

SPECIALTY GROUPS

Monday

10:15 Recovery 101 with Stacy
10:15 Recovery Booster for Addictions
11:15 Cultural Awareness with Kelby
12:45 Money Management with Deb
12:45 WMR with Ann

Tuesday

10:15 Chronic Health with Kelby

Wednesday

10:15 Ladies of Class with TeAirra
10-12 Worksheets to Work with Cindy
11:15 Understanding Diagnoses

PEER GROUPS

Monday

10:15-11:15 Come Write Along w/Jae
12:45-2:30 Resiliency with Chris

Tuesday

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

Wednesday

11:15 Geography with Diane
12:45 Peer Mentoring w/ Amanda
1:45 Mindful Exercises

Thursday

11:15 Chess Club with Jay

Jones Day Program Staff

Dana	Day Program Director
Ann	Program Supervisor
Brian	Team 1 Leader
Amanda	Team 1
TeAirra	Team 1
Stacy	Team 2 Leader
Kelby	Team 2
Deb	Team 2
Ann	Team 2
Barb	Office Assistant
Heather	Cook

Program Schedule

8:30-9:00	Breakfast
9:00-10:00	Team Meeting
10:00-10:15	Break
10:15-11:00	Classes & Activities
11:00-11:15	Break
11:15-12:00	Classes & Activities
12:00-12:45	Lunch
12:45-1:30	Classes & Activities
1:30-1:45	Break
1:45-2:30	Classes & Activities

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

JULY AUG SEPT 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**

**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 Seeking Safety, Peer Support, Recovery 101, Recovery Boosters for Addictions, Come Write Along

11:15 Sports Talk, Emotional Wellness, WMR, Professional Development, Cultural Awareness, Come Write Along

12:45 Resiliency, Money Mgt, Health Ed, Mental Health Awareness

1:45 Know Yourself, Resiliency, Healthy Relationships, Book Club, Tasks

TUESDAY

10:15 Anger Mgt, Big Book Study, Anxiety Ed, Crocheting, Chess, Aspects of Recovery

11:15 Spirituality, Positive Thinking, Co-Dependency, Co-Occurring Disorders, Art and Conversation

12:45 Psychology 101, Constructing Your Future, Library Outing, Art Studio, Music Appreciation

1:45 Current Events, Adulting, Self Awareness, Library Outing, Tasks

WEDNESDAY

10:15 Men's Group, Mood Disorders, Ladies of Class, Discovering Wellness, Come Write Along, Worksheets to Work

11:15 Understanding Diagnoses, PTSD Ed & Support, Social Skills, Come Write Along, Worksheets to Work

12:45 Peer Mentoring, Self Esteem, Advocacy & Empowerment, NAMI Outing

1:45 Dating & Romance, NAMI Outing, Coping Skills, Tasks

THURSDAY

10:15 American Experience, Mind over Mood, Let's Talk Conversations, Nutritional Facts Crocheting

11:15 Schizophrenia Ed, Community Resources, Walking Club, Personal Pride, Chess Club

1:2:45 Habits of Happiness, Mindfulness, Peering into Diabetes Support, Money Matters

1:45 Creative Services, Recovery Boosters, Healthy Relationships, Tasks

FRIDAY

10:15 Healthy @ 100, Big Book Study, Coping Skills, Gender Topics

11:15 Pathways to Recovery, Independent Living, Assertiveness, Agoraphobia

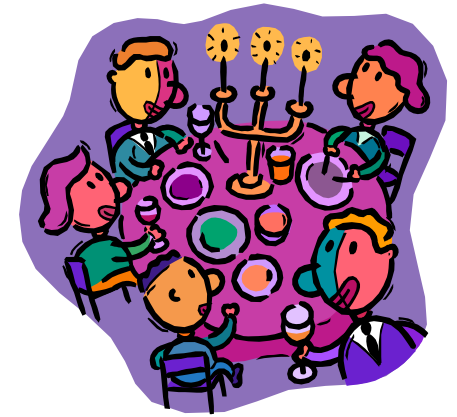
12:45 Seeking Safety, Attitudes of Hope, Ice Breakers, Cinema

1:45 Science & Technology, Journaling, Cinema, Tasks

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

SPECIAL EVENTS AND ACTIVITIES

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



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