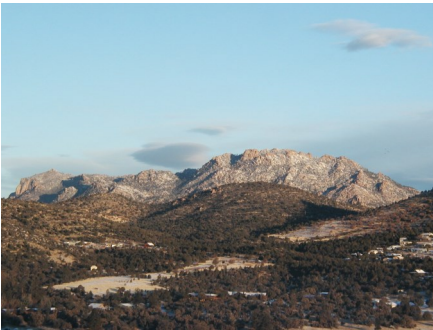


Helping Many, But Hoping To Help More

You aren't the only one.

Call today and take advantage of the prevention services provided by **Senior Peer Program**.

Maintain your emotional health and wellness.



seniorpeerprogram.org

KENDAL[®]
Together, transforming the experience of aging.®

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ARIZONA



SENIOR PEER PROGRAM

A program of West Yavapai
Guidance Clinic

Call: 928-445-5211 ext 2601 or 2672

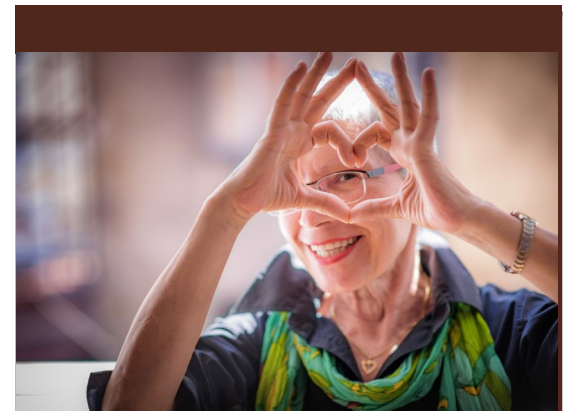
Fax: 928-445-9522

E-mail: c.boston@wygc.org
seniorpeerprogram.org

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

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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 Program**.

Services Available To You

The free services provided by **Senior Peer 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 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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