

















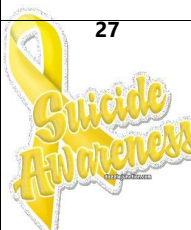
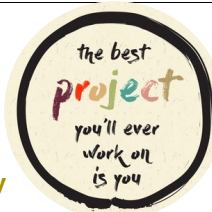

2020

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
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.		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	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	3 	4	
6 	7  ALL WORKERS DESERVE CELEBRATION HAPPY LABOR DAY!	8 TREASURE CHEST End of Summer SALE Back to PRP BLAST! 	9 <u>Coping Skills:</u> suicide prevention Week <u>Group Discussion:</u> Countering Negative thoughts	10 	11 	12 
13 	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	15 <u>Coping Skills:</u> Fair Fighting Rules <u>Self care—</u> Tips For Self Care 	16 <u>Social/ Education—</u> National Play-doh day <u>Slime Making</u> <u>Coping Skills:</u> Fight or Flight response/ Triggers <u>Education:</u> Cinnamon <u>Raisin Bread Day</u>	17 National Apple Dumping Day	18  <i>Life starts all over again when it gets crisp in the Fall.</i>	19 Talk Like a Pirate day
20	21 Guest Speakers from Recovery Point West Virginia <u>Education:</u> National Recovery Month <u>Current Events</u>	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	23 <u>Birthday Celebration</u> <u>Self care:</u> Mindfulness Meditation <u>Social Team Building:</u> Learning the facts <u>Education:</u> National Snack Stick Day	24 Offsite Trip: Ohio Pyle Please wear comfortable shoes 	25 	26
27 	28 <u>Education:</u> National Foliage Week <u>Social:</u> Good Neighbor Day <u>Coping Skills:</u> Cycle of Depression/ Worksheet	29 <u>Education:</u> Celebrate VFW Day <u>Depression Group</u> <u>Social:</u> National Coffee Day	30 CASE MANAGER CLASS Women's Group Men's Group National Women's Health & Fitness Day <u>Education:</u> Mulled Cider Day		 <i>What lies behind us and what lies before us are tiny matters compared to what lies within us.</i>	

- ♦ 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.



The Treasure Chest
is open on Tuesdays
9:00am --12:30pm