

Larimer County Residents

Are you...

an **older adult** - or - a **caregiver** of an older adult

Looking to **socially connect with others**? Give and receive support from peers?

Build skills to improve happiness and wellbeing?

We have programs for you!

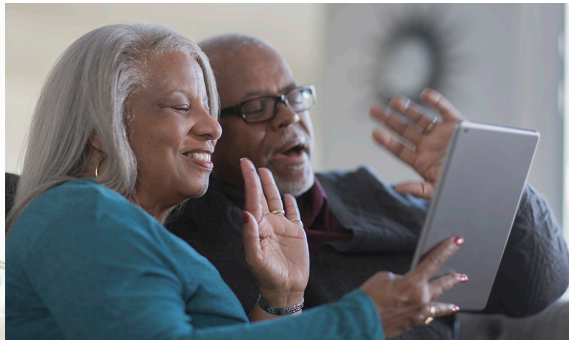
Social Group: Join your peers for fun activities and implementing ideas on staying connected.

Wellness Group: Develop tools to more effectively deal with challenges and increase joy with the support of peers in a group.

Individual Counseling Services: Talk with an individual counselor on tailored topics and work towards goals personalized to your needs.

Join one of the **Aging Clinic of the Rockies** groups or individual support programs for **no-cost!**

*Paid for by Larimer County Office on Aging and
Supplemented by donations*



Why?

Mental wellbeing is one of our biggest assets. The Aging Clinic of the Rockies provides services to help older adults and their caregivers live their fullest lives. Social distancing due to the Coronavirus Pandemic has made it difficult for many to feel connected, make new friends, or meet their emotional needs.

When & How?

Most services are offered at no cost for up to 8-12 sessions.

Group sessions are typically 90 minutes and individual sessions are 50 minutes. In response to social distancing, all services are currently provided virtually.

To learn more,
contact

**Aging Clinic
of the Rockies**
970-491-6795

Or visit us at:
<http://psychology.colostate.edu/acor>