



## *Senior Peer Counseling Contact Information*

If you are interested in becoming a Senior Peer Counselor or if you know someone who might benefit from Senior Peer Counseling please contact:

Lauren Wantland, L.C.S.W

Office # 472-0551

spcl Lauren@gmail.com

Fax # is 468-5629

*All referrals to the program are confidential.*

Program services are subject to approval by The Ukiah Senior Center, the Senior Peer Counseling Coordinator and the availability of a Senior Peer Counselor.

The program is funded by Mendocino County Health and Human Services through the Mental Health Services Act.

Ukiah Senior Center  
499 Leslie St.  
Ukiah, CA 95482

Address Service Requested



## *Senior Peer Counseling Program*



*Seniors as counselors, advocates and leaders.*

## *What is Senior Peer Counseling?*

Senior Peer Counseling utilizes the skills and life experiences of older adults to provide emotional support to their peers.

The program provides seniors (60 and older) with the opportunity to talk to someone their age who has experienced similar life changes and can understand their concerns.

Meetings take place in the client's home, typically for one hour a week. All conversations are strictly confidential. The program's services are offered free of charge, and are available to seniors in Ukiah and Willits.



**“My Senior Peer Counselor has given me some great ideas for things to do to help me feel less lonely.”**

**Mary B.**

**“ After my husband passed away, I really needed someone to talk to. My Senior Peer Counselor has helped me to see that there is a future for me.”**

**Kathryn T.**

## *Who are Senior Peer Counselors?*

Senior Peer Counselors are men and women 55 and older coming from diverse backgrounds and experiences, who are selected for their warmth, understanding and respect for others.



**“My work as a Senior Peer Counselor has enriched my life and given me the opportunity to help others face the challenges of aging.”**

**Nancy R.**

The Ukiah Senior Center Senior Peer Counseling program is coordinated by Lauren Wantland, L.C.S.W., who has had extensive experience working with seniors and training peer counselors. Lauren will provide the training and on-going supervision for the program.

## *Who can Benefit from Senior Peer Counseling?*

People who are experiencing stress from changing life circumstances can benefit from discussing their thoughts and feelings with a trained counselor.

As we age, certain changes can occur. Some of these changes can be depression, isolation, illness/disability, anxiety, loneliness, grief and loss. A trained Senior Peer Counselor can provide support dealing with these challenges.



**“Having another man to talk to about my illness has given me a lot of support. I really look forward to our visits.**