

HEARKEN



A program designed to combat social isolation for individuals 60 and older.

The program provides social support services, friendly visits, telephone reassurance, and linkages to community resources as needed.



(734) 516-1767

Let our Social Worker and Peer Mentor work with you to develop a plan to assist in setting goals that align with your values and meet your individual needs to combat social isolation where it happens – at home.

Wellness Recovery Action Plan (WRAP):

- Discover simple, safe, and effective tools to create and maintain wellness
- Develop a daily plan to stay on track with your life and wellness goals
- Identify what throws you off track and develop a plan to keep moving forward

We support you to identify the tools that keep you well and create action plans for everyday life.

The Senior
Alliance

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