

Seniors Peer Support

Seniors Peer Support has 3 goals.

1. To help anyone 55+ who is facing changes and challenges in their lives.
2. To extend a helping hand out into our community.
3. To engage seniors to volunteer in their community.

**Regional Group Member of
Seniors Peer Counselling B.C.**

*North Shore Neighbourhood House
Seniors Programs promote and
enhance the quality of life of adults
55+ living in our community through
activities and diverse programs
which facilitate leadership, learning,
and healthy living.*

With Thanks to our Funders and Partners

City of North Vancouver
Vancouver Coastal Health
United Way of the Lower Mainland
District of North Vancouver
District of West Vancouver

Contact Information

for
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North Shore
Neighbourhood House

Seniors Peer Support

SENIORS PROGRAMS



Sharing and Caring



North Shore
Neighbourhood
House

NORTH VANCOUVER
Recreation
& Culture

What is Peer Support?

Emotional support for seniors when facing changes and challenges

- **Free** confidential 1-1 support
- Offering encouragement
- Information and Outreach
- Sharing similar experiences with other seniors
- Enjoying companionship

Who can benefit from Seniors Peer Support?

Changes are part of life and we can help adults 55+ with:

- Health concerns
- Retirement
- Grief and Loss
- Caregiver stress
- Loneliness
- Making new friends
- Making decisions
- Accessing resources
- Relocation
- Connecting with community

Confidentiality is respected at all times.



How Do I Get Support?

Phone 604-983-6490

- Self referral
- Family and Friends can refer
- Health Services referrals
- Community Services referrals

Seniors Peer Support is a free service where trained senior volunteers meet one-to-one with other seniors in their home or mutually agreed upon place.

Confidential Guidance

- Our Senior volunteers are carefully screened and are fully trained
- they will meet with you 1-1, once per week and listen to your concerns

Support is provided to all seniors regardless of gender, race, religion or ability

Senior Peer Support in the Community

- Outreach to groups by peer support volunteers
- Presentations about our program

Want to Volunteer with Seniors Peer Support?

Make a difference in another senior's life. Volunteer today!

- Learn new skills
- Contribute to your community
- Connect with other volunteers
- Share similar experiences with other seniors
- Make new friends
- Stay active
- Have fun!

For more information or a volunteer package, call Lorna Harding 604-983-6490