



AUGUST 2022

Garrett County Lighthouse, Inc.
 20 East Oak Street
 301-334-9126
 Safe Harbor Crisis & Respite Care
 301-334-1642



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 CREATIVE THERAPY: Journaling Class CREATIVE THERAPY: It's Okay to... ADL: Walmart	2 GARRETT COUNTY FAIR TRIP 	3 HEALTH: Health & Nutrition Class with Louann COMMUNITY INTEGRATION: Fresh Air Market ADL: Walmart	4 Yippee Skippy! It's Thursday, which means tomorrow is Friday :) 	5 <i>it's</i> FRIDAY FRIDAY FRIDAY FRIDAY	6 Always Love Yourself
7 NATIONAL LIGHTHOUSE DAY 	8 CREATIVE THERAPY: Make a Lighthouse Necklace EDUCATIONAL: Learn the History behind Lighthouse's ADL: Walmart National Happiness Happens Day	9 How Nature Can Play A Critical Role in Mental Health Treatment MINDFULNESS CLASS: The Penny Activity ADL: Local Shopping	10 INDEPENDENT LIVING SKILLS: Cooking & Chilling SOCIAL SKILLS: Mental Health Bingo ADL: Walmart	11 	12 Givin' out Friday hugs. Have a great weekend. :) 	13
14 	15 INTERACTIVE THERAPY: Let your emotions R.A.I.N CREATIVE THERAPY: Learn to read recipes ADL: Wal-Mart	16 CREATIVE THERAPY: Mask Reveal Anger Management Class ADL: Local Shopping	17 Men's Group Women's Group Overcoming the Fear of Being Labeled as "Different" ADL: Wal-Mart National Nonprofit Day	18 	19 	20
21 	22 COMMUNITY INTEGRATION: Christian Motorcycle Association CREATIVE THERAPY: Stress Ball Activity ADL: Wal-Mart	23 Western Maryland Consortium CREATIVE THERAPY: Make your own recipe book Birthday Celebration	24 EDUCATIONAL: The history of Maryland National Maryland Day ADL: Wal-Mart	25 Be Kind To Your MIND MENTAL HEALTH matters	26 IT'S FRIDAY! JUST DANCE!	27
29 	Smoke Hole Caverns Trip	30 HEALTH & WELLNESS Mental Health Check in Client Lead Class: Discussion on Trip ADL: Local Shopping	31 SOCIAL SKILLS: Ice Breaker Game EXERCISE: Walk & Talk ADL: Wal-Mart	Goodbye July... ALOHA August!		



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