

Improve your mood with PEARLS!



What is PEARLS?

PEARLS is an evidence-based program proven to help depression over the course of only 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, to our grant. 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

THE CJE ADVANTAGE: Since 1972, CJE SeniorLife has been a central resource and champion for older adults and their families by providing community-based and residential care options. We provide solutions that enhance their quality of life while honoring their unique healthcare, lifestyle and socio-economic needs.

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