



## LGBT2S+ Wellbeing Check-in Program

### PROGRAM OVERVIEW:

Are you an LGBT2S+ senior or adult with a disability living alone? Healthy and active or feeling isolated and at risk?

This program is aimed primarily at people who are living alone. You may be healthy and active and still appreciate a check-in to remain connected and safe, or you may be more isolated, homebound and at risk.

The program provides LGBT2S+ volunteers, regular contact on week days, via phone or social media, to check on a client's well-being and provide a predetermined response if the exchange is not answered.

With the LGBT2S+ Program Coordinator, you decide on a response plan that best meets your needs. People also use this program for social reasons, since a call from a friendly volunteer may be a great way to start the day.

### ELIGIBILITY:

- Seniors 55+
- Adults (18+) with disabilities
- Living within the Champlain Region
- Identify as being a member of the LGBT2S+ community



**OTTAWA  
SENIOR  
PRIDE  
NETWORK**  
Generations of Pride

**RÉSEAU  
FIERTE  
DES AÎNÉ(E)S  
D'OTTAWA**  
Génération de fierté



Réseau de soutien communautaire de  
**CHAMPLAIN**  
Community Support Network

**For more information or to sign-up, please contact:**

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