



PEARLS

Program to Encourage Active, Rewarding Lives

**Have you been feeling
down or blue?
Then PEARLS may be
for you.**

**PEARLS stands for
Program to Encourage
Active Rewarding Lives.**



- Meet with a Coach
- Learn to better manage your life
- Find solutions to problems that cause you to feel down and discouraged

**Please Call
(774)352-3047**



**Dennis Center for Active Living
1045 Route 134
South Dennis, MA 02660**



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Massachusetts Executive Office of Health & Human Services



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Program to Encourage Active, Rewarding Lives

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

If you answered “**yes**” to one of these questions and you are age 55+, we may be able to help! DCAL offers a no cost, in-home and center based counseling program called PEARLS. During six to eight sessions, PEARLS program coaches empower individuals to take action, create lasting change and lead more active and rewarding lives.

**Please Call
Julie Benoit, LSW
Outreach Coordinator
(774)352-3047**



**DENNIS CENTER
FOR
ACTIVE LIVING**

www.dcalcapecod.org