



**"No one is useless in this world
who lightens the burdens of another."**

Charles Dickens

PLACE
STAMP
HERE

Pennock Center for Counseling
211 S. 21st Avenue
Brighton, CO 80601

***Referrals are confidential
and are subject to approval
by the program coordinator.
Services are also dependent
on the availability of a
Senior Peer Counselor.***

Pennock
center for counseling

Compassionate mental health services based on a foundation of hope and change.

SENIOR PEER COUNSELING



**A counseling outreach
program helping seniors
ages 55 and older
navigate through the
tough times associated
with aging.**

www.pennockcounseling.org



Challenges Facing Seniors

Many seniors experience difficult life transitions and losses that lead to depression, isolation and anxiety. Some challenges may include:

- Adjustment to retirement
- Anxiety
- Caregiver stress
- Declining health or illness
- Depression
- Family relationships
- Grief
- Loneliness
- Loss of independence
- Loss of spouse and friends
- Relocation

You are not alone.

If you or someone you know could benefit from peer counseling, please give us a call at 303-655-9065.

We look forward to hearing from you!

What is Peer Counseling?

Peer counseling is a confidential, no-cost counseling service provided by specially trained, screened and supervised community volunteers. Both clients and volunteers must be age 55-years or older to participate.

What we provide

- Assessment by a professional
- Free, confidential counseling
- Weekly visits
- Emotional support & guidance
- Community resource information

What we do not provide

- 24-hour emergency response
- Assessments for dementia
- Counseling for addictions
- Counseling for major mental illnesses
- Home healthcare services



Reconnect with your peers through peer counseling!

Become a Peer Counselor

If you would like to make a difference in someone's life and your own, consider becoming a Peer Counselor! Peer Counselors need no specific education, but use their life experience, compassion and listening skills to support others.

Benefits of Volunteering

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

Pennock Center for Counseling

Pennock Center for Counseling is a 501(c)(3) nonprofit organization providing affordable mental health counseling, groups and programming to those in need.

Please consider a tax deductible donation to Pennock Center for Counseling.

Contact Us

PENNOCK
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