

Individualized Support



PEARLS is a community-based treatment program for older adults.

A PEARLS Coach will meet with you for eight, one-hour sessions that are customized to support you and your needs.

PEARLS is designed to be held in-person or via tele-counseling on the phone or computer.

Learn how to problem solve and change your behavior to support your well-being.

Learn the skills necessary to move into action and make lasting life changes!



Organizations offering PEARLS

Elder Network

Contact:

Rochester: 507-285-5272

Winona: 507-452-0580

Wabasha: 651-654-0351

Family Service Rochester

Contact: 507-287-2010



Program to Encourage Active
Rewarding Lives

PEARLS empowers people by teaching problem-solving skills to increase positive interactions and improve quality of life.



Improve your emotional well-being by working with a PEARLS Coach.

Get back to what brings you joy!

What is PEARLS

PEARLS is a national evidence-based program offered in community-based settings. PEARLS is client led with a team based approach involving the PEARLS Coach, Clinical Supervisor and a health provider.

How do I know if this program might benefit me?

- I've been feeling down, sad or blue
- I have little interest in doing things I once enjoyed
- I have trouble making decisions and struggle with problem solving



What will I learn?

- Learn how to move into action and make lasting healthy changes
- Understand the link between unsolved problems and depression
- Develop goals to increase social and physical activities

Benefits

- Improve quality of life and have a more positive outlook
- Become more engaged with family, friends and activities I enjoy
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- Improve physical and mental health

How much does it cost to work with a PEARLS Coach?

- PEARLS is meant to be affordable and accessible for anyone who needs it. PEARLS Coaching sessions are offered on a sliding fee scale or may be free of charge.



Organizational Partners

