

PEARLS

The PEARLS (program to encourage active & rewarding lives for seniors) teaches you skills to manage unpleasant feelings and improve your quality of life.

A counselor for the PEARLS program will meet with you individually, in your own home, over a 19-week period and help you identify and solve problems that are linked to making you feel the way you do, as well as find ways to become more physically and socially active.

*“Happiness depends upon ourselves.”
- Aristotle*

Sponsored by the
Stanislaus County
Board of Supervisors



PEER TO PEER

Volunteer Senior Peer Counselors trained to provide counseling and support to those experiencing emotional distress due to health problems, grief, loss of a loved one, depression, anxiety or other difficulty. These peers often share similar life experiences and can offer comfort and understanding. The home visits are usually weekly and open ended in duration.

Senior Center Without Walls

Activities you can join in without having to leave your home. This is a senior center you call into versus go to. Once registered, they send you a calendar of events, classes, and groups you can join over the phone. Meet new people, learn new things, and have some fun!

Funded through the
Mental Health Services Act
Visit www.stanislausmhsa.com



Stanislaus County

NEW Socialization and In -Home
visitor programs from the

Area Agency on Aging

**Overwhelmed? Feel down
or blue? Sad or lonely
more often than not?**

PROJECT HOPE

**Helping Older
People Endure**

**Help for those dealing
with mild depression or
facing difficult times.**

**(209) 558-8698
Senior & Caregiver
Information**

WHY do I feel this way?

Have you lost interest in doing things? Lost hope?

Often the losses we endure as we age (for example, loss of loved ones, independence, physical health, or social isolation) can lead to feelings of loneliness, sadness, frustration, irritability, anxiousness, or restlessness. Gone unattended, these feelings can lead to a common medical condition known as depression. Depression, even minor depression, interferes with how well we function, how active we are, and how we interact with others. In short, it greatly affects our quality of life.

How we can help

Our programs can help you to help yourself. We have a variety of programs from professional PEARLS counselors, peer support, phone support & activities or just a friendly visitor. You have to take the first step- call us, and we will tell you more...

Eligibility

The programs are for seniors age 60 or older. There is no cost for the program but we require written consent from you to participate. Participation is voluntary and you may withdraw from the programs at any time.

For more information call:
**Senior & Caregiver
Information & Assistance
(209) 558-8698
1 (800) 510-2020**

We will help
you decide
what program
is the best
fit for you .



You don't have to keep feeling
this way ... we can help.

**All calls are completely
Confidential.**

*"Learn from yesterday,
live for today,
hope for tomorrow."*

- Anonymous

Stanislaus County

FRIENDLY VISITORS

Volunteers that will come to your home for social visits and support. Very informal –usually visit twice per month.