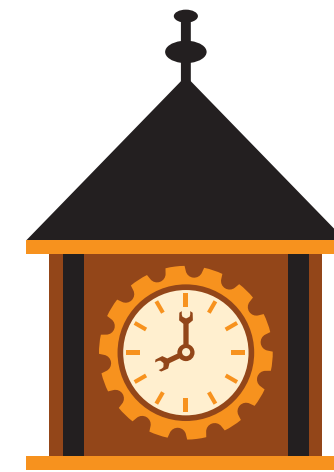


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[www.beacon-light.org](http://www.beacon-light.org)



**BEACON LIGHT**  
BEHAVIORAL HEALTH SYSTEM



**COGNITIONS**  
SKILLS FOR LIFE

Psychiatric  
Rehabilitation



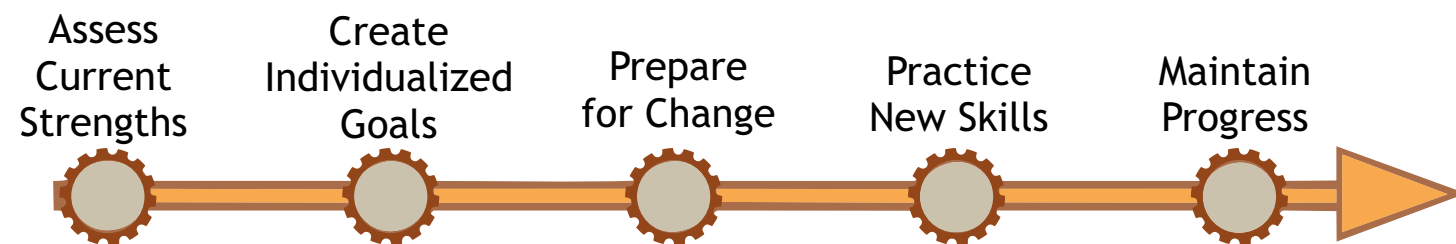
**BEACON LIGHT**  
BEHAVIORAL HEALTH SYSTEM

# WHAT IS COGNITIONS?

COGNITIONS is a Psychiatric Rehabilitation program that assists individuals living with mental illness in identifying and pursuing the goals they have for their life. COGNITIONS helps individuals build skills in keeping with their goals through ongoing person-centered classes.

## PROGRAM EXPECTATIONS:

*Over the course of the program, participants will...*



## WHO CAN JOIN?

COGNITIONS is open to anyone who:

- Lives in McKean County
- Is 18 or older
- Has a documented serious mental illness

In most cases, transportation can be provided to individuals interested in attending classes.

## HOW TO GET STARTED:

If you are interested in getting started with classes, please complete the following:

- Complete the Psych Rehab referral located at [www.beacon-light.org](http://www.beacon-light.org)
- Have a licensed practitioner (PCP, Psychiatrist, RN, PA) complete the included LPHA form
- Send the completed forms to [ccp@beacon-light.org](mailto:ccp@beacon-light.org)

## WHAT TO EXPECT:

COGNITIONS offers classes Monday-Friday targeted to build a variety of skills. Morning classes run from 10:00-12:00 and afternoon classes from 1:00-3:00. Participants may join any or all of the offered classes that they believe will assist them in furthering their goals. Participants will also meet one-on-one with a practitioner to develop a goal plan that fits them!

## CLASSES INCLUDE:

- Mindfulness & Anger Management
- Cooking & Meal Planning
- Moving Forward While Living with Depression
- Money Matters: Developing a Financial Freedom Plan
- Beyond Coping: Developing Personal Wellness Strategies
- Emotional Abuse
- Preparing for Employment
- Stress Busters

*...and many more!*



*"Building Skills for Life!"*