



30 Kawana Springs Road
Santa Rosa, CA 95404
707-525-0143
www.councilonaging.com

IN-HOME MENTAL HEALTH SUPPORT

Serving Sonoma County seniors over the age of 60

SENIOR PEER SUPPORT

This program supports seniors struggling with serious depression, anxiety and other mental illnesses. Under the supervision of a licensed Marriage and Family Therapist, volunteers receive training to enable them to provide their clients with emotional support and help them to develop skills, community resources and social supports leading to a more constructive and satisfying life. Volunteers provide 12 weekly sessions to the client, maintain progress notes and attend weekly supervision/support meetings. For more information, call Don Deffenbaugh, MFT, Manager, Mental Health Services, 525-0143, ext. 125.



SENIORS HELPING SENIORS



HEALTHY IDEAS

This program identifies seniors with depression and supports empowering activities to improve quality of care and enhance quality of life for older adults. After an initial assessment seniors are linked up with either a Care Manager or a Senior Peer Support volunteer for 10 weekly sessions to set obtainable goals to increase activity and reduce signs of depression. For more information call Don Deffenbaugh, MFT, Manager, Mental Health Services, 525-0143, ext. 125.

FRIENDLY VISITORS



Friendly Visitors are volunteers who enjoy savoring and sharing life's daily pleasures. They are confidantes, companions, "friends." They are people like you with an hour to spare and a desire to be someone's window to the outside world. The relationship works both ways. In befriending a senior, a Friendly Visitor is afforded a chance to share in a lifetime of experience and wisdom. Please call our Director of Volunteer Services, Michele Leonard, at 707-525-0143 ext. 147 for more information.

"Anyone who willingly enters into the pain of another is truly a remarkable person"

Nouwen, In Memoriam

