



WE ARE INVITING YOU TO REACH OUT TO NEW PEOPLE WHO WILL SUPPORT AND ACCOMPANY YOU IN THIS TIME OF PHYSICAL DISTANCING. WE WANT TO LISTEN TO YOU AND SUPPORT YOU IN THE PROCESS OF ADAPTING TO NEW WAYS OF INTERACTING, LIVING AND BUILDING COMMUNITY. SOCIAL DISTANCING SHOULD NOT MEAN ISOLATION OR EMOTIONAL DISTANCING. WE ARE INVITING YOU TO BE PART OF THIS PROGRAM AND FIND NEW WAYS OF COMMUNICATING THROUGH THE USE OF TECHNOLOGY,



Government of Canada

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Talk to us!

Seniors Reach Out Program
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Seniors Reach Out Program

For Women and Men

THE MEN'S CENTRE
 Resources for Men and their Families



AMIDST THE COVID-19 PANDEMIC, WE ARE SEEING AN INCREASE IN THE FACTORS THAT PREDISPOSE SENIORS TO ISOLATION. WE WOULD LIKE TO ADDRESS THE ISSUE OF ISOLATION AND HELP SENIORS, BOTH MEN AND WOMEN. WE INTEND TO INCREASE THEIR CONTACT AND CONNECTION WITH OTHER PEOPLE AND CONTRIBUTE TO THE PHYSICAL, MENTAL, AND SOCIAL HEALTH OF SENIORS IN OUR COMMUNITY.

We offer

- One or two weekly check-ins with seniors whether at home or in care homes, via the phone, Skype or Zoom.
- Education and support on computers, the internet, and other related technologies for seniors that want to become familiar with using the internet to communicate with other seniors, friends, and/or family. We will not fix computers or hardware, but will work with education about software and computer programs, such as email, Skype, and/or Zoom audio visual technology. We will have bi-weekly seminars online, and offer 1 hour personal computer technology support via the telephone or online.
- We offer financially challenged seniors purchase and delivery of groceries at no charge.
- We offer counselling sessions through phone, Skype or Zoom.
- Self-care online group sessions through Zoom, with the aim of opening an online conversation space for seniors.
- Information and connection to services for adults who may need it.

The Men's Centre has always been concerned about supporting families in British Columbia. We are launching our new "Seniors Reach Out" program. We will be assisting seniors in our community with the challenges they are facing due to isolation, particularly in response to COVID-19. This program will be funded thanks to the contribution of Canada's "New Horizons for Seniors" Program. Thanks also to Second Harvest Food Rescue for funding the food delivery program.

