

 Kitsilano

 Neighbourhood House

 *The hub of Vancouver's Westside since 1894*

# Seniors Peer Support



## Seniors Friendship Group Drop-in every Wednesday

As we grow older, most of us experience changes. Let's support one another as we travel this path together!

Contact Lydia at 604-736-3000 or [lydtravers@gmail.com](mailto:lydtravers@gmail.com)  
Or Barbara at 604-222-0280 or [bfb@ttul.org](mailto:bfb@ttul.org)

## Coffee Group for Newly Retired Drop-in 1st & 3rd Thursday each month

Are you recently retired or transitioning into retirement? Join a casual and friendly group of people interested in discussing and sharing various experiences with retirement.

Contact Eva at 604-374-4670 or [eva\\_grunfeld@hotmail.com](mailto:eva_grunfeld@hotmail.com)



For more information, please contact Derik at 604-736-3588 ext. 602 or [derikh@kitshouse.org](mailto:derikh@kitshouse.org)

**Time:** 2:00-4:00pm (all groups)

**Location:** Seniors Resource Centre, 2425 Vine Street, Vancouver, BC



Funding provided by:



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