

## Individualized Support



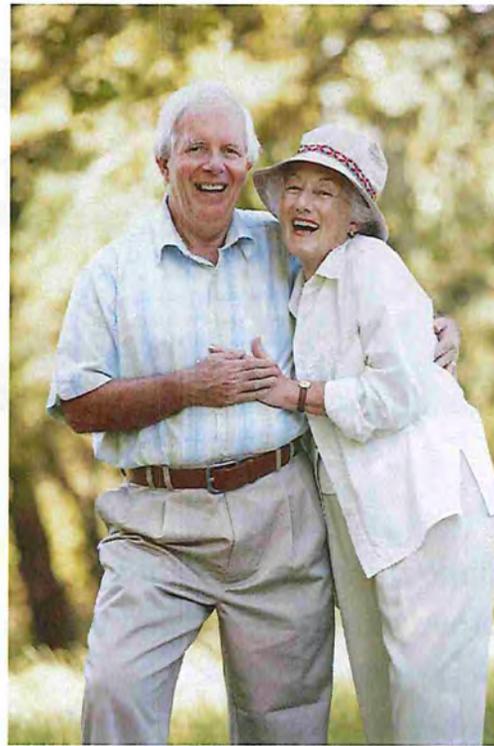
PEARLS is a community-based treatment program for older adults.

A PEARLS Counselor 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

Contact:

### Elder Network

Rochester: 507-285-5272

Wabasha: 651-564-0351

### Winona Senior Advocacy

Winona: 507-454-7369



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 Counselor.**

**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 Counselor, 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



### Benefits

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

### 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

### How much does it cost to work with a PEARLS Counselor?

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



### PEARLS is made possible by:

