

Seniors ASK !!! ...

Welcome to **Seniors ASK...** It is a **FREE** telephone call in support service that specializes in helping both Seniors and Caregivers by providing answers to questions you may have in any area of concern, either locally or beyond Grey Bruce... (see the attached brochure for more details)

Our program is **Seniors Friendly and Seniors Focused** and is staffed primarily by Senior Volunteers who dedicate their time and expertise to help other like-minded people. - **Seniors helping Seniors.**

We are a Not for Profit initiative developed by the Active Lifestyle Centre Grey Bruce. The service is supported through funding from a New Horizons for Seniors grant and in collaboration with local Seniors Centres, South East Grey Community Health Services, Community Connections (211), Council on Aging and other supportive service clubs and organizations throughout Grey Bruce.

Following research through both Surveys and Focus Groups, we have compiled a comprehensive database of information that will be helpful in supporting answer to your requests.

We work in co-operation with a number of Community Hubs throughout the region who are equipped to respond to your specific inquiries. Current individual locations are in Owen Sound, Southampton, Markdale, Dundalk and Tobermory... (see the attached brochure for more details)

Call us at our direct number - 519-374-9495. Your inquiry will be treated as confidential. If we are unable to answer your request immediately, we will get back to you as soon as possible. Just leave a message or email and we will return your call. **It's that Simple and Easy !!! ...**

Our team is available and ready to help. We Believe in Making a Difference ...

We look forward to hearing from you. **Just ASK !!! ...**

Your Seniors ASK Team