



## Peer Counseling Support Groups

### Caregiver Support Group

A safe, confidential space to share your ups and downs and to get support, education, and resources to help you deal with the challenges of caring for your loved one.

*Call for more information*

### Bereavement Group

This group provides a safe, confidential place to grieve the loss of a loved one and an opportunity to address one's own emotional needs.

*Call for more information*

### Women's Group

A safe place for women to share the pain and pleasure of life, and to provide and receive emotional support.

**Mondays, 2 - 3:30 pm**

### Men's Group

Confidential and trusting environments in which men can talk about personal issues in their lives, covering both physical and emotional concerns.

**Thursdays, 11 - 12:30 pm**

### From Collecting to Decluttering

A step-by-step, 15-week program to assist and support participants in gaining control over acquiring and saving too many things.

*Call for more information*

**Pre-registration is required. No drop-ins. Some groups may have a fee. Fees may be adjusted based on ability to pay.**

**Individual peer counseling is available. Peer counselors receive extensive training and are supervised by a mental health professional.**

Wise & Healthy Aging, a non-profit social services organization, advances the dignity and quality of life of older adults through leadership, advocacy, and high-quality innovative services.



## **Peer Counseling Support Groups**

Peer-to-peer counseling utilizes the skills and life experiences of older adults in providing emotional support to other older adults. The Peer Counseling Program at Wise & Healthy Aging provides older adults with the opportunity to talk to someone who has gone through similar life changes and can understand their concerns.

Trained volunteer peer counselors, with diverse backgrounds and experiences, are selected for their warmth, caring, and respect of others. After extensive training and ongoing supervision from mental health professionals, these special volunteers provide support, understanding, and problem-solving skills to address issues of isolation, difficult personal relationships, and loss.

Various support groups are available for individuals age 60+. These include bereavement, women and men's groups, caregiver support and "From Collecting to Decluttering", a step-by-step, 15-week program to assist and support participants in gaining control over their stuff.

Groups and individual sessions are held at Wise & Healthy Aging located at 1527 4th Street in Santa Monica. Parking underneath the building is validated.

**For more information, call: (310) 394-9871, ext. 289**

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