



*Reaching Out ♦ Meeting Needs*

*Are you a senior who needs assistance in the community?*

**We're here for you!**

Senior Reach is a program created for adults 60+ who live independently and need support. Senior Reach can refer you to services that provide assistance with:

- Household chores
- Being more active in the community
- Transitions into retirement or empty nest
- Other challenges of living independently
- Counseling for grief, anxiety and depression



**Call Senior Reach® at  
973-784-4900 ext. 3503 (Morris & Sussex) OR  
973-637-1740 (Essex) to talk with a Senior  
Reach Specialist today!**

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**A program of:**

