

... providing support and a compassionate ear through a difficult time.



WELLNESS RECOVERY RESILIENCE

*The Senior Peer Counseling Program is supported by the Mental Health Services Act, Prop 63.*



## SENIOR PEER COUNSELING

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This program is available at no charge to Yolo County residents age 60 + with concerns related to aging.

To request a Senior Peer Counselor or to learn more about volunteering:

Call: **530-758-5566**

Email: [spc@yolocares.org](mailto:spc@yolocares.org)

SPCs are not licensed mental health practitioners. If you are in crisis or need additional support please refer to the resources below.

### LOCAL SENIOR CRISIS LINES

**Davis**  
(530)756-5000

**Woodland**  
(530)666-7778

**West Sac**  
(916)372-6565

**Yolo County 24/7 Access and Crisis Line**  
(888)965-3772



1909 Galileo Court  
Davis, CA 95618  
(530) 758-5566 • (800) 491-7711  
[www.YoloHospice.org](http://www.YoloHospice.org)



## WHAT IS SENIOR PEER COUNSELING?

The Senior Peer Counseling (SPC) Program offers free peer-to-peer support to Yolo County residents aged 60+.



### COULD YOU BENEFIT FROM HAVING A SENIOR PEER COUNSELOR?

Are you in an age-related life transition? Feeling isolated, lonely or overwhelmed?

A Senior Peer Counselor can provide support and a compassionate ear to help you through a difficult time.

An SPC can be a companion and an outlet to work through the daily challenges associated with normal aging issues.

### COULD YOU BE A VOLUNTEER SENIOR PEER COUNSELOR?

Would you like to use your life experiences and challenges to help others?

Volunteer Senior Peer Counselors are men and women aged 55+ from diverse backgrounds.

Senior Peer Counselors provide thoughtful and confidential support to their peers while sharing similar life experiences.

Senior Peer Counselors are carefully trained and matched with clients, and are fully supported in their work as counselors.

### HOW DOES IT WORK?

Our program brings older adults together for one-on-one visits. Clients and volunteers meet at their mutual convenience in their homes, by telephone, or video chat.

### TRANSITION SUPPORT GROUPS

Group sessions are available and facilitated by our trained SPC volunteers.

Groups are designed to increase socialization and add additional opportunities to connect.

We hope you can join us!

### LEARN MORE

Sign up as a client or apply to be a volunteer Senior Peer Counselor.

Contact the Senior Peer Counselor Coordinator at:

Email: [SPC@yolocares.org](mailto:SPC@yolocares.org)

Call: **530.758-5566**

All referrals are confidential and require the approval of the SPC Coordinator.

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