



**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
1 	2 <b>Mental Health Monday</b> (Wear <b>GREEN</b> to Support Mental Health Awareness Month) <b>Outdoor Activities</b> ADL: Wal-Mart	3 <b>Treasure Chest Mother's Day Sale</b> <b>Twin Tuesday</b> (Team up against stress! Dress like a friend because you aren't alone) ADL: Local Shopping	4 <b>Wellness Wednesday</b> <b>CARD CLUB</b> Community Integration: Walk and Talk ADL: Wal-Mart	5 	6 	7 
8 	9 <b>Bible Study</b> <b>Stress Management: Responding to Trauma</b> ADL: Wal-Mart	10 <b>BIRTHDAY CELEBRATION</b> <b>MEN'S GROUP</b> <b>WOMEN'S GROUP</b> Community Integration: River Rock Hunting ADL: Local Shopping	11 <b>Offsite Shopping Trip to Burkes Outlet and other local stores in Keyser, WV (NO PRP)</b>	12 	13 	14 
15 	16 <b>Self Awareness: Consequences</b> <b>Social Skills: Rock Painting</b> ADL: Walmart	17 <b>History: Mental Health Jeopardy</b> <b>Group Activity: My "Inner Critic"</b> ADL: Local Shopping	18 <b>DEPRESSION GROUP</b> <b>Cognitive Distortions: "To Your Core"</b> ADL: Walmart	19 	20 	21 
22 	23 <b>Smoke Hole Caverns Meeting</b> <b>Social Skills: Bingo</b> ADL: Wal-Mart	24 <b>"ROCK" OUT FOR MENTAL HEALTH!</b> ADL: Local Shopping	25 <b>Case Manager Class with David</b> <b>Anxiety Management: Coping with Social Anxiety</b> ADL: Walmart	26 	27 	28 
29 	30 <b>Creative Therapy: Crafts</b> <b>Core Beliefs: Identifying Core Beliefs</b> ADL: Wal-Mart	31 <b>Recovery: Emotions Card Game</b> <b>Community Integration: Walk and Talk</b> ADL: Local Shopping	 <b>NATIONAL SUICIDE PREVENTION LIFELINE</b> <b>1-800-273-TALK (8255)</b> <a href="http://suicidepreventionlifeline.org">suicidepreventionlifeline.org</a>			



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**