Research has shown that having three people to call for help at anytime increases one's well-being.

Write down the names of three people you can call anytime for any reason.

**My Anytime Connections**

- **Support Groups**
  - Mid-Peninsula Widows and Widowers Association (fee)
    - 408-551-0069
    - www.mpwwa1.org
  - Cancer CAREpoint
    - 408-402-6611
    - www.cancercarepoint.org
  - Alcoholics Anonymous
    - 866-920-0628
    - alcoholicsanonymous.com

**A Good Place to Connect**

Local community centers and libraries are a great place to connect, welcoming to all and offering information and activities to help develop connections.

Free and low-cost resources for older adults to get and stay connected in Santa Clara County.

---

24/7 community, health, and disaster information in over 170 languages.

dial 2-1-1 // www.211bayarea.org

Services for older adults

408-350-3200 // www.mysourcewise.com
Call a Friend
Friendship Line California
Connecting people 60 plus and adults living with disabilities to caring voices ready to listen and provide support.
800-971-0016
ioaging.org/services/friendship-line

Friendly Voices
Get matched for weekly calls with your own trained volunteer for friendly conversation in multiple languages.
friendlyvoices.org

SAGE Hotline for LGBTQ+
For older LGBTQ+ adults looking for support in 180 languages.
877-360-5428 // www.sageusa.org

Connect Online
Senior Planet
Digital courses, and activities for older adults to learn skills and make friends.
650-918-5570 // seniorplanet.org

A Mighty Good Time
Calendar of local events featuring in-person, virtual, and phone-accessible activities and experiences.
512-222-9855 // amightygoodtime.com

Well Connected
A phone and online community offering activities, and education.
877-797-7299
covia.org/programs/well-connected

Enjoy the Outdoors
Bay Area Older Adults
Stimulate your heart, body, and mind through easy access to arts, culture, nature, and new friends. Adults age 50+ participate in healthy activities together.
408-774-0593 // bayareaolderadults.org

Peninsula Open Space Trust
Accessible trails, open to everyone, bringing you closer to the natural world.
650-854-7696 // openspacetrust.org

Santa Clara Valley Open Space
Connecting people to nature by protecting open spaces and natural areas for future generations.
408-224-7476 // openspaceauthority.org

Midpeninsula Region Open Space
Easy-access trails and facilities to support individuals and groups enjoying the outdoors.
650-691-1200 // openspace.org

Catch a Ride
Avenidas Door to Door
Serving North County
650-289-5411 // avenidas.org

Heart of The Valley
Serving West Santa Clara Valley
408-241-1571 // servicesforseniors.org

On the Move Ridecare Program
Serving Los Altos and Los Altos Hills
650-947-2797 // losaltosrecreation.org

R.Y.D.E.
Serving Zip Codes 95032, 95070, 95030, 95120, 95124
408-868-1257 // RYDE@sascc.org

SAGE Hotline for LGBTQ+
For older LGBTQ+ adults looking for support in 180 languages.
877-360-5428 // www.sageusa.org

R.Y.D.E.
Serving Zip Codes 95008, 95009, 95011, 95014, 95129, 95130
669-220-0831
RYDEinfo@wvcommunityservices.org

SAGE Hotline for LGBTQ+
For older LGBTQ+ adults looking for support in 180 languages.
877-360-5428 // www.sageusa.org

R.Y.D.E.
Serving Zip code 95037, 95038
408-310-4250 // RYDE@ssa.sccgov.org

VTA Customer Service
(408) 321-2300 // vta.org/go/seniors