

Do you ever feel lonely or disconnected from others?

Would you like to explore options to reduce that sense of loneliness or isolation?

**OPAL is a free program that helps individuals who experience feelings of loneliness and isolation.**

**OPAL**  
Options for People to  
Address Loneliness

- **OPAL** is for seniors age 60 and older, and adults with disabilities.
- **OPAL** offers 4 weekly sessions and follow up calls.
- **OPAL** counselors assist participants in finding ways to feel less lonely and isolated while offering encouragement, support, and hope.



**ADRC**  
Aging and Disability  
Resource Connection  
of OREGON



Contact the Aging and Disability  
Resource Connection (ADRC) at  
**541.618.7572**