



# CONTACT

of Ocean & Monmouth Counties.

*A Lifeline of Hope*

Are you or a loved one a senior living in Ocean County?

Do you want to feel more connected and secure?

*Our Reassurance Calling Program is here to help!*

## Join Our *Senior Wellness Program*

### CONTACT Cares Reassurance Calling

Our program offers Ocean County seniors a check-in call at a designated time.

#### This service provides:

- **Friendly Socialization:** Enjoy a chat to brighten your day and reduce feelings of isolation.
- **Wellness Checks:** Our calls serve as a safety check, offering peace of mind to you and your loved ones.

To enroll, please call CONTACT at **732-966-9330**



Funded in part by a grant from the Ocean County Board of Commissioners



#### Our Mission

CONTACT of Ocean & Monmouth Counties, a non-profit, charitable organization, provides trained telephone listeners who respond to human needs 24 hours every day.

This volunteer based organization offers free confidential crisis intervention, information on available resources, and referral to community services.

**732.240.6100**  
CRISIS HOTLINE