

VOLUNTEERS NEEDED



SENIOR PEER COUNSELORS NEEDED

Volunteers to Help the Salinas' Aging Population

- Do you **spe**ak Spanish and/or are **Bilingual**?
- Are you **55 years of age** or older?
- Do you have your **own transportation** or other means of transporting yourself?
- Are you **available 1-3 hours weekly** to provide peer counseling?

This is a great opportunity to help seniors cope with the challenges of aging.

Ten hours of initial skills training and ongoing guidance is provided.

This program is sponsored by



MONTEREY COUNTY
BEHAVIORAL HEALTH

For more information, please call **831.655.1334**