

SPECIALTY GROUPS

Monday

10:15 Road to Recovery w/ Teresa
10:15-12 Beyond Trauma for Women w/Ann
11:15 Men and Trauma w/Ashley

Tuesday

11:15 Healthy Relationships w/Amanda
12:45 Yoga & Relaxation Tech w/Kelby
12:45 Phobias & Other Disorders w/Ann

Wednesday

10:15 Smoking Cessation w/Mary
12:45 Thought Disorders w/Ashley

Thursday

11:15 Tools for Recovery w/Teresa
12:45 Surviving Schizophrenia w/Amanda

PEER GROUPS

Monday

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

Tuesday

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

Wednesday

10:15 Humor Heals w/Anthony L.
9:30 Workout/ Walking Club

Thursday

9:15 Recovery w/Peers
9:30 Workout

Friday

9:15 Creative Corner
12:45 Cinema

Jones Day Program Staff

Dana	Day Program Director
Ann	Program Supervisor
Ashley	Team 1 Leader
Amanda	Team 1
Deb	Team 1
Teresa	Team 2 Leader
Kelby	Team 2
TeAirra	Team 2
Barb	Office Assistant
Kenyon	Cook
Mary	Health & Wellness

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**

OCT NOV DEC 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

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

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

11:15 Men and Trauma, Independent Living, Beyond Trauma for Women, Surviving Schizophrenia

12:45 Happiness Habits, Art Expression

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

TUESDAY

9:15 Recovery w/ Peers, Positive Action/ Positive Outcomes, Creativity Corner, Social Understanding, Walking Club, Independent Workout, Worksheets to Work

10:15 Anger Mgt, Nutrition, Library Outing, Social Understanding, Crocheting & Chess

11:15 Anxiety Ed, Healthy Relationships, *Positive Thinking, Crocheting & Chess

12:45 Personal Growth, Mindfulness Walking, Phobias and Other Disorders

1:45 Yoga & Relaxation Techniques, Anxiety/OCD Management, Tasks

WEDNESDAY

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

10:15 Mood Ed, Emotional Awareness, **Smoking Cessation, Humor Heals

11:15 Anger Mgt, Tools for Recovery, Special Ops, Current Events, Humor Heals

12:45 Multicultural Ed, Setting up Success, Distress Tolerance

1:45 Thought Disorders, Self Esteem, Relaxation and Stress Reduction Tasks

THURSDAY

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

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

11:15 Tools for Recovery, Mood Ed, Zumba, Crocheting & Chess

12:45 Music Appreciation, Personal Growth, Surviving Schizophrenia, Men and Trauma,

1:45 Co-Occuring Ed, Resilience Group, Mindfulness Practice, Tasks

FRIDAY

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

10:15 Worry Workbook, Ted Talks, Healthy Relationships

11:15 Assertiveness, Social Skills

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

1:45 Mindfulness, Community Outing, Weekend Cook/Plan, Cinema, Relaxation and Stress Reduction, 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*