



**Beautiful Minds™**  
WELLNESS  
A NON-PROFIT ORGANIZATION

## How Do I Get Connected to Senior Peer Counseling?

To make a referral for yourself, for someone you know or to learn how to become a volunteer contact us at: **530-883-8466**.



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### Senior Peer Counseling

📞 530-883-8466  
📍 13300 New Airport Rd,  
Suite 102, Auburn



Funding has been provided, in part, by the County of Placer Mental Health Services Act.

## Senior Peer Counseling

*A free service to adults 55 years or older*

All referrals are confidential and are subject to approval by the Senior Peer Counseling Coordinator and availability of a Senior Peer Counselor.



## Who are Senior Peer Counselors?

- Older adults who are carefully selected and trained to provide volunteer supportive counseling to seniors.
- Senior Peer Counselors incorporate life experience and receive initial and supplemental training. They are supervised by the Senior Peer Counseling Coordinator.
- Senior Peer Counselors will listen, support and gently coach you to reach your solution.

## Senior Peer Counselors offer short-term support with issues such as:

- Family conflicts
- Substance abuse
- Loss of independence
- Caregiver stress
- Depression
- Anxiety
- Access to community resources
- Loneliness
- Loss of driver's license

## What is Senior Peer Counseling?

As we age, transitions can sometimes be painful.

The loss of a companion, medical illness, physical disability, retirement, relocation and other events can be upsetting and hard to adjust to.

Sometimes it is helpful to talk to someone near your own age to work through the issue at hand.

A peer can help you address these transitional concerns in a safe and confidential environment.

Senior Peer Counseling is a free service to all residents of Placer County who are 55 years old or better.

Senior Peer Counseling volunteers provide short-term in-home confidential counseling.

