



Ever feel Lonely?

Do you live alone and would like someone to visit with?



Friendly Visitors are volunteers ages 18 years and older, that provide companionship. These volunteers will visit two times a month and devote an hour to you.

You and the volunteer decide what days and times are best for visiting!

Visits are focused on fun activities that you want to do.

This can include playing cards or board games, sharing stories, chatting & having coffee, going for walks, etc...

To be a part of this FREE program all you have to do is call!
We'll send the Friendly Visitor Coordinator to meet you first.

You don't have to feel alone anymore.

A Friendly Visitor is waiting for you!

To sign up or to volunteer please contact:

Senior Information & Assistance Line : **209-558-8698**

and ask about the Friendly Visitor Program

Visit <http://www.agingservices.info/> for more info about Project Hope

Sponsored by the Stanislaus County BHRS Mental Health Services Act

