



MARCH 2026



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 Extended Local Shopping 	3 Self-care: "Refill the Tank" 	4 HOW'S IT GOING? 	5 	6 Have a good day 	7
8 Spring Forward DAYLIGHT SAVING TIME	9 BP Checks and Health and Wellness w/ Heather Berg (GCHD)	10 Depression Group: Trauma-informed Recovery	11 Emotional Regulation: "Feelings Without Fallout"	12 	13 	14 "So, when I said 'hide the gold in an inconspicuous place', you put it under a friekin' rainbow?"
15 	16 Identity & Purpose: "Beyond My Diagnosis"	17 St. Patrick's Day Community Integration: "Shamrock Seekers"	18 Anxiety Management: "Anxiety Reset" 	19 	20 	21
22 	23 Creative Therapy: "Create to Cope" 	24 Coping Skills: "Skill Builders" 	25 Men & Women's Group: "The Balance Burden"	26 	27 	28
29 LUCK 	30 Recovery & Relapse: "Back on Track" 	31 Anger Management: "From Trigger to Choice"	I PINCH BACK 			

WHEN IT SNOWS LISTEN TO WKHJ 104.5, WFRB 105.3 OR CHECK FACEBOOK FOR PROGRAM CLOSURES & DELAYS

Check out our Facebook!

- Wellness and Recovery Center Hours
8:00 am-1:00 pm
- Monday & Wednesday Bank & Wal-Mart
- Tuesday Local Shopping
- Breakfast & Lunch (9:00AM & 11:00AM)
- Nursing and Medication Monitoring as Ordered
- 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

Treasure Chest Open Tuesday's 9am-1pm

Upcoming Appointments & Notes:

Medicaid recipients receive transportation to medical appointments by calling the Garrett County Health Department at (301)-334-7726.

GCLH provides transportation to and from local appointments, as well as to the Wellness and Recovery Center. Please schedule 24 hours in advance by calling (301) 334-9126. Thank you for your cooperation.

