



# Peer Counseling for Seniors

The *Peer to Peer Counseling* program, funded under the Mental Health Services Act, provides support to senior community members who are experiencing emotional distress. Peer counselors can offer both individual and group counseling, and additional support through linkages to age and culturally-appropriate resources.

This service is free and offered to community members, ages 60 and over, who work or reside in the cities of Pomona, Claremont, or La Verne.

- Seniors 60 and over
- Individual counseling
- Group counseling
- Referrals to resources



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