







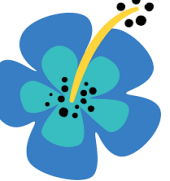













JUNE 2022



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											
 5 	 6 Safety Video Case Manager Class ADL: Wal-Mart	 7 Creative Therapy: Crafts Outdoor Activities ADL: Local Shopping	1 Community Integration: Fresh Air Market Self Awareness: 14 Things I Love About You ADL: Wal-Mart 8 Bible Study Group Discussion: Mental Health Prompts ADL: Walmart	 2 3 4 9 	 10  11	 12 Self Motivation: Weekly Motivator Social Skills: Gratitude Alphabet Game ADL: Walmart	13 Group Activity: Beach Jeopardy Financial Management: Summer Budget Plan ADL: Local Shopping	14 Trip to Jennings Randolph Lake (NO PRP)	 16 17 18 	 19 GARRETT COUNTY LIGHTHOUSE CLOSED IN OBSERVANCE OF JUNETEENTH	 21 MEN'S GROUP WOMEN'S GROUP Teamwork: Cup Stacking Challenge ADL: Local Shopping	BIRTHDAY CELEBRATION Social Skills: Freeze Dance Game Community Integration: Fresh Air Market ADL: Walmart	 23  24  25	 26 Conflict Resolution: Peer Conflict Plan Social Skills: Bingo ADL: Wal-Mart	27 Anxiety Management: 12 Habits that Make Anxiety WORSE Community Integration: Walk and Talk ADL: Local Shopping	28 Coping Skills: My Social Anxiety Social Skills: Read My Lips ADL: Wal-Mart	29  30



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