



 **Tri-City Medical Center**  
**Behavioral Health Services**

is here for you through all of life's emotional changes.

## OLDER ADULT PROGRAM

We offer a comprehensive program with individualized care, designed to help participants over the age of 55 address challenges often associated with aging and various mental health symptoms.

### **Some of the therapies we offer are:**

- Adapting to Life Changes and Transitions
- Coping with Grief and Loss
- Managing Depression and Anxiety
- Stress Management and Relaxation Skills

For information please call the Community Liaison at **760.940.5051**  
or visit **[Tricitymed.org](https://www.tricitymed.org)**

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