

"One kind word can warm a three winter months"



JANUARY 2023

Garrett County Lighthouse, Inc.
 20 East Oak Street
 301-334-9126
 Safe Harbor Crisis & Respite Care
 301-334-1642



WHEN IT SNOWS LISTEN TO WKHJ 104.5 OR WFRB 105.3 FOR LIGHTHOUSE PRP CLOSINGS & DELAYS OR



Check out our Facebook page for updates

- Psychiatric Rehabilitation Services
- Program Hours: 8:00 am-1:30 pm
- Monday & Wednesday Bank & Wal-Mart
- Tuesday Local Shopping/Library
- Breakfast & Lunch (11:00AM) provided only at PRP
- Nursing and Medication Monitoring As Ordered
- Blood Pressure Screening on Mondays
- 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

If you have a problem, comment or idea we are here to listen. Please bring it to our attention.



Medicaid recipients receive transportation to medical appointments by calling GTS at (301) 334-7726. GCLH provides transportation to and from local appointments, as well as to PRP. Please schedule 24 hours in advance by calling (301) 334-9126. Please HELP conserve resources. Thank you for your cooperation.

Treasure Chest Open Tuesday's 9am-1pm



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. Out with the old in with the new! Sending Happy New Year best wishes to you!	2. Closed for New Year's Day	3. The Joy of Giving Craft/Journaling ADL- Local Shopping	4. The Joy of Giving Craft/Journaling ADL- Local Shopping	5. SNOWFLAKE IS WINTER'S Butterfly	6.	7.
8.	9. Good and Bad Mandalas Craft Birthday Celebration ADL -Walmart Shopping	10. Good and Bad Mandalas Craft Birthday Celebration ADL -Walmart Shopping	11. Good and Bad Mandalas Craft Birthday Celebration ADL -Walmart Shopping	12. Worrying does not take away tomorrow's troubles. It takes away today's peace	13.	14.
15. Kindness is like snow - it beautifies everything it covers.	16. Tank of Gas Journaling ADL- Local Shopping	17. Tank of Gas Journaling ADL- Local Shopping	18. Tank of Gas Journaling ADL- Local Shopping	19.	20.	21.
22.	23. My Perfect Healing Hospital Craft ADL -Walmart Shopping	24. My Perfect Healing Hospital Craft ADL -Walmart Shopping	25. My Perfect Healing Hospital Craft ADL -Walmart Shopping	26.	27.	28.
29. warm wishes	30. How Does This Serve Me? Journaling ADL- Local Shopping	31. How Does This Serve Me? Journaling ADL- Local Shopping	How Does This Serve Me? Journaling ADL- Local Shopping	KEEP LOOKING UP THAT'S THE SECRET OF LIFE Snoopy	GOODBYE JANUARY	HELLO FEBRUARY