Presented by:
**Ann Blick Hamer**
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

#BeTheOneSMC  #ImHereForYou

smchealth.org/SuicidePrevention