



Program to Encourage Active, Rewarding Lives (PEARLS)

Have you lost interest in day-to-day activities?
Have you been feeling sad or lonely?

If you are 60 or older and answered “yes” to either of these questions, there is help.

The Ventura County Area Agency on Aging (VCAAA), in partnership with Ventura County Behavioral Health, offers a no-cost, high quality care and community-based program called PEARLS.

Often the losses we endure as we age and the changes in physical health, social structure, and even independence can lead to feeling of loneliness, sadness, frustration, irritability, and anxiousness.

The PEARLS program teaches skills to manage these feelings and improve quality of life.

To learn more about PEARLS, visit www.vcaaa.org or call (805) 477-7300. Inquiries may also be sent via e-mail to lois.vcaaa@ventura.org.

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