## January 2021

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to ask vourself

National Soup Month Blood Ponor Month Mental Wellness Month Martin Luther King Jr. Pay



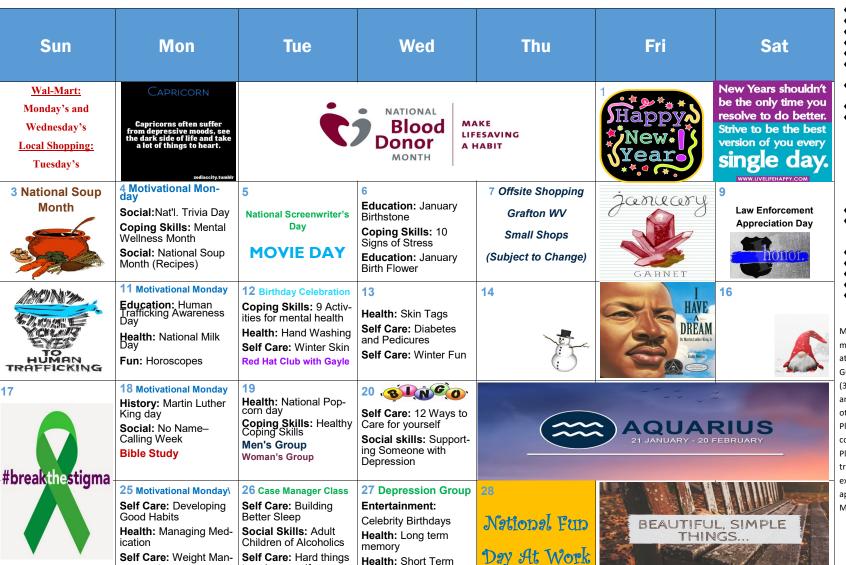
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Garrett County Lighthouse, Inc. 20 East Oak Street 301-334-9126

Safe Harbor Crisis & Respite Care 301-334-1642 Compass House Crisis & Respite Care 240-362-7082



- ♦ Psychiatric Rehabilitation Services
- ♦ PRP 8:00 am until 1:30 pm
- **♦** Tuesday Local Shopping
- ♦ Monday & Wednesday Wal-Mart
- Breakfast, Lunch and Snack only at PRP
- Nursing and Medication Monitoring As Ordered
- Blood Pressure Screening on Monday at 11:30am
- ♦ Case Management Everyday
- Rehabilitation Activities directed toward the development or restoration of skills including but not limited to: problem solving, health education, socialization, symptoms management, individualized services skills, conflict resolution, self care, independent living, nutrition education, recovery & life coaching, life skill
- activities & exercise

   Pre-Vocational Skills
- Community Integration/social skills i.e. library, parks, educational excursions, community events, museums etc.
- **♦** Accessing Entitlements
- ♦ Substance Abuse Prevention
- Accessing & Sustaining Housing
- Basic Living Skills & Supports
- Residential Rehabilitation Program

Medicaid recipients receive transportation to medical appointments by calling Handle With Care at (301) 334-9431.

GCLH provides transportation to PRP, by calling (301) 334-9126. After our regular business hours, an answering service is available for transportation and other necessary messages.

Please HELP conserve resources. Thank you for your cooperation.

Please REMEMBER that we are only offering transportation to appointments if you have exhausted all other options and you have been approved for transportation. Please call your Case Manager.



The Treasure Chest

is open on Tuesdays

9:00am --12:30pm