



April 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
 1	Emotional Strengths  ADL—Walmart Shopping	Men/Women's Group  ADL—Walmart Shopping	Mental Health Board Game  ADL—Walmart Shopping			
7 	8 Urge Surfing  ADL—Walmart Shopping	9 Building Your Support System  ADL—Local Shopping	10 Spring Craft  ADL—Walmart Shopping	11 	12 YOUR MIND IS A GARDEN. YOUR THOUGHTS ARE THE SEEDS. YOU CAN GROW FLOWERS OR YOU CAN GROW WEEDS.	13 
14 	15 Caterpillar Collecting  ADL—Walmart Shopping	16 Paint and Sip  ADL—Local Shopping	17 Positive and Negative Influences NEGATIVE ☹️ POSITIVE 😊 ADL—Walmart Shopping	18 	19 	20 
21 	22 How Do Others See You?  ADL—Walmart Shopping	23 Hoop Into Wellness  ADL—Local Shopping	24 Fishing at Broadford  ADL—Walmart Shopping	25	26 	27
28 	29 "I Will Survive"  ADL—Walmart Shopping	30 Uniontown Mall Trip (Offsite)  ADL—Local 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**