

What We Do (continued)

financial support, housing, elder abuse, caregiving, fall preventions, medication use, seniors' mental health and much more. We do presentations in person and through Zoom. Contact Catherine for more information: outreach@seniorsnl.ca

SeniorsNL Zoom Sessions are proudly supported by The RBC Foundation, including the American Sign Language Interpreting Services.



You don't need to know everything; you just need to know who to call! If you have a question or need a service, call our toll-free information line:

1-800-563-5599

SeniorsNL

Mailing address: 243 Topsail Road, Suite 110
St. John's, NL A1E 0G5

Our physical location is in Babb Manor (Saint Luke's Home complex), 24 Road Deluxe, St. John's
709-737-2333 or toll free 1-800-563-5599

email: info@seniorsnl.ca

www.seniorsnl.ca

Facebook and X (Twitter): SeniorsNL

SeniorsNL

RESOURCES • INFORMATION • CONNECTION

Have a question?

Need to connect to a resource or service?

Want information on a seniors' issue?

Contact our Information Line:

709-737-2333

(toll-free) 1-800-563-5599

info@seniorsnl.ca

Our Vision

Older adults are respected, valued, and have the opportunity to be engaged in all aspects of society.

Our Mission

Through partnerships, our mission is to promote, enhance, and support the well-being and independence of older adults throughout the province.

Our Mandate

SeniorsNL collaborates with older adults, family members, volunteers of all ages, and organizations across the province:

- to provide information for informed decision making
- to facilitate the development and implementation of programs
- to influence policies that affect older adults

Our Values

Respect, Choice, Collaboration, Growth & Development

Join us on Facebook and X (Twitter): SeniorsNL

Subscribe to our YouTube Channel and watch our posted information sessions.

Subscribe to our newsletter - go to our [contact page](#), on our website (scroll to the bottom of the page.)

Subscribe to our weekly email bulletin – email outreach@seniorsnl.ca

What We Do

Information & Referral Services

We listen to seniors and those who support them and connect them to programs and services. Peer Support Volunteers, answer our Seniors Information Line (1-800-563-5599) and help those who contact us connect with the services they need. We are open from 8:30 am to 4:30 pm, Monday to Friday.

Friends of SeniorsNL

This is an intergenerational volunteer opportunity that involves linking older adults and those who support them to SeniorsNL's Information Line where they can get the information needed to make informed decisions. Friends of SeniorsNL are provided with our business card to pass along to those in need. Help SeniorsNL spread the word that we're here for those in your community.

NL Network for the Prevention of Elder Abuse

Our province-wide network of individuals and multi-sectoral partners works to promote awareness and take action against elder abuse. To join, call or email us at info@seniorsnl.ca.

Education and Outreach

We are often asked to present to various groups to talk about programs and services available for seniors and those who support them. Also, we partner with other groups to present on things like