

Call to Connect

A telephone-based emotional support system

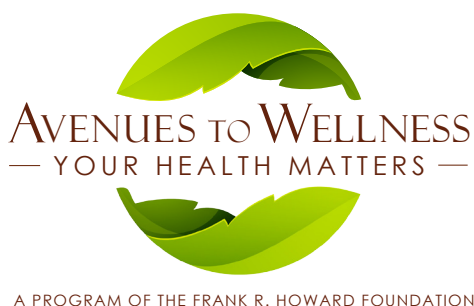
A PROGRAM OF THE FRANK R. HOWARD FOUNDATION'S AVENUES TO WELLNESS

"The most basic and powerful way to connect to another person is to listen. Just listen. Perhaps the most important thing we ever give each other is our attention."

Dr. Rachel Naomi

Are you feeling lonely and isolated in these difficult times? Are you unsure how to meet your social needs? Human connection is vital to our mental and emotional well-being and can reduce stress. Call to Connect (CTC) is a program that will match you to another person who will listen in a non-judgmental way. There is great value in just listening without the need to "fix-it". The purpose of CTC is to match you with a "buddy" to help you feel supported, connected and not alone in these challenging times.

Perhaps you are someone who would like to help others during these tough times. CTC provides volunteers an opportunity to help folks feeling lonely. CTC is a service you could offer without leaving your home.



GETTING STARTED

CTC is coordinated by Suzanne Picetti-Johnson of the Avenues to Wellness program. You can reach her by calling: 707-367-5078 or emailing her at bluesky@pacific.net. After a brief orientation and interview, Suzanne will match you with a CTC "buddy".