

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. Tricks for Treating Yourself Walmart Shopping	2. Tricks for Treating Yourself Walmart Shopping	3.	4.	5.
6.	7. Painting for Self-Care Local Shopping	8. Painting for Self-Care Local Shopping	9. Painting for Self-Care Local Shopping	10.	11. Veterans Day	12.
13.	14. "Right Now, I am Fine" Walmart Shopping	15. "Right Now, I am Fine" Walmart Shopping	16. "Right Now, I am Fine" Walmart Shopping	17.	18.	19.
20.	21. Journaling Class Birthday Celebration Local Shopping	22. Journaling Class Birthday Celebration Local Shopping	23. Journaling Class Birthday Celebration Local Shopping	24.	25.	26.
27.	28. Self-Esteem Collages Walmart Shopping	29. Self-Esteem Collages Walmart Shopping	30. Self-Esteem Collages Walmart Shopping	25.		



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, 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