

SPECIALTY GROUPS

Monday

10:15-12 WMR w/Ashley
10:15 Road to Recovery w/ Stacy
10:15-12 Beyond Trauma for Women w/Ann
11:15 Men and Trauma w/Deb
11:15 Tools for Recovery w/Stacy
12:45 Co-Occurring Ed w/Deb

Tuesday

12:45 Yoga & Relaxation Tech w/Kelby
12:45 Phobias & Other Disorders w/Ann

Wednesday

11:15 Grief & Acceptance w/Deb
12:45 Emotional Regulation w/Ashley

Thursday

12:45 Men and Trauma w/Deb

PEER GROUPS

Monday

9:15 Recovery w/Peers
9:15 Creativity Corner w/Peers

Tuesday

9:15 Social Understanding w/Peers
9:30 Sewing Group w/Peers
10:15/11:15 Crocheting with Peers
10:15/11:15 Chess Club with Peers

Wednesday

9:15 Know Yourself w/Kathy D.
9:30 Workout/ Walking Club

Thursday

9:15 Recovery w/Peers
9:30 Workout

Friday

9:15 Gender Topics w/ Susy A.

Jones Day Program Staff

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

Program Schedule

8:30-9:00	Breakfast
9:15-10:00	Class & Activities
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 & Noon Mtg
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

JUL AUG SEP 2019



Jones Day Rehabilitation Program

Hours of Operation:

8:30-5:00 pm

Monday-Friday

7117 Jones Circle

Phone:

Omaha, NE 68106

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

9:15 Recovery w/ Peers, Exercise Class, Positive Action/Positive Outcomes, Creativity Corner

10:15 WMR, Advocacy and Empowerment, Road to Recovery, Beyond Trauma for Women

11:15 WMR, Men and Trauma, Tools for Recovery, Independent Living, Beyond Trauma for Women

12:45 Happiness Habits, Co-Occuring Ed, Distress Tolerance

1:45 Creative Services, The Self Love Workbook, Mindfulness Practice, Tasks

TUESDAY

9:15 Recovery w/ Peers, Positive Action/Positive Outcomes, Sewing Group/Creativity Corner, Social Understanding, Walking Club, Independent Workout

10:15 Anger Mgt, Road to Recovery, Nutrition, Mindfulness Walking Group, Crocheting & Chess

11:15 Perfectionism, Healthy Relationships, Tools for Recovery, *Positive Thinking, Crocheting & Chess

12:45 Assertiveness, Yoga and Relaxation Techniques, Library Outing, Phobias and Other Disorders

1:45 Personal Growth, Anxiety/OCD Mgt, Library Outing, Tasks

WEDNESDAY

9:15 Recovery w/ Peers, Exercise Class, Positive Action/Positive Outcomes, Creativity Corner, Know Yourself, Workout/Walking Club

10:15 Mood Ed, Emotional Awareness, Smoking Cessation, Wellness, Road to Recovery

11:15 Anger Mgt, Grief and Acceptance, Tools for Recovery, Special Ops, Current Events

12:45 Emotional Regulation, Multicultural Ed, Setting up Success

1:45 Identity and Diagnosis, Self Esteem, Mindfulness Practice, Tasks

THURSDAY

9:15 Recovery w/ Peers, Positive Action/Positive Outcomes, Workout Room, Creativity Corner

10:15 Healthy Relationships, Road to Recovery, Meditation, Spirituality, Crocheting & Chess

11:15 Addiction Recovery Skills, Tools for Recovery, Mood Ed, Creative Services, , Crocheting & Chess

12:45 Procrastination, Mood Ed, Men and Trauma, Music Appreciation

1:45 Recovery for Life, Resilience Group, Special Ops, Mindfulness Practice, Tasks

FRIDAY

9:15 Recovery w/ Peers, Positive Action/Positive Outcomes, Workout Room/Walking Club, Creativity Corner, Gender Topics, Recovery w/ Peers

10:15 Worry Workbook, Anxiety/OCD Ed, Attitudes of Hope, Healthy Relationships

11:15 Assertiveness, Mental Health Ed, Tools for Recovery, Social Skills, Icebreakers

12:45 Trauma/PTSD, Special Ops, Community Outing, Weekend Cook/Plan, Cinema, Self Compassion Group

1:45 Interpersonal Effectiveness, Special Ops, Community Outing, Weekend Cook/Plan, Mindfulness Practice, Cinema, Tasks

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

***Positive Thinking
offered twice monthly**

SPECIAL EVENTS AND ACTIVITIES

Dates to be announced.

*See Jones Team
for further detail*