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Senior peer counseling coordinators Maggie Campos, Judy Chin, Ofie Albrecht, Arq Pacheco.

## Seeking senior volunteers to train for peer counseling

SAN MATEO, Calif. — Peninsula Family Service is now accepting applications for volunteer counselors in its Senior Peer Counseling Program. Training begins September 26, 2011, at Peninsula Family Service, located at 24 Second Avenue in San Mateo.

Volunteers must be at least 55 years of age and residents of San Mateo County. The training takes place over nine weeks, with volunteers meeting two days a week for 3 hours each session. A licensed professional leads the sessions, which consist of topics such as basics of social and family relations, self-awareness, listening skills, understanding depression and other challenges of aging.

Peninsula Family Service's Senior Peer Counseling Program assists older adults who are experiencing issues such as loneliness, isolation, grief and depression by giving them opportunities to interact with volunteers who share similar ages, experience, values and culture. The program also helps adults 55 years and older access community resources that are available in San Mateo County.

Peninsula Family Service, a private nonprofit organization headquartered in San Mateo, California, has provided life-changing skills and resources for communities throughout the Peninsula for more than 60 years. Serving nearly 20,000 people annually, Peninsula Family Service provides a comprehensive array of multi-generational programs – in multiple languages – to all children, families and older adults who need a hand-up, not a handout, regardless of their ability to pay. Programs include child development, financial empowerment and career re-training for older adults. For more information, visit [www.](http://www.)