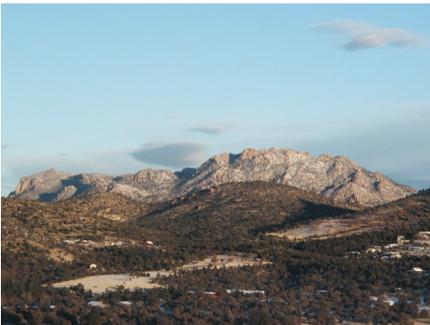


Helping Many, But Hoping To Help More

You aren't the only one.

Call today and take advantage of the prevention services provided by **Senior Peer Prevention Program**. Maintain your emotional health and wellness.



Funding for this program is provided by the Office of the Arizona Attorney General.

Do you want to re-establish purpose in your life?

Would you like to connect with other Seniors who have similar life experiences?

How about having more Senior companionship?



You Aren't The Only One

Senior Peer Prevention Program

a program of
West Yavapai Guidance Clinic

928-445-5211 ext 2672

SENIOR PEER PREVENTION PROGRAM 

A program of West Yavapai
Guidance Clinic

Phone: 928-445-5211 ext 2672
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www.seniorpeerprevention.org

West Yavapai Guidance Clinic is contracted through Health Choice Integrated Care, the Regional Behavioral Health Authority for Apache, Coconino, Gila, Mohave, Navajo, and Yavapai counties. Funds for services are provided through a contract with AHCCCS.

You Aren't The Only One

The longer we live, the more likely we will experience one or more of the issues on the list below. Do any of them look familiar to you?

- Difficulties with isolation
- Chronic health conditions
- Stress
- Loss of spouse
- Financial challenges



There is no requirement to “go it alone.” Sometimes, the advice or the listening ears of people of a similar age and set of life experiences can be what you need. If you reach out for this assistance in a time of prevention—*before* a major depression or debilitating anxiety is an issue—you are more likely to improve your outlook and increase your sense of hope. This is what you will find in the **Senior Peer Prevention Program**.

Services Available To You

The free services provided by **Senior Peer Prevention Program** may be just what you need to decrease your sense of loneliness, to provide you with ideas of how to adapt to life changes, and to help you successfully manage your health (which includes emotional health). The services are:

- Confidential Support Groups
- One-On-One Individualized Support (peers come to you!)
- Educational Presentations,
- Resource/Referral for those seeking info on senior adult-specific issues

Who Is Eligible

Free to participants, with a minimum age of 60. No financial eligibility requirement. Participants must reside in the Prescott (Quad-City) area.

The **Senior Peer Prevention Program** is not a treatment program. It is a *prevention* program focused on helping seniors stay emotionally strong and manage life changes with the support of peers.



Participate And Grow: From Those Who Know

“Thanks for helping me see a new perspective to my personal issues. I now have a better understanding of my feelings which gives me a more positive outlook, which I desperately needed.”

“My world turned upside down when my husband lost his 14-year battle with diabetes. I did not know what I was going to do or what was going to happen to me. With your help, I am alive and well, going on with my life.”

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