



PETALUMA PEOPLE  
SERVICES CENTER

## YOU ARE NOT ALONE VOLUNTEERS NEEDED



If you have an about 20 minutes in your day that you can give to a senior in Sonoma County, Petaluma People Services Center (PPSC) would love to have you volunteer for our You Are Not Alone Program.

Established nearly four years ago, this initiative has been a source of comfort, you are assigned a person to call and check in on at least weekly, some people speak every day.

The only requirement is that you as a caller are able to get emails with the "question of the day". This program fosters a connection to others and for many provides a lifeline during these challenging times. Your friendly voice and regular check-ins can make a significant impact on someone's well-being.



**Contact PPSC for more information  
[cares@petalumapeople.org](mailto:cares@petalumapeople.org)**

**or**

**Call (707)765-8488**