



Presented by:
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*LCSW, Manager, Senior
Peer Counseling Program*

Join us to find out how to combat isolation and loneliness with social interactions through programs such as Peninsula Family Services' Senior Peer Counseling Program.

Raffle prize drawings & refreshments served.

If you or someone you know is having thoughts of suicide, call 1-800-273-8255 (National Suicide Prevention Lifeline) or 650-579-0350 (StarVista Crisis Hotline).

Preventing Isolation and Loneliness in Older Adults

Date: September 23, 2019

Time: 7:00 p.m. - 8:30 p.m.

Location: San Carlos Library, Upstairs Rooms A/B, 610 Elm St, San Carlos

To Register: Contact Cristina Ugaitafa at 650-573-2937 or cugaitafa@smcgov.org



SAN MATEO COUNTY HEALTH
**BEHAVIORAL HEALTH
& RECOVERY SERVICES**



#BeTheOneSMC #ImHereForYou
smchealth.org/SuicidePrevention