



MENTAL HEALTH AWARENESS MONTH



Garrett County Lighthouse, Inc.
 20 East Oak Street
 301-334-9126
 Safe Harbor Crisis & Respite Care
 301-334-4142

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
							Check out our Facebook! <ul style="list-style-type: none"> Wellness and Recovery Center Hours 8:00 am-1:00 pm Monday & Wednesday Bank & Wal-Mart Tuesday Local Shopping Breakfast & Lunch (9:00AM & 11:00AM) Nursing and Medication Monitoring as Ordered 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
	4 Creative Therapy/Community Integration: Flower Bombs to State Parks	5 Treasure Chest Mother's Day Sale Recovery: "Better Than Yesterday"	6 Mother's Day Appreciation THANK YOU MOM	7 HEARING IS NOT LINEAR	8 MENTAL HEALTH IS THE PRIORITY		
10 Happy Mother's Day	11 How's it going?	12 Nurse's Day! Anxiety Management: "One Thing at a Time"	13 Walk and Talk: "Head in the Clouds"	14 THERAPY IS COOL		16 Make Yourself Proud.	
17 REACH OUT FOR SUPPORT	18 Growth and Change: "Mind in Bloom"	19 Depression Group: "Hope in Progress"	20 Community Integration: Mental Health Ribbon Scavenger Hunt	21	22	23 Trust The Process!	
24 TAKE CARE OF YOUR MIND	25 MEMORIAL DAY	26 Game Day! "Cue" the Competition/Bingo	27 Community Integration: PICNIC WITH APPALACHIAN CROSSROADS	28 KINDNESS CHANGES EVERYTHING	29 COMMUNITY RESOURCE DAY	30 LESS STRESS	

WHEN IT SNOWS LISTEN TO WKHJ 104.5, WFRB 105.3 OR CHECK FACEBOOK FOR PROGRAM CLOSURES & DELAYS

Upcoming Appointments & Notes:

MENTAL Health MATTERS

Medicaid recipients receive transportation to medical appointments by calling the Garrett County Health Department at (301)-334-7726.

GCLH provides transportation to and from local appointments, as well as to the Wellness and Recovery Center. Please schedule 24 hours in advance by calling (301) 334-9126. Thank you for your cooperation.