

Peer Counseling for Seniors!

Make a difference in
someone's life
and your own...

become a

PEER COUNSELOR!

Peer Counselors

are matched with pre-screened seniors and commit to weekly meetings. They help seniors in need due to grief associated with the loss of a loved one, caregiver stress, illness, depression, anxiety, and coping with other life transitions.

Peer Counselors

need no specific education, but use their life experience, compassion and listening skills to support others.

This program is designated for volunteers who are ages 55 and older.



Helping seniors navigate
through the tough times
associated with aging.

DID YOU KNOW...

Volunteers have the opportunity to:

- Learn new skills
- Make meaningful social connections
- Increase self confidence
- Combat depression
- Positively contribute to the community

Make a difference in your community!

Training begins Summer 2014!

Contact Jody Pierce at 303-655-9065, Ext. 9
to find out more or to schedule an interview.

Senior Peer Counseling Program
Pennock Center for Counseling
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