



## MOSAIC / Burnaby Neighbourhood House Seniors Community Connector

# Let's talk about your health and wellness goals

Our Community Connector uses Social Prescribing to offer non-medical support that assists older adults to identify and achieve personal health and wellness goals. We help to find appropriate local programs and services followed by regular check-ins to ensure participants are on track.

### Eligibility

- 55 years of age or older.
- Experiencing, or at risk of:
  - Social isolation and/or loneliness
  - Frailty
  - Barriers to accessing community-based resources
  - Frequent trips to primary care or ER

### Referrals Can Be From:

- Self-referral
- Friends, Family, & Community Members
- Health Care Providers

### For more information or to make a referral please contact:

#### **Burnaby Neighbourhood House Seniors Community Connector**

srsconnector@burnabynh.ca

**Office:** 604-431-0400

**Mobile:** 236-858-4979

100-4460 Beresford Street

<https://burnabynh.ca/>



#### **MOSAIC**

#### **Seniors Community Connector**

cares@mosaicbc.org

**Office:** 604-438-8214

**Fax:** 604-438-8260

315-7155 Kingsway, Burnaby, BC V5E 2V1



Funded by the Government of BC and managed by  
United Way British Columbia



Working with communities in  
BC's North, Interior, Lower Mainland,  
Central & Northern Vancouver Island

