

APRIL 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 <i>National Walking Day!</i> The "Pause Button": "Responding vs Reacting" 	2	3	4
5	6 Mood Boost Monday: "Simple ways to lift your mood"	7	8 Communication Skills: "Let's Talk it Out" 	10	11	
12	13 BP CHECKS Social Skills: "Kindness Ripple Effect"	14 Spotting Cognitive Distortions: 	15 Life Skills: Confidence Builder Workshop 	16	18	
19	20 Recovery: Life Hacks for Better Living 	21 Stress Management: 	22 Community Integration: Walk, Talk, and Picnic at Broadford Lake	23	24	
26	27 Creative Therapy: "Leave it to God" Jars 	28 Communication: "Words that Work" 	29 WRC CLOSED! OFFSITE TRIP TO FUNLAND	30	APRIL SHOWERS Bring MAY FLOWERS	

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.