



PEARLS

Program to Encourage Active and Rewarding Lives of Seniors

Are you a senior or do you know a senior who feels sad or seems down in the dumps most or all of the time?

If you are a senior or know of a senior who's been experiencing these feelings, Inland Caregiver Resource Center has a FREE program called PEARLS that may help to lessen those feelings. PEARLS (Program to Encourage Active Rewarding Lives) is an evidenced based program that consists of six to eight sessions of in-home behavior health intervention services that are designed to address those feelings and improve the quality of a senior's life.



Inland Caregiver Resource Center PEARLS program is for individuals who:

- Are 60+ years old
- Live in Riverside County
- Are experiencing symptoms that hinder an active lifestyle

If you are interested in these FREE services please call:

(800) 675-6694



The PEARLS program is funded by Riverside University Health System– Behavioral Health through the Mental Services Act– Prevention and Early Intervention.



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