










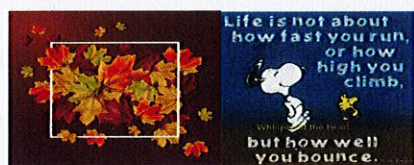










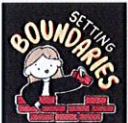











# November 2023

**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. Stress Awareness  ADL - Walmart Shopping	2. 	3. 	4. 
5. 	6. Pine Turkeys—Craft  ADL - Walmart Shopping	7. Computer Class  ADL— Local Shopping	8. Veteran's Day Observance—Cards for Soldiers  ADL - Walmart Shopping	9. 	10. 	11. 
12. 	13. World Kindness Day  ADL - Walmart Shopping	14. Bird Feeders  ADL— Local Shopping	15. End of Week Check-In  ADL - Walmart Shopping	16. 	17. 	18. 
19. 	20. Setting Boundaries  ADL - Walmart Shopping	21. What's on your Plate?  ADL— Local Shopping	22. Lived Experience Video  ADL - Walmart Shopping	23. 24. 25. <b>Closed for Thanksgiving Holiday</b> 		25. 
26. 	27. Christmas Cards  ADL- Walmart Shopping	28. Computer Class  ADL— Local Shopping	29. End of Month Check-In  ADL - Walmart Shopping	30. 		

- 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**