

SPECIALTY GROUPS

Monday
10:15-11:15 Beyond Trauma with Ann
1:45 Self Love Workbook with TeAirra

Tuesday
1:45 Yoga & Relaxation with Kelby

Wednesday
10:15 Ladies of Class with TeAirra
12:45 Multicultural Ed with Kelby

Thursday
12:45 Addiction Recovery Skills with Deb
1:45 Resilience Group with Amanda

Friday
12:45-1:45 Mental Health Ed with Stacy

PEER GROUPS

Monday
10:15-11:15 Come Write Along
12:45 Crafty Projects

Tuesday
9:00 Big Book
9:00 Sewing Group
10:15/11:15 Crocheting & Chess Club

Wednesday
9:00 Know Yourself
10:15-11:15 Come Write Along

Thursday
9:00 Journaling
10:15/11:15 Crocheting & Chess Club
12:45 Social Understanding

Friday
9:00 Big Book
9:00 Gender Topics
11:15 Icebreakers

Jones Day Program Staff

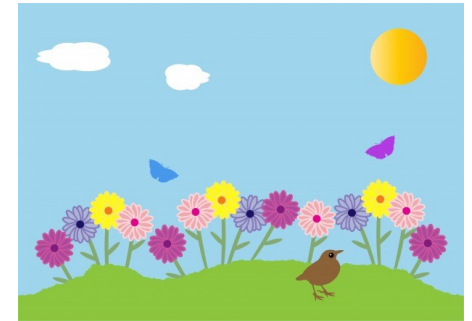
Dana	Day Program Director
Ann	Program Supervisor
	Team 1 Leader
Amanda	Team 1
TeAirra	Team 1
Stacy	Team 2 Leader
Kelby	Team 2
Deb	Team 2
Ann	Team 2
Barb	Office Assistant
Kenyon	Cook

Program Schedule

8:30-9:00	Breakfast
9:10-10:00	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

APR MAY JUN 2019



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

9:00 Special Ops, Exercise Class, Positive Action/Positive Outcomes, Big Book, Journaling, Music Class

10:15 Thought Disorders 1, Habits of Happiness, Obesity/Metabolic Ed, Beyond Trauma for Women, Come Write Along

11:15 Recovery 101, Mood Ed 2, Independent Living, Beyond Trauma for Men, Come Write Along

12:45 Mood Ed 1, Distress Tolerance, Self Improvement 3, Crafty Projects

1:45 Creative Services, Self Love Workbook, Advocacy & Empowerment , Tasks

TUESDAY

9:00 Big Book, Music Class, Sewing Club, Positive Action/Positive Outcomes, Social Understanding, Workout Room

10:15 Mood Ed 1, Mindfulness Walking Group, Thought Disorders, Nutrition, Crocheting & Chess

11:15 Healthy Relationships 3, Positive Thinking, Psychology 101, Phobias & Other Disorders, Crocheting & Chess

12:45 Anger Mgt 2m Library Outing, Assertiveness 2, Current Events

1:45 Library Outing, Yoga & Relaxation Techniques, Anxiety/OCD Mgt and Tasks

WEDNESDAY

9:00 Positive Action/Positive Outcomes, Exercise Class, Big Book, Know Yourself, Journaling, Workout room/ Walking Club

10:15 Mood Ed 1, Ladies of Class, Wellness, Smoking Cessation, Come Write Along,

11:15 Thought Disorders 1, Anger Mgt 2, Special Ops, Mood Ed 2, Come Write Along

12:45 Trauma/PTSD, Recovery Support, Multi Cultural Ed

1:45 Special Ops, Emotional Awareness 1, Self Care, Current Events and Tasks

THURSDAY

9:00 Positive Action/Positive Outcomes, Big Book, Journaling, Workout Room, Special Ops

10:15 Trauma/PTSD, Meditation, Healthy Relationships, Spirituality, Crocheting and Chess

11:15 Habits of Happiness, Mood Ed 1, Thought Disorders 1, Special Ops, Chess Club

12:45 Worry Workbook, Addiction Recovery Skills, Social Understanding, Music Appreciation

1:45 Resilience Group, Special Ops, Creative Services, Phobias & Other Disorders and Tasks

FRIDAY

9:00 Positive Action/Positive Outcomes, Gender Topics, Big Book, Journaling, Workout Room / Walking Club

10:15 Mood Ed 1, Attitudes of Hope, Healthy Relationships 2

11:15 Assertiveness 2, Social Skills 2, Mood Ed 2, Icebreakers

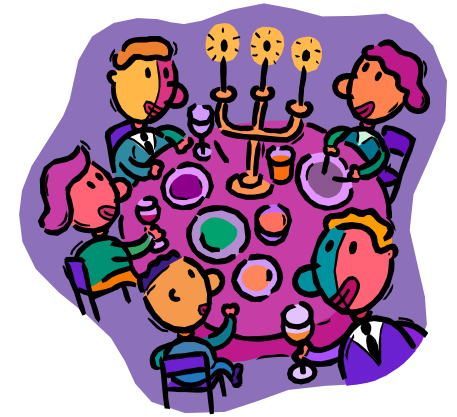
12:45 Community Outing, Mental Health Ed Movie, Special Ops, Weekend Cooking

1:45 Community Outing, Anxiety/OCD Ed, Weekend Cooking, Mental Health Ed Movie, Special Ops, 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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