



## **Have you been feeling down or blue? Have you lost interest in doing things?**

There are many losses associated with aging – loss of health, loved ones, and independence – and these losses can lead to feelings of loneliness, frustration, anxiousness and restlessness. If you answered “yes” to any one of the above questions, and are 60 years or older or younger with a disability, there may be something I can do to help! Prince George’s County Department of Family Services is offering a no cost counseling program called the

### **“Program to Encourage Active and Rewarding Lives (PEARLS)”**

Prince George’s County Department of Family Services provides trained Counselors for the PEARLS Program. **A trained Counselor will meet with you individually for eight (8) sessions and will empower you to identify and solve problems that are linked to making you feel the way you are, as well as find ways to become more physically and socially active by doing pleasant and fun activities.** The PEARLS program teaches you skills to manage some unpleasant feelings and improve your quality of life. The program will help you to BE HAPPY AGAIN!



**OPEN TO ALL INTERESTED PERSONS AGE 60 & OVER  
AND DISABLED AGE 18 & OVER**

**To Register, Call Jackie Harley, Health Promotion Coordinator, on 301-248-0039**