

# Do you want to make new friends and connections?

**Peer Sharing  
Groups**

**Social Support  
Engagement**

**Individual  
Counseling**

**Weekly Groups**  
Call for a location near you

**Congregate  
Meals  
Provided\***

\*Varies by location  
and to those  
that qualify.



**Transportation  
Available by  
Community Coach**



## Is UPSLIDE Friends Connection Group Right for you!?

*(Utilizing and Promoting Social Engagement for Loneliness, Isolation and Depression in the Elderly)*

UPSLIDE is for men and women 60 and older who want to socially connect with others.

**There is no cost to you  
for UPSLIDE services!**



Presented by



SENIOR COLLABORATIVE  
INDIAN RIVER COUNTY

In Partnership with



Est. 1993  
TREASURE COAST  
COMMUNITY HEALTH

Space is Limited! For More Info Please Call 772-469-2270