



**Garrett County Lighthouse, Inc.**  
 20 East Oak Street  
 301-334-9126  
 Safe Harbor Crisis & Respite Care  
 301-334-9126 ext. 239 or  
 301-616-8029



Check out our  
 Facebook page for  
 updates

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4.	5. Life Tip Jars  ADL - Walmart Shopping	6. Gardening w/UMD Extension Office  ADL - Local Shopping	7. Protect Your Treasures  ADL - Walmart Shopping	8.	9.	10. Be the Reason SOMEONE SMILES TODAY 
11.	12. Meditation TED Talk & Discussion  ADL - Walmart Shopping	13. Labyrinth Meditation  Birthday Celebration 11:30 AM TC Craft ADL - Local Shopping	14. FLAG DAY Men's Group Women's Group ADL - Walmart Shopping	15.	16. be like a sunflower stand tall and find the sunlight even on the darkest of days 	17.
18.	19. Spin a Yarn  ADL - Walmart Shopping	20. Lifeline Laundry List  ADL - Local Shopping	21.  Journaling ADL - Walmart Shopping	22.	23.	24.
25.	26. No On-Site PRP—  STAFF TRAINING	27. BBQ & Field Day  ADL - Local Shopping	28. Men's Group Women's Group  ADL - Walmart Shopping	29.	30.	

- Psychiatric Rehabilitation Services
- Program Hours: 8:00 am-1:00 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**

