



Does COVID-19 have you feeling out of sorts?

The PEARLS program is here to help....

PEARLS (Program to Encourage Active and Rewarding LiveS)

A depression management program that teaches problem solving skills, helping you become more active and make lasting changes in your life. Older adults, veterans, and adults with epilepsy will learn to manage their depressive symptoms and create a more satisfying life.

PEARLS IS:

- ⇒ **FREE** to all residents of McHenry County, 60 and older, and all adults with epilepsy.
- ⇒ Proven to **reduce** common symptoms of depression like loneliness, sadness, frustration, worry, anger, and sleeplessness.
- ⇒ Available in the **comfort** of your home by phone or video.
- ⇒ Delivered by trained **counselors** in English or Spanish.
- ⇒ Able to **connect** you with other services including Medicare/SHIP counseling, food and medication delivery, technology assistance, and more.

To get started or to refer someone, call today!



Phone: 815.701.6605

Fax: 815.560.0104

Email: info@mcpearls.org