

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 30+ hour 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 especially to our African American and LGBTQIA+ community.



FREE TRAINING AND SUPPORT IN:

- Communication Skills
- Working with Diverse Cultures
- Understanding Social Isolation
- Working with Grief & Loss
- Responding to Depression & 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
- Volunteer 1+ hours a week
- Meet with peers once a month
- A one-year commitment



**For details and information about our next training,
please call 650.403.4300 or email info@pfso.org**