



*"I just don't enjoy things
the way I used to."*

*"I feel sad, worn down, or like
things won't get better."*

**If any of this sounds familiar, you are not
alone - and real support is available to you.**

You deserve to feel like yourself again.

SUPPORT FOR ADULTS 60 AND OLDER IN RIVERSIDE COUNTY

These services are included in your Medi-Cal benefits.

Our programs can help with:

- Tools for handling life's challenges
- Skills to problem-solve with confidence
- A more active, rewarding daily life
- Lasting change, not just short-term relief

**Call us at (800) 675-6694
to find the right
program for you.**

We'll listen, answer your
questions, and help you
take the first step.



*And if you see that painting,
it's scary because even the color of the paint is... so horrible!*



SCAN TO WATCH VIDEO

Hear how one of our
programs improved the
life of a local Caregiver.