



# SUPPORT & GUIDANCE

— FOR OLDER ADULTS —



## ARE YOU EXPERIENCING:



Loneliness or disconnection



Anxiety, stress, or sadness



Grief or life changes



Relationship challenges



### You don't have to navigate this alone.

Compassionate counseling can help you regain balance, purpose, and peace of mind.



## ABOUT THE COUNSELOR

**Deborah Hammond,**  
DHSc, LCSW

- ✓ Licensed clinical social worker
- ✓ Geriatric mental health specialist
- ✓ Dedicated to supporting older adults



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SUPPORT • COMFORT • EMPOWERMENT

