

September

2020

Fruit and Vegetables Month
 National Suicide Prevention Month
 National Recovery Month
 National Courtesy Month
 Self care Awareness Month



Garrett County Lighthouse, Inc.
 20 East Oak Street
 301-334-9126
Safe Harbor Crisis & Respite Care
 301-334-1642
Compass House Crisis & Respite Care
 240-362-7082

Be sure to check our Facebook page for updates

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>We will be starting PRP three days per week on September 8th for all runs!! Be sure to call for transportation. ONLY 7 clients per van allowed. Masks and social distancing continue to be required.</p>		<p>1 <u>Coping Skills:</u> Suicide Treatment and Prevention <u>Social Skills:</u> Coat of Arms <u>Current Events</u> <u>Coping Skills:</u> Living with worry amidst Global uncertainty</p>	<p>2 <u>Coping Skills:</u> Suicide Treatment and Prevention <u>Education:</u> National Blueberry Popsicle Day <u>Social Skills:</u> Coat of Arms <u>Coping Skills:</u> Living with worry amidst Global uncertainty</p>	<p>3 </p>	<p>4</p>	<p>NATIONAL SUICIDE PREVENTION LIFELINE™ I-800-273-TALK I-800-273-8255 www.suicidepreventionlifeline.org</p>
<p>6 </p>	<p>7 ALL WORKERS DESERVE CELEBRATION HAPPY LABOR DAY!</p>	<p>8 TREASURE CHEST End of Summer SALE Back to PRP BLAST! </p>	<p>9 <u>Coping Skills:</u> suicide prevention Week <u>Group Discussion:</u> Countering Negative thoughts</p>	<p>10 </p>	<p>11 </p>	<p>SCHOOL DAYS SEPTEMBER First Day of Autumn Football Games Apples and Warm Apple Cider APPLE PIE ORCHARD HARVEST COLORFUL LEAVES Warm Jackets & Cozy Nights crisp morning air</p>
<p>13 </p>	<p>14 <u>Coping Skills:</u> Assertive Communication <u>Social Skills:</u> Bingo <u>Education:</u> National Eat a Hoagie Day NARCAN Training—Sign Up Required—Limited to 25</p>	<p>15 <u>Coping Skills:</u> Fair Fighting Rules <u>Self care</u>—Tips For Self Care </p>	<p>16 <u>Social/ Education</u>—National Play-doh day Slime Making <u>Coping Skills:</u> Fight or Flight response/ Triggers <u>Education:</u> Cinnamon Raisin Bread Day</p>	<p>17 National Apple Dumpling Day</p>	<p>18 Life starts all over again when it gets crisp in the Fall. </p>	<p>19 Talk Like a Pirate day</p>
<p>20</p>	<p>21 Guest Speakers from Recovery Point West Virginia <u>Education:</u> National Recovery Month <u>Current Events</u></p>	<p>22 <u>Education:</u> Voter registration Day <u>Coping Skills:</u> Anxiety <u>Social Skills:</u> Season Changes Discussion. <u>Education:</u> National Ice cream Cone Day</p>	<p>23 Birthday Celebration <u>Self care:</u> Mindfulness Meditation <u>Social Team Building:</u> Learning the facts <u>Education:</u> National Snack Stick Day</p>	<p>24 Offsite Trip: Ohio Pyle Please wear comfortable shoes </p>	<p>25 </p>	<p>26</p>
<p>27 </p>	<p>28 <u>Education:</u> National Foliage Week <u>Social:</u> Good Neighbor Day <u>Coping Skills:</u> Cycle of Depression/ Worksheet</p>	<p>29 <u>Education:</u> Celebrate VFW Day <u>Depression Group</u> <u>Social:</u> National Coffee Day</p>	<p>30 CASE MANAGER CLASS Women's Group Men's Group National Women's Health & Fitness Day <u>Education:</u> Mulled Cider Day</p>	<p>the best project you'll ever work on is you </p>	<p>What lies behind us and what lies before us are tiny matters compared to what lies within us. </p>	<p>The Treasure Chest is open on Tuesdays 9:00am --12:30pm</p>

- ♦ Psychiatric Rehabilitation Services
- ♦ PRP 8:00 am until 1:30 pm
- ♦ Tuesday Local Shopping
- ♦ Monday & Wednesday Wal-Mart
- ♦ Breakfast, Lunch and Snack only at PRP
- ♦ Nursing and Medication Monitoring As Ordered
- ♦ Blood Pressure Screening on Monday at 11:30am
- ♦ 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

Medicaid recipients receive transportation to medical appointments by calling Handle With Care at (301) 334-9431.
 GCLH provides transportation to PRP, by calling (301) 334-9126. After our regular business hours, an answering service is available for transportation and other necessary messages.
 Please HELP conserve resources. Thank you for your cooperation.
 Please REMEMBER that we are only offering transportation to appointments if you have exhausted all other options and you have been approved for transportation. Please call your Case Manager.



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