Oregon Senior Peer Outreach is a Peer-Run Program of Community Counseling Solutions (CCS).

To make referrals to this program, please fill out the online Referral Request form at https://communitycounselingsolutions.org/senior-outreach-program/ or call Todd Trautner, Oregon Senior Peer Outreach Program Supervisor at our toll-free referral line:

1-833-736-4676

CCS is a mission-driven nonprofit which provides progressive, dynamic and diverse supports to improve the health of the community. CCS is a 501c3 and can accept charitable donations. To make a contribution, please visit our website: www.communitycounselingsolutions.org

Our experienced peer leadership team can assist in the development of additional Oregon Senior Peer Outreach services to meet the needs of Seniors in your region! Call our Program Manager, Sharon Kuehn, at 510-593-4966 for more information.

Oregon Senior Peer Outreach
Community Counseling Solutions
PO Box 469
Heppner, OR 97836

No need to go it alone!
Intentional Peer Support (IPS) provides a powerful framework for creating relationships where both people learn and grow together. IPS is used across the world in community, peer support and human services settings. It is an effective tool for community development that honors each person's strengths and innate value.

Our team of experienced Senior Peer Supporters are ready to place weekly telephone calls to elders (55+) in Oregon who want a caring, compassionate friend to talk with. We understand some of the unique challenges of growing older and spending too much time alone. Let us provide a caring, personal connection!

Our goal is to connect with you, to listen, and to discover together how we can make sense of our experiences and to find and share hope. We understand that everyone has a unique worldview. We notice that people can often see more possibilities for ourselves when we connect with a compassionate peer.

Our Senior Peer Supporters are people who have experienced life challenges - including big feelings, voices, visions, trauma, and addictions. Now that we are moving into our golden years, we feel that there is

**No need to go it alone!**

Give us a call to request our telephone outreach service for seniors who are socially isolated or lonely!

**1-833-SENIOR OUTREACH**

**1-833-736-4676**