UPAC

POSITIVE SOLUTIONS program

Funded by the
County of San Diego

You are invited to be a part of an empowering in-home program for seniors (60+). It's easy and it's free!

Are you or is someone you know "homebound"? Homebound means that one is unable to get out of his/her home due to physical or mental health issues, or goes out less than ***THREE*** times a month for self-initiated recreation activities.

Are you or is someone you know feeling down or blue?
Have you or has someone you know lost interest in doing things?
Have you or has someone you know been feeling alone or isolated?
If so, you or someone you know may be eligible to participate in the UPAC – Positive Solutions Program.

We provide: PEARLS **P**rogram to **E**ncourage **A**ctive **R**ewarding **L**ive**S** and/or Psycho-education to our participants at **NO COST!**

As we age, the losses we endure can often lead to feeling lonely, frustrated, sad, or anxious. With the Positive Solutions Program, our staff can help others to:

- Identify and solve problems that affect their quality of life
- Find ways to be more physically and socially active
- Improve their knowledge about depression and how to avoid or cope with it

The Positive Solutions Program uses **PEARLS** as a tool for learning skills to manage unpleasant feelings and **Improve Your Quality of Life.**

We serve homebound seniors (60+) with minor depression from all cultural backgrounds who reside in the San Diego County

Please call us today at **(619) 481-2651** and 619-481-2652

We look forward to meeting you!!

Sponsored by **UPAC** and in partnership with
Senior Community Centers and Meals-on-Wheels

LIVE WELL SAN DIEGO | COUNTY OF SAN DIEGO HEALTH AND HUMAN SERVICES AGENCY