

# 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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(734) 516-1767

[www.thesenioralliance.org](http://www.thesenioralliance.org)