



















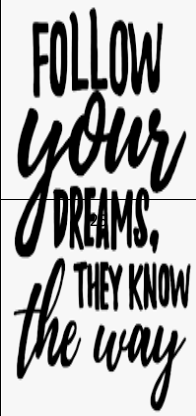





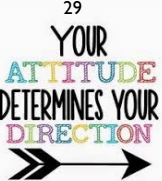


JULY 2021



Land of the **FREE**
Home of the **BRAVE**

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
 In God We Trust	 Hello Summer		 Happy Joke Day!		 Yes you're the fairest of them ALL.	
 HAPPY 4TH of July	LIGHHOUSE CLOSED FOR INDEPENDENCE DAY 	Clinic with Maryland Legal Aid  Christmas in JULY EDUCATION: The History of Independence Day ADL: Local Shopping	BIRTHDAY CELEBRATION COMMUNITY INTEGRATION: Fresh Air Market SELF CARE: DIY SKINCARE ADL: Wal-Mart	 FARMERS MARKET EAT LOCAL		
 Cook	 BINGO 12 CREATIVE THERAPY: Crafts SOCIAL SKILLS: VOLUNTEER BENCH STAINING ADL: Wal-Mart	13 MEN'S GROUP WOMEN'S GROUP CLIENT-LED BIBLE STUDY OUTDOOR ACTIVITIES ADL: Local Shopping	14 DEPRESSION GROUP WITH MARK COMMUNITY INTEGRATION: Fresh Air Market ADL: Wal-Mart			 Your mental health is a priority
 FOLLOW your DREAMS, THEY KNOW the way	19 Clinic with Maryland Legal Aid ASL Class w/ Bethany Walk and Talk ADL: Wal-Mart	20 CASE MANAGER CLASS CARD CLUB  ADL: Local Shopping	21 OFFSITE: LUAU AT HERRINGTON MANOR  LUAU	 ALOHA		
	26 RECOVERY: Drug Awareness Class SELF CARE: Raise Self Esteem ADL: Wal-Mart	27 RECOVERY: Drug Awareness Class SOCIAL SKILLS: Windchimes ADL: Local Shopping	28 PAINT AND SIP COMMUNITY INTEGRATION: Fresh Air Market or Outdoor Activities ADL: Wal-Mart	 YOUR ATTITUDE DETERMINES YOUR DIRECTION		 If your PLAN A doesn't work, the alphabet has 25 more letters! Stay cool!

 Check out our Facebook page for updates

- Psychiatric Rehabilitation Services
- Program Hours: 8:00 am-1:30 pm
- Monday & Wednesday Bank & Wal-Mart
- Tuesday Local Shopping/Library
- Breakfast & Lunch (11:00AM) provided only at PRP
- Nursing and Medication Monitoring As Ordered
- Blood Pressure Screening on Mondays
- 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



If you have a problem, comment or idea we are here to listen. Please bring it to our attention.

Medicaid recipients receive transportation to medical appointments by calling GTS at (301) 334-7726. GCLH provides transportation to and from local appointments, as well as to PRP. Please schedule 24 hours in advance by calling (301) 334-9126. Please HELP conserve resources. Thank you for your cooperation.



Treasure Chest
 Open Tuesday's
 9am-1pm