

**GET THE INDIVIDUALIZED
SUPPORT YOU NEED**



PEARLS is a voluntary program of eight (8) one-hour life skills training sessions done during a six-month period.

Meet one-on-one with your own PEARLS counselor who receives clinical supervision by a certified psychiatrist.

PEARLS can be provided at home or in a comfortable trusted community setting.

Learn how to solve problems and make a personalized step-by-step action plan to obtain an active and rewarding life.

For registration information contact:

Talbot County Health Dept.

Senior Services

410-819-5600

**JOIN US FOR A PEARLS
COUNSELING SESSION**



If you or someone you care for is feeling down, sad, or blue, and/or has lost interest in pleasurable activities, PEARLS program can help control these symptoms with successful self-management strategies.

**Ask your health care provider
about PEARLS or**

Request more information from



Program to Encourage Active, Rewarding Lives



**MANAGE YOUR FEELINGS
GET EMPOWERED**

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See <http://www.pearlsprogram.org/> for more information on PEARLS.
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HAVE YOU BEEN FEELING DOWN, SAD OR BLUE?

PEARLS can help you overcome these feelings and make a positive change in your life to improve your health.

PEARLS...

- Teaches empowering skills and problem solving techniques
- Uses an easy-to-learn approach
- Promotes activity and socialization
- Promotes increasing pleasant events in your life
- Helps to reduce anxiety and improve mood
- Helps you feel healthy and attain a greater sense of well-being



PEARLS HELPS OLDER ADULTS CREATE ACTIVE AND REWARDING LIVES

Participants learn to:

- Recognize symptoms of depression
- Understand link between unsolved problems and depression
- Apply 7-step approach for problem solving
- Move to action and make lasting life changes
- Develop a plan to engage in physical activities
- Identify and participate in social activities

Benefits of PEARLS counseling include:

- Significant decrease in levels of depression
- Being more optimistic and more engaged with friends, family and the community
- Improved physical health and more energy

**Take control. Feel Better.
Make positive changes.
Do the things you want to do.**

Here's what participants have said about their experience:

"My counselor genuinely took interest in me. I really felt that she wanted to be there and help me identify ways to manage my depression." – 72-year-old man

"My counselor is able to listen to me without any judgement. I feel that I can trust her and she has helped me come to peace with my problems." – 60-year-old female