

Improve your mood with PEARLS!



What is PEARLS?

PEARLS is an evidence-based program proven to help depression over the course of only six to eight sessions. It also helps individuals become more socially and physically active—within their level of ability—so they can get back to enjoying life!

How does PEARLS work?

PEARLS Counselors meet individually with older adults to help them identify and solve problems—problems that can cause them to feel down or depressed. PEARLS is billable to insurance, or if you are uninsured, may be billable to a grant funding source. This program is available in our Rogers Park and Deerfield offices, or via telehealth.

Who is PEARLS for?

PEARLS is for adults age 60 and older who are experiencing symptoms of depression or have lost interest in doing things.

773.508.1000

To learn more, contact CJE SeniorLife today and mention PEARLS Counseling.

cje SeniorLife
Jewish values for positive aging



Program to Encourage Active Rewarding Lives

Since 1972, CJE SeniorLife has been dedicated to helping older adults live better every day connected to the community of their choice with access to trusted care and a full range of services, rooted in Jewish values. We enhance the lives of older adults and their families regardless of religion, sex, race, ethnicity, disability, sexual orientation, gender identity, or national origin.

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