

Counseling Services provides residents and their families caring support during challenging times

• **Life Transitions**

- Recent move
- Bereavement
- Retirement
- Loss of identity and self-esteem
- Stress of caregiving
- Family and relationship issues

• **Physical/Cognitive Changes**

- Hearing loss
- Vision impairment
- Limited mobility
- Onset of illness/ chronic illness
- Memory problems
- Confusion

• **Information and Referral**

- Help in the home
- Transportation
- Dementia resources
- Support groups
- Alternative living plans
- Emergency response systems
- Home delivered meals
- Financial assistance programs

Notes:



Rossmoor Counseling Services
1001 Golden Rain Road
Walnut Creek, CA 94595
Phone: (925) 988-7750
Fax: (925) 988-7720



**8:00 a.m. to 4:30 p.m.
Monday through Friday**

Gateway Clubhouse

(925) 988-7750

www.rossmoor.com

Rossmoor Counseling

Services is a department of the Golden Rain Foundation.

Counseling Services is staffed by licensed counselors with professional training and expertise in the field of gerontology.

The mission of Rossmoor Counseling Services is to assist Rossmoor residents achieve life satisfaction and maintain independence.

Our Services Include:

- Short-Term Counseling
- Resource Referral
- Support Groups
- Mediation
- Home Assessments
- Family Consultations
- Long Term Care Planning
- Special Events

**-NO FEE-
CONFIDENTIAL**

ROSSMOOR

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Information about
Counseling Services
can be found at:

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