

**SENIORS CENTRE WITHOUT WALLS
FRIENDS BY PHONE Saskatchewan
FAQS**

Seniors Centre Without Walls is offering a telephone program for people aged 55+ anywhere in Saskatchewan to increase social connections and reduce the effects of loneliness and isolation in Saskatchewan during the Covid-19 pandemic.

It is a FREE telephone program that connects volunteers with seniors to chat on the phone 1-2x per week. It is entirely over the phone, so no computer or internet is needed. SCWW aims to reach older adults, low-income citizens, and rural and remote communities, all across Saskatchewan.

How it Works:

Participants and volunteers are registered for the program by using the contact information below and filling out the required forms. Volunteers and

- participants are matched based on schedules and similar interests. The suggested time for chats is 20-30 mins.
- Private and confidential, the only information that is shared will be the phone numbers between matched pairs.
- SCWW will follow up with volunteers and participants to ensure that phone
- calls are taking place and are a good match.

- **Email: seniorswithoutwalls2021@gmail.com**

Webpage: www.scwwmoosejaw.com

Facebook/[scwwmoosejaw](https://www.facebook.com/scwwmoosejaw)

Phone: 306. 631-4357 Ronda