



**Improve your mood  
Improve your life!**

**Have you been  
feeling down or  
blue?**

**Have you lost  
interest in doing  
things?**

## **PEARLS**

**Program to Encourage  
Active Rewarding Lives**

### **FOR MORE INFO**



**CALL**

**1 (916) 503-0321**



**EMAIL**

**pearls@accsv.org**

Oftentimes, the losses we endure as we age (for example, loss of loved ones, loss of independence, physical health, or social isolation) can lead to feelings of loneliness, sadness, frustration, anxiousness, or restlessness. Gone unattended, these feelings can lead to depression.

**The PEARLS program can teach you valuable skills to help manage these unpleasant feelings and improve your quality of life. You will receive 6 - 8 sessions over four to five months. These no-cost sessions take place in your home or at an agreed upon location in your community.**



**acc SENIOR SERVICES**