



September 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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3. 	4. CLOSED 	5.  Treasure Chest Dedication To "Loretta's Boutique"  ADL— Local Shopping	6.  Mental Health Monsters ADL -Walmart Shopping	7. 	8.  9. 	
10. 	11.  Remembrance Day Activity ADL -Walmart Shopping	12.  THE Gratitude GAME ADL— Local Shopping	13.  Recovery at the Park ADL -Walmart Shopping	14. 	15.	16.
17. 	18.  Farm Animals ADL -Walmart Shopping	19.  Social Committee ADL— Local Shopping	20.  Connected Devices (Chromebook) Program ADL -Walmart Shopping	21. 	22.	23. 
24. 	25.  No Bake ADLs ADL-Walmart Shopping	26.  Computer Basics ADL— Local Shopping	27.  Game Day ADL -Walmart Shopping	28. 	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