

Become a Volunteer Peer Counselor

Peer Counseling is a one-on-one service provided by trained volunteers in San Mateo County. As a volunteer you receive FREE training and professional support, while you offer confidential emotional support, and understanding for one hour a week to older adults facing challenge such as loneliness, depression, grief, isolation from family & friends, loss, and life changes.

Support is offered in Cantonese, English, Mandarin, Spanish, Tagalog, and to the LGBTQ+ community.



Fall 2022 Training (English)
Join us via ZOOM

October 11 - November 9, 2022
Tues & Wed 9:30am - 12:30pm

FREE TRAINING AND SUPPORT IN:

- Communication Skills
- Basics of Counseling
- Working with Diverse Cultures
- Understanding Social Isolation
- Working with Grief and Loss
- Responding to Depression and Anxiety
- Common Health Issues
- Taking Care of Yourself
- Professional Continuing Education

SKILLS AND VALUES YOU BRING TO THE PROGRAM:

- Interest in helping older adults
- Good listening skills
- Caring and compassionate
- 55+ years young
- Able to volunteer 1+ hours a week
- Pleased to meet with fellow volunteers once a month
- A one-year commitment



For details, please contact our Coordinators, or call 650.403.4300 x4389

Tessie Madrinan, Filipino Services650.403.4300 ext. 4363

Helen Tsui, Chinese Services650.403.4300 ext. 4392

Veronika Park, Latinx Services.....650.403.4300 ext. 4321

Eddie Perez, LGBTQ+ Services650 403-4300 ext. 4383

Michele Epstein, Services in English650.403.4300 ext. 4371

Stella Zeng, Director Peer Counseling.....650-403-4300 ext. 4322

你想有一番不平凡的經歷嗎

通過我們的培訓項目，你就可以讓你理想的夢變成真實。

運用你既有的人生經驗及價值，繼而經過六星期的培訓和調教，保證你定會與社會作有意義的結合。

請立即報名參加中半島家庭服務處每年春秋兩季的志工培訓班，屆時請密切留意中文報紙的確切開學日期。

有興趣者請聯絡

Helen Tsui, Chinese Coordinator

電話 650.403.4300 分機 4392

htsui@peninsulafamilyservice.org

LA ESPERANZA ESTA VIVA Y LA QUEREMOS TRANSMITIR

Eres una persona que crees en ti misma, que tiene dignidad y que sabe que todos los demás la necesitan. Como inmigrante conoces la dificultad de vivir en otro país. Tú que tienes muchos valores para transmitirle a los demás. Has luchado, te has abierto paso, has aprendido a hacer-lo y quieres ayudar a otras personas a vivir bien, escuchá -ndolas y guiándolas.

Nuestros padres, nuestros amigos, nuestros vecinos, están envejeciendo y se quedan solos. Limitados física y mentalmente, han sufrido pérdidas en sus vidas que no han superado. Quizás conozcas muchos casos y quieras ayudarlos.

Te invito a ser un "consejero". Lo capacitaremos para que se prepare para servir mejor a su comunidad, escuchar y comunicarse con atención. **"Tu sirves para servir"**

Mil gracias. Por favor comunícate conmigo,

Veronika Park

650.403.4300 ext. 4321

ALL ARE
WELCOME



LGBTQ PEER COUNSELING

Who are our Volunteers?

People like you who:

- Are interested in helping LGBTQ+ older adults
- Are sensitive & reliable
- Desire a flexible schedule
- Are age 55 or older
- Willing to be screened for a background check

Benefits to Volunteers:

- Personal satisfaction with helping others
- Establish caring relationships
- Opportunity to develop new skills & network
- Obtain information on aging issues
- Interact with other volunteers

Benefits to Clients:

- Someone to really listen
- Access to community resources
- Provide needed socialization
- Reduce isolation & stigma

How to Volunteer?

Eddie Perez, LGBTQ+ Coordinator
650.403.4300 x4383
eperez@peninsulafamilyservice.org

HANDOG SA KAPWA PINOY

Itong kusang-loob na gawain ay puno ng gantimpala at tunay na kasiya-siya. Ang maging bahagi ng buhay o karanasan ng mga may-edad na tao ay nakakagawa ng malaking kabutihan sa kanila. Ang ilan sa kanila ay lumalapit sa amin para madama ang damdamin at kulturang Pilipino. Dinadalaw namin sila minsan sa isang linggo at ito ay nagdudulot ng kasiyahan sa kanila. Isang simpleng pag-uusap o kwentuhan sa sariling wika ay malaking bagay sa kanila.

Ang mga matatanda na aming pinaglilingkuran ay binabahagi sa amin ang kanilang buhay nuong nasa Pilipinas pa sila, kung paano sila pinalaki ng kanilang magulang at paano nilang pinalaki ang kanilang sariling anak. Kahalo na dito ang mga masasayang alaala at maski yuong nagdulot ng kalungkutan at dalamhati. Naiintindihan namin ang mga salaysay, karanasan at mga lugar na ito, sapagkat ito ay hindi nalalayo sa aming sariling karanasan at kaalaman. Ang naglilingkod at ang pinaglilingkuran ay kadalasan magkaisang diwa kaya madaling magkaintindihan at magkasundo.

Tuwawag kay:

Tessie Madrinan

650.403.4300 x4363

tmadrinan@peninsulafamilyservice.org