

June

2024

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
2 	3 A Post Card to My Anger Activity ADL - Walmart Shopping	4 Cracking the NUTS and Eliminating the ANTS ADL - Local Shopping	5 Swimming at Dan's Mountain Outdoor Pool 	6 	7 	8
9 	10 The Interview Activity ADL - Walmart Shopping	11 Father's Day Craft ADL - Local Shopping	12 Men & Women's Group: Scavenger Hunt ADL - Walmart Shopping	13 	14 	15
16 Happy FATHER'S Day 	17 Depression Group: Strength Spotting ADL - Walmart Shopping	18 Human Bingo ADL - Local Shopping	19 Bible Study ADL - Walmart Shopping	20 Happy First Day Of SUMMER! 	21 THE GREAT Outdoors 	22
23 	24 Caterpillar Hunt ADL - Walmart Shopping	25 Questions in a Cup Exercise ADL - Local Shopping	26 Lighthouse Family Feud ADL - Walmart Shopping	27 	28 	29
						30



Check out our Facebook page for updates

- Psychiatric Rehabilitation Services
- Program Hours: 8:00 am-1:00 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. GLCH 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