



2023

**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
	1. What Lighthouse Does for Me Treasure Chest Spring Sale ADL -Walmart Shopping	2. What Lighthouse Does for Me Treasure Chest Spring Sale ADL -Walmart Shopping	3. What Lighthouse Does for Me Treasure Chest Spring Sale ADL -Walmart Shopping	4.  5.	6.	
7.	8. Mental Health Awareness: Rock Painting Treasure Chest Spring Sale ADL- Local Shopping	9. Mental Health Awareness: Jewelry 11:45AM Kathy S. Mt. Haven Update Treasure Chest Spring Sale ADL- Local Shopping	10. Mental Health Awareness: Interior Posters Treasure Chest Spring Sale ADL- Local Shopping	11.	12.	13.
14.	15. Anger Management Cooling my Hot Spots ADL -Walmart Shopping	16. Men's Group Women's Group ADL -Walmart Shopping	17. Feeling Code Collage ADL -Walmart Shopping	18.	19.	20.
21.	22. Good and Bad Mandalas ADL- Local Shopping	23. Mindfulness: Sense Game ADL- Local Shopping	24. Journaling ADL- Local Shopping	25.	26.	27.
28.	29. Closed for Memorial Day  HAPPY MEMORIAL DAY REMEMBER AND HONOR	30. Men's Group Women's Group ADL -Walmart Shopping	31. Nutrition: Diets for Mental Health ADL -Walmart Shopping			

- 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