

Staying Healthy at Home with The Dallas Area Agency on Aging



PEARLS

Have you been feeling down, discouraged, or blue? Or have you had little interest or desire to do things? We have the program for you! PEARLS is a one-on-one program of eight (8) one-hour life skills sessions held over 19 weeks. Sessions are scheduled at your convenience and will be held over the phone.

Learn how to:

- Understand how unsolved problems can cause difficult emotions
- Use the 7-steps of problem solving
- Create personalized actions plans
- Increased participation in physical and social activities
- Make lasting life changes

To register for a program or get more information click here:

Questions: Email: empoweryou@ccgd.org

Main number: 214-871-5065 and ask for An Evidence Based Team Member.