



CENTERSTONE

centerstone.org •     

Senior Services



Senior Services Counseling Program

Short-term counseling is available for Madison County residents over the age of 60, or for those who provide care giving for a family member or friend over the age of 60. The goal of the program is to assist with emotional adjustments related to aging, illness, bereavement, life events and care giving. The counselor provides support services to the client in their home. Sessions are free of charge, sponsored by the Madison County Mental Health Board.

Caregiver Counseling Program

Counseling support is available for Madison and Bond County residents over the age of 18 caring for a relative, neighbor or friend over the age of 60. Caregivers who feel stressed, depressed or anxious due to care giving tasks and responsibilities are eligible for counseling. The counselor provides support services to the client in their home. A monthly Caregiver education and support group is held in Alton on the first Tuesday of each month and in Greenville on the last Friday of each month. Sessions are free of charge, sponsored by AgeSmart Community Resources.

Contact

For more information about the Senior Services Counseling Program or the Caregiver Counseling Program, contact Laura Kunz at (618) 772-4620 or Kayla Martin at (618) 462-2331, ext. 1792.

Centerstone is one of the nation's largest not-for-profit providers of community-based behavioral health care, offering a full range of mental health services, substance abuse treatment and intellectual and developmental disabilities services in Florida, Illinois, Indiana, Kentucky and Tennessee. Please call (618) 462-2331 for information about the services we offer in Central Illinois.

Senior Services provided in part by:


AGESMART
COMMUNITY RESOURCES
1-800-326-3221 - www.AgeSmart.org