



December 2023

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



**WHEN IT SNOWS LISTEN
 TO WKHJ 104.5 OR WFRB
 105.3 FOR LIGHTHOUSE PRP
 CLOSINGS & DELAYS OR**



**Check out our
 Facebook page
 for updates**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1. 	2.	
3. 	4. Birthday Card Craft ADL - Walmart Shopping	5. Treasure Chest Craft 11:30 Punch and Cookies ADL - Local Shopping	6. Five Below & Gabe's No On-Site ADL - Walmart Shopping	7. 	8.	9.
10. 	11. Beaded Snowflakes ADL - Walmart Shopping	12. Mad Libs ADL - Local Shopping	13. Hot Cocoa Mix Ornaments ADL - Walmart Shopping	14. 	15.	16.
17. 	18. Christmas Bingo ADL - Walmart Shopping	19. Christmas Movie & Popcorn ADL - Local Shopping	20. Christmas Celebration ADL - Walmart Shopping	21. 	22. Closed for Christmas We will be Closed for the Holidays	23.
24. 	25. Closed for Christmas Merry Christmas	26. Game Day ADL - Local Shopping	27. Computer Class ADL - Walmart Shopping	28. 	29.	30.
31. 						

- 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**