

SUPPORT & GUIDANCE FOR OLDER ADULTS

Are you feeling:

- Sad, lonely, or disconnected?
- Struggling to find joy in things you used to enjoy?
- Grieving a loss or major life change?
- Feeling hopeless, anxious, or overwhelmed?

You don't have to face this alone.

Professional, compassionate therapy and guidance can help you regain balance, purpose, and peace of mind.



About the Consultant:

Deborah Hammond, DHSc, LSCW

- Experienced in geriatric mental health and wellness
- Dedicated to empowering older adults to live fulfilling, meaningful lives



DPH Counseling | Chicago, IL

773-312-7104

dphcounsel@gmail.com

dph-counseling.com

*You deserve support, comfort,
and empowerment at every stage*