

Program for Encouraging Active Rewarding Lives

P.E.A.R.L.S.



The PEARLS Program teaches you skills to manage the unpleasant feelings associated with depression.

Local coaches meet with you individually to help you identify and solve problems that are linked to feeling the way you do.

Also learn how to find ways to be more physically and socially active.



Have you been feeling down or blue?

Have you lost interest in doing things?

If you answered "yes" to one or both of these questions and are 60 years or older, there may be something we can do to help

Often the losses we endure as we age can lead to feelings of loneliness, sadness, frustration, irritability, anxiousness, or restlessness. Gone unattended, these feelings can lead to a common medical condition known as depression.

Depression, even minor depression, interferes with how well we function, how active we are, and how we interact with others. In short, it greatly affects our quality of life.



MARJORIE STEWART SENIOR COMMUNITY CENTER

OLDER ADULT MENTAL HEALTH PROGRAMS



PROGRAM
FOR
ACTIVE
ENGAGING
LIVES



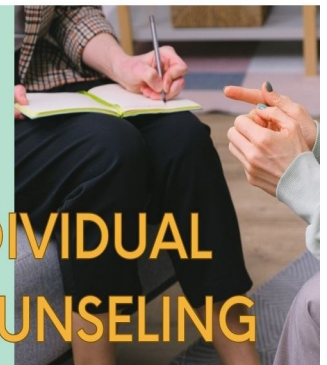
TALK &
SUPPORT



ACCESSIBLE SUPPORT

Many of us have moments when we're not feeling comfortable with how we're experiencing life and the world around us. The Pearl Room at the Marjorie Stewart Senior Center provides free mental health support and depression treatment to older adults through in-person, in-center, and TeleHealth interactions.

INDIVIDUAL
COUNSELING



Conversation & Support



As we age, we're often dealing with Big Change – new diagnoses, housing changes, grieving, giving up driving, and more. These changes can be overwhelming.

It is important to remember there are many in the world who are experiencing similar life challenges. Gather to share your experience while learning and connecting with others.

Grief Support

There is no normal way to grieve, it strikes us in different yet similar ways. Join this peer-facilitated group to find support from others who are experiencing the loss of someone they love. This safe and welcoming environment provides the space for you to share your feelings, experiences, and memories while navigating your loss.

Circle of Friends

Are you new to the area and looking to connect? Have you gotten separated from your social life? Are you feeling isolated or lonely? The Circle of Friends group is geared towards older adults in need of more social support and connection to their community.

The group meets for eight weeks with a facilitator who will help guide the group in discussion, activities, and fun. These activities and discussions are based on participants interests and are structured to build lasting connections.



Peer & Counselor Facilitation

One-on-One Counseling

Life can be overwhelming at times and sometimes we just need someone to talk to. We are happy to partner with local universities to offer one-on-one therapeutic counseling to older adults in our community.

Supported Aging

This is a drop-in conversation group to discuss any of the many troubles we face as we age. Being older gives us many unique perspectives of experience and with it, some universal problems. Join the group to share challenges and find support with others as well as tools from our head counselor, Joan Laguzza, LCSW specialized in working with older adults. We will work together to identify solutions and offer a supportive space for listening and problem solving.

Memory Challenged Relationships

Cognitive changes in someone you love changes the dynamic of your relationship. These changes can introduce you to a new world to navigate with your loved one that can present many challenges. Join this group to work with our facilitator and other group members to learn how to manage these challenges, including how to connect and converse, what to expect, how to navigate medical and legal needs, and most of all – support for you.

Let's Talk

Let's Talk offers a setting for open, honest, and facilitated discussion on topics unique to people over the age of 60. These interactive conversations provide a forum for discussion as well as an opportunity to explore new possibilities, resources, and connection. In partnership with Cascadia Health.

These free programs, located at the Marjorie Stewart Senior Community Center in Sherwood, OR, are designed for older adults.

Accessing programs is easy – call us at 503-625-5644 to talk to someone about your needs, who will place you in the appropriate program for your needs.

Marjorie Stewart Senior Community Center

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Sherwood, OR 97140
503-625-5644

