

Senior Counseling Services



Are you or a loved one:

Feeling isolated?

Coping with chronic health conditions?

Experiencing grief and loss?

Facing loss of independence?

Dealing with family conflict?

Suffering from depression and anxiety with no access to outpatient services?



Family Services' Senior Counseling Services can:

Provide an **initial assessment** to develop mutually agreed upon goals

Offer a **trusting relationship** with the older adult to help improve quality of life

Educate family to help them best support their loved one at home

Assist with **community resources** connections

**No one should suffer in silence.
We're here to listen.**

For more information, contact:

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*In-home counseling is available for individuals who meet the following criteria:
Older adults (age 60+), who reside in Montgomery County and have difficulty leaving their home for appointments.*

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