

February is American Heart Month

February 2024

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.	2.	3.
4.	5. Reasons We Neglect Self-Care DL - Walmart Shopping	6. Bulletin Board-Ways to Love Yourself ADL- Local Shopping	7. Valentine's Day Cards ADL - Walmart Shopping	8.	9.	10.
11.	12. Movie Day/Journaling ADL - Walmart Shopping	13. Valentine's Day Celebration ADL- Local Shopping	14. Valentine's Craft ADL - Walmart Shopping	15.	16.	17.
18.	19. Identifying Triggers ADL - Walmart Shopping	20. Social Skills Roleplay ADL- Local Shopping	21. Coping Skills Jeopardy ADL - Walmart Shopping	22. THOUGH, FEBRUARY IS SHORT, IT IS FILLED WITH LOTS OF LOVE AND SWEET SURPRISES		
25.	26. Anger Management ADL - Walmart Shopping	27. Feelopoly Game ADL- Local Shopping	28. Stress Check-In ADL - Walmart Shopping	29. FEBRUARY REMINDERS Your time is too valuable for self-doubts and worries You are already and will always be loved It's ok to do what's best for you The only person you can't afford to lose is you No worries, no hurry; you'll get there step by step		