

PROGRAM TO ENCOURAGE ACTIVE, REWARDING LIVES (**PEARLS**)

Live a **happier, healthier** life!

PEARLS is:

- Free of cost
- Short-term
- Individualized
- Collaborative
- Skills-based
- Results-oriented

If you are an older adult (age 60+) living in San Luis Obispo County and experiencing sadness, frustration, lack of motivation, anxiousness or loneliness, you may be eligible to participate in PEARLS.

PEARLS is a nationally renowned, evidence-based coaching program that teaches skills to manage difficult feelings and improve quality of life.

For further information, contact Coast Caregiver Resource Center (CCRC) at 805-569-8950 or ccrc@sbch.org.

CCRC is proud to offer PEARLS in partnership with Family Service Agency of Santa Barbara County, and with funding from the Central Coast Commission for Senior Citizens – Area Agency on Aging

