

## ***SPECIALTY GROUPS***

### **Monday**

**10:15 Recovery 101 with Stacy**  
**10:15 Cultural Awareness w/ Elizabeth**  
**11:15 Recovery Exercises with Ann**  
**1:00 Resiliency with Chris**

### **Tuesday**

**11:15 Positive Thinking w/ Ann/Dana**

### **Wednesday**

**10:15 Ladies of Class with TeAirra**  
**10-12 Worksheets to Work with Cindy**  
**11:15 Seeking Safety**

## ***PEER GROUPS***

### **Monday**

**10:15 Peer Support**  
**10:15-11:15 Come Write Along  
with Jae**

### **Tuesday**

**10:15/11:15 Crocheting with Kathy J.**  
**10:15/11:15 Chess Club with Jay**

### **Wednesday**

**1:00 Sisters in Recovery w/Elizabeth**  
**2:00 Mindful Exercises**

### **Thursday**

**11:15 Chess Club with Jay**  
**1:00 Geography with Diane**

## **Jones Day Program Staff**

<b>Dana</b>	<b>Day Program Director</b>
<b>Ann</b>	<b>Program Supervisor</b>
<b>Brian</b>	<b>Team 1 Leader</b>
<b>Amanda</b>	<b>Team 1</b>
<b>TeAirra</b>	<b>Team 1</b>
<b>Stacy</b>	<b>Team 2 Leader</b>
<b>Ron</b>	<b>Team 2</b>
<b>Ann</b>	<b>Team 2</b>
<b>Barb</b>	<b>Office Assistant</b>
<b>Heather</b>	<b>Cook</b>

**Community Alliance  
Jones Day Program  
Classes and Activities**

**APRIL MAY JUNE 2017**



**Jones Day Rehabilitation Program**

**Hours of Operation:  
8:30-5:00 pm  
Monday-Friday**

**7117 Jones Circle      Omaha, NE 68106  
Phone:                      402-715-5668**

## **Program Schedule**

<b>8:30-9:00</b>	<b>Breakfast</b>
<b>9:00-10:00</b>	<b>Team Meeting</b>
<b>10:00-10:15</b>	<b>Break</b>
<b>10:15-11:00</b>	<b>Classes &amp; Activities</b>
<b>11:00-11:15</b>	<b>Break</b>
<b>11:15-12:00</b>	<b>Classes &amp; Activities</b>
<b>12:00-1:00</b>	<b>Lunch</b>
<b>1:00-1:45</b>	<b>Classes &amp; Activities</b>
<b>1:45-2:00</b>	<b>Break</b>
<b>2:00-2:30</b>	<b>Classes &amp; Activities</b>

**Our Mission:  
Helping individuals with mental  
illness achieve their unique  
potential, and to live, learn, work  
and contribute in a community of  
mutual support.**

## MONDAY

**10:15 Understanding Diagnoses, Peer Support, Recovery 101, Cultural Awareness\*, Come Write Along**

**11:15 Sports Talk, Emotional Wellness, Mental Health Ed\*, Recovery Exercises\*, Come Write Along**

**1:00 Resiliency, Recovery Boosters for Sobriety, Mental Health Awareness**

**2:00 Know Yourself, Resiliency, Book Club, Tasks**

## TUESDAY

**10:15 Anger Mgt, Life After CA, Big Book Support\*, Crocheting, Chess**

**11:15 Emotional Intelligence, Positive Thinking, Spirituality\*, Art Therapy**

**1:00 Psychology 101, Depression, Art Studio, Music Appreciation**

**2:00 Current Events, Stress Mgt, Tasks**

## WEDNESDAY

**10:15 Science & Technology, Ladies of Class, American Experience\*, Come Write Along, Worksheets to Work**

**11:15 Social Skills, PTSD Ed & Support, Seeking Safety\*, Come Write Along, Worksheets to Work**

**1:00 Peer Mentoring, Self Esteem, Advocacy & Empowerment, Sisters in Recovery**

**2:00 Dating & Romance, Mindful Exercises, Tasks**

## THURSDAY

**10:15 Critical Thinking, ADHD Ed., Just for Today\*, Crocheting, Living Well/WRAP**

**11:15 Schizophrenia Ed, Anxiety/ Mind over Mood, Walking Club, Chess Club**

**12:00-12:30 12 Step House\***

**1:00 Habits of Happiness, Mindfulness, Geography**

**2:00 Creative Services, Recovery Boosters, Tasks**

## FRIDAY

**10:15 Smart Skills, Healthy at 100, Recovery Exercises\*, Coffee Talk**

**11:15 Pathways to Recovery, Overcoming Grief, Big Book Study\***

**1:00 Attitudes of Hope, Forgiveness\*, Ice Breakers, Cinema**

**2:00 Memory Building Exercises, Journaling, Cinema, Tasks**

**New Client Orientation  
9:00am Monday-Friday  
Please meet in  
the main lobby**

**\* - Schedule to be  
adjusted**

# SPECIAL EVENTS AND ACTIVITIES

*Dates to be announced.  
See Jones Team  
for further detail*



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