













OCTOBER 2025

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
			1  Organization: "The Life Reset Challenge" ADL—WalMart	2 	3 	4 
5 	6 Men and Women's Group: Frightfully Funny Debate ADL—WalMart	7 Social Skills: Frightful Feud  ADL—Local Shopping	8  Seasonal Depression: Seasons of Change— Coping with Transitions ADL—WalMart	9 	10 COMMUNITY RESOURCE DAY 	11 
12 	13 Fire Safety Demonstration  ADL—WalMart	14 Whodunit? "Who Stole the Candy?"  ADL—Local Shopping	15 (Nurse's Group) Health and Wellness: Insomnia  ADL—WalMart	16 	17 	18 
19 	20 Self-care: Warmth and Wellness— Self-care for Colder Days SELF CARE ADL—WalMart	21 Service User-led Group: (Service User Choice) YOUR CHOICE ADL—Local Shopping	22 Routines: Structure  ADL—WalMart	23 	24 	25 
26 	27 Creative Therapy: Bookmarks  ADL—WalMart	28  STAY COZY Cozy Connections: Building Relationships in Autumn ADL—Local Shopping	29 HALLOWEEN PARTY! ADL—WalMart	30 	31 	



Check out our
Facebook page for
updates

- 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**