

MARCH 2024

Garrett County Lighthouse, Inc.
 20 East Oak Street
 301-334-9126
 Safe Harbor Crisis & Respite Care
 301-334-1642



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
	How to Improve Your Dexterity (DIY Play Dough) ADL-Walmart Shopping	Men and Women's Group "Chat and Craft" ADL-Local Shopping	What is Anxiety? ADL-Walmart Shopping			
	LEGO Races ADL-Walmart Shopping	Overcoming Overthinking ADL-Local Shopping	Personal Hygiene Jeopardy ADL-Walmart Shopping			
	Teamwork Improv ADL-Walmart Shopping	How to Organize and Declutter Your Space ADL-Local Shopping	Garrett County Lighthouse Time Capsule ADL-Walmart Shopping			
	Impulse Control Strategies ADL-Walmart Shopping	Show Us YOUR TALENT Talent Show! ADL-Local Shopping	Bulletin Board Gratitude Tree Afternoon: Bible Study 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 on Tuesday's 9AM-1PM