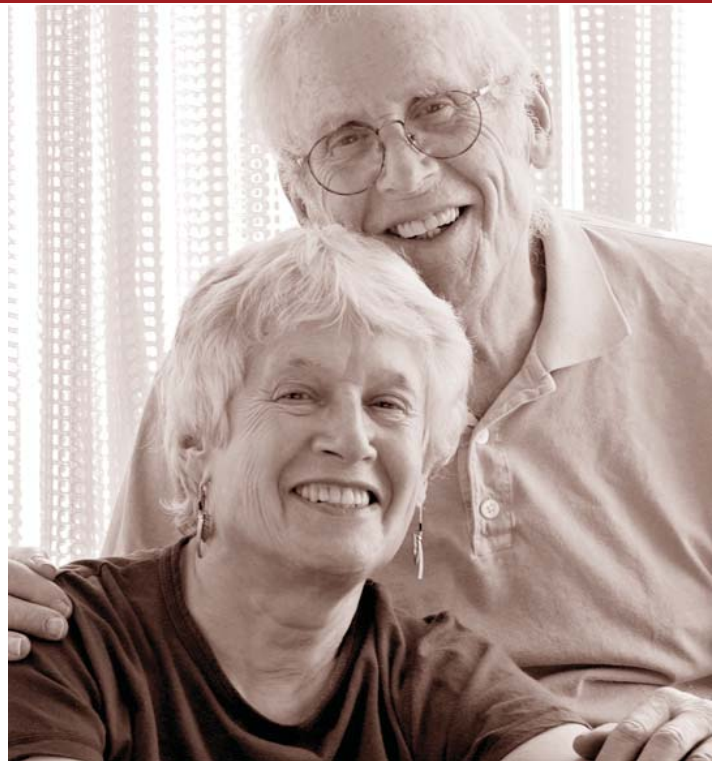




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For more information, contact:

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Senior Peer Counseling Program

FSA's **Senior Peer Counseling Program (SPC)** trains volunteers, 55 and older, to provide emotional support to peers who are having difficulty coping with life's challenges. Services are available to clients free of charge.

Senior Peer Counselors are individuals who have experienced the ups and downs that are part of life. The **Senior Peer Counseling** program draws on their wisdom to help others navigate through rough times. We choose counselors for their warmth, compassion, and openness, all of which help create safe and supportive counseling relationships.

Contact us to find out how you can learn new skills, gain self-knowledge, and integrate a lifetime of experience into meaningful volunteer work.

WE ARE LOOKING FOR YOU, IF YOU ARE:

- Over 55 and a caring person
- Interested in helping others over 55 who are isolated or at risk due to medical, mental health or behavioral issues
- Able to attend a free training
- Looking for meaningful volunteer work