

Hello March
 M ay the early spring
 A waken your soul and
 R emind you to
 C elebrate the season with the
 H ope and Joy it brings

OurMindfulLife.com



MARCH 2023

gg74586479 www.gograph.com

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. "Daily Schedule" Class ADL- Local Shopping	2.	3.	4. <i>Be the reason someone smiles today.</i>
5. <i>Be yourself everyone else is already taken</i>	6. "Emotional Charades" 11:30 am Easter Craft in the Craft Room DL - Walmart Shopping	7. "Emotional Charades" 11:30am Easter Craft in the Craft Room ADL - Walmart Shopping	8. "Emotional Charades" 11:30am Easter Craft in the Craft Room ADL - Walmart Shopping	9. <i>Today is full of POSSIBLE</i>	10.	11.
12. <i>SPRING FORWARD! Daylight Saving Time</i>	13. "The Feeling Wheel" Birthday Celebration	14. "The Feeling Wheel" Birthday Celebration	15. "The Feeling Wheel" Birthday Celebration ADL- Local Shopping	16.	17. <i>HAPPY St. Patrick's DAY</i>	18.
19. <i>SPRING IS IN THE AIR!</i>	20. <i>1st Day of Spring</i> "Self-Care Wheel" ADL - Walmart Shopping	21. "Self-Care Wheel" ADL - Walmart Shopping	22. "Self-Care Wheel" ADL - Walmart Shopping	23.	24.	25.
26. <i>ONE kind word can CHANGE someone's ENTIRE DAY</i>	27. "Mental Health Tax Break" ADL- Local Shopping	28. "Mental Health Tax Break" ADL- Local Shopping	29. "Mental Health Tax Break" ADL- Local Shopping	30. <i>goodbye FEBRUARY hello MARCH</i>	31.	