



# SENIOR PEER



## COUNSELLING

You deserve to feel heard.

Counselling can provide  
the understanding and  
compassionate support  
you need.

**250-754-3331**

**NANAIMO FAMILY LIFE ASSOCIATION**

**THE SENIORS PEER  
COUNSELLING PROGRAM  
PROVIDES COMPASSIONATE  
SUPPORT TO HELP ALLEVIATE  
LONELINESS AND ISOLATION FOR  
THOSE AGED 55 AND OLDER. OUR  
GOAL IS TO EMPOWER SENIORS  
TO EMBRACE HEALTHY AGING BY  
NURTURING THEIR PHYSICAL,  
EMOTIONAL, AND SPIRITUAL  
WELL-BEING.**

## **WHAT WE OFFER**

**APPROACHABLE COUNSELLORS  
GENERATIONAL INSIGHT  
COMMUNITY CONNECTIONS  
SHARED LIFE EXPERIENCES  
COMFORT IN CONNECTION**

## **START YOUR JOURNEY TODAY**

**INTAKE FORMS ARE AVAILABLE  
FOR PICKUP AT OUR OFFICE OR  
AT OUR WEBSITE BELOW.**



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