



Program to Encourage Active, Rewarding Lives

PEARLS empowers older adults

to improve their mental well-being, one step at a time.

- PEARLS is an evidenced based program for older adults who feel stuck, or have low mood.
- A trained PEARLS Counselor provides 8 sessions, with simple tools to address life's stressors.
- Sessions can be held over the phone, on a computer, or in-person.
- PEARLS teaches skills to solve every day problems, plan mood-lifting activities and set small, realistic goals.

Benefits

- Improve mental well-being
- Feel encouraged and supported
- Reduce depressive symptoms
- Improve quality of life and promote a more positive outlook
- Become more engaged with family, friends, and enjoyable activities



Organizations Offering PEARLS

- Elder Network -507-285-5272
- Carmen Garcia Consulting-507-405-4748 (In Spanish & English)
- Winona Friendship Center-507-454-5212

Partner organizations include : Elder Network, NAMI, Winona Friendship Center, SE MN Area Agency on Aging (SEMAAA), Southeast Adult Mental Health Initiative (SE AMHI)