



# The Transitions Program

The Transitions Program  
addresses the emotional and  
behavioral health of adults age  
60 and older



**(325) 387-1130**

**302 Hudspeth • Sonora, TX 76950**

**[www.sonora-hospital.org](http://www.sonora-hospital.org)**



# The Transitions Program

The Transitions Program provides services to individuals with a variety of mental health needs, including depression and anxiety, commonly seen as people age and learn to manage new stages of life.

*We address these issues:*

- Loneliness
- Coping with loss
- Hopelessness
- Decreased energy
- Crying
- Difficulty sleeping
- Restlessness
- Low self-confidence
- Sadness
- Life transitions

The Transitions Program staff includes a board-certified psychiatrist, a licensed therapist, a registered nurse, and other trained professionals.

Anyone can refer an individual to The Transitions Program. This includes physicians, other healthcare professionals, family members, and self referrals. If you or someone you know could benefit from this program, please contact us: (325) 387-1130