



Diabetes Awareness Month
 Adoption Awareness Month
 Vegan Month
 Pancreatic Cancer Awareness Month
 Native American Heritage Month
 Peanut Butter Lovers 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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>SPIRIT WEEK Nov. 2-4 Monday: Sports Team Day Tuesday: Hat Day Wednesday: Pajama Day</p>	<p>2</p> <p>Life Skills: Job Action Day Motivational Monday: Start the week off right Client Led Class: Understanding Addictions Prevention: Drowsy Driving Awareness</p> <p>ADL: Wal-Mart</p>	<p>3</p> <p>Social Skills Election Day Educational: November Birthstone Community: VOTING 10AM & 12PM</p> <p>ADL: Local Shopping</p>	<p>4</p> <p>Education: Zodiac Signs Education: Adoption Awareness Month Health: Gluten Free Diet Awareness Community: Oak Park Food Pantry</p> <p>ADL: Wal-Mart</p>	<p>5</p> <p>OFFSITE Shopping Country Club Mall & OLLIE'S Bargain OUTLET</p>	<p>6</p> <p>We've got ANOTHER holiday to worry about. It seems Thanksgiving Day is upon us.</p> <p>I haven't even finished eating all of my Halloween candy!</p>	<p>7</p>
<p>8</p> <p>NOVEMBER IS National DIABETES Awareness Month FINDING THE CURE STARTS WITH AWARENESS</p>	<p>9</p> <p>Life Skills: World Adoption Day Social Skills: Motivational Monday Self Care: Muscle Relaxation</p> <p>ADL: Wal-Mart</p>	<p>10</p> <p>Community Action Energy Assistance SIGN UP REQUIRED Social: Red Hat Club with Gayle Fun: Peanut Butter Lovers Health: Vegan Month Birthday Celebration ADLS: Local Shopping</p>	<p>11</p> <p>Lighthouse Closed For Veteran's Day. There is a possibility that this will change. You will be notified by GCLH Support Staff if this changes</p> <p>REMEMBER OUR VETERANS</p>	<p>12</p> <p>NOVEMBER is NATIONAL PEANUT BUTTER LOVER'S MONTH</p>	<p>13</p> <p>WORLD KINDNESS DAY</p>	<p>14</p> <p>no act of KINDNESS HOWEVER SMALL EVER IS WASTED ♥♥♥♥♥—AESOP</p>
<p>15</p> <p>AMERICA RECYCLES DAY</p>	<p>16</p> <p>Social Skills: Motivational Monday Community: International Day for Tolerance Self Care: Values</p> <p>ADL: Wal-Mart</p>	<p>17</p> <p>BIBLE STUDY Self Care: Building new Habits Coping Skills: Holiday Pressures Self Care: Strengths Exploration</p> <p>ADL: Local Shopping</p>	<p>18</p> <p>Culture: Native American Heritage Month Coping Skills: Suicide Survivors Day</p> <p>BINGO</p> <p>ADL: Wal-Mart</p>	<p>19</p> <p>NATIVE AMERICAN HERITAGE MONTH</p>	<p>20</p> <p>SAGITTARIUS 22 NOVEMBER - 21 DECEMBER</p>	<p>21</p>
<p>22</p> <p>Pancreatic Cancer Awareness Month</p>	<p>23</p> <p>Case Manager Class Social Skills: Motivational Monday Self Care: Self Esteem Health: Pancreatic cancer Awareness</p> <p>ADL: Wal-Mart</p>	<p>24</p> <p>Men's Group Women's Group NUTRITION: How to Avoid Food Illness Fun: Thanksgiving Trivia</p> <p>ADL: Local Shopping</p>	<p>25</p> <p>DEPRESSION GROUP Health: Family Health History Day Budgeting: Black Friday Shopping MOVIE DAY</p> <p>ADL: Wal-Mart</p>	<p>26</p> <p>Lighthouse Closed</p> <p>HAPPY Thanksgiving</p>	<p>27</p> <p>Lighthouse Closed</p> <p>BLACK FRIDAY</p>	<p>28</p>
<p>29</p> <p>Spread Kindness #spreadkindness</p>	<p>30</p> <p>Social Skills: Motivational Monday Health: Blood Pressure class with Nurses Self Care: Sleep Hygiene/ Sleep Diary Coping Skills: Positive Psychology</p> <p>ADL: Wal-Mart</p>		<p>IT IS NOT HAPPY PEOPLE WHO ARE THANKFUL; IT IS THANKFUL PEOPLE WHO ARE HAPPY.</p>			

- ◆ Psychiatric Rehabilitation Program (PRP)
- ◆ PRP 8:00 am until 1:30 pm Mon-Wed
- ◆ Tuesday Local Shopping
- ◆ Monday & Wednesday Wal-Mart
- ◆ Wednesday Co-Occurring Group
- ◆ Breakfast, Lunch and Snack served only at PRP
- ◆ Nursing and Medication Monitoring As Ordered
- ◆ Blood Pressure Screening Mondays 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
- ◆ Residential Rehabilitation Program

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
 Tuesday
 9:00am - 1:00PM