

SPECIALTY GROUPS

Monday

10:15 Beyond Trauma for Women w Ann
10:15 Ted Talks with TeAirra

Tuesday

9:15 Diabetes Education w/ Colleen

Wednesday

10:15 Ladies of Class with TeAirra
10:15 Smoking Cessation with Mary

Thursday

9:15 Healthy Hearts with Colleen
11:15 Zumba w/ Kelby
12:45 Men and Trauma w/ Deb

Friday

11:15 Skills to Stay Sober with Teresa
12:45 Parenting w/ Ashley

PEER GROUPS

Monday

10:15-11:15 Creative Corner

Tuesday

10:15/11:15 Crocheting & Chess Club
10:15 Coping Skills w/ Peers

Wednesday

10:15-11:15 Humor Heals

Thursday

10:15 Wellness Fun Facts

Friday

11:15 Worksheets to Work
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
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

JAN FEB MAR 2020



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 Exercise Class, Creativity Corner, Positive Action/Positive Outcomes

10:15 Personality Disorders, Ted Talks, Advocacy & Empowerment, Beyond Trauma for Women

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

12:45 Habits of Happiness, Skills for Staying Sober, Art Expression

1:45 Why Didn't they teach me this in school?, Tools for Recovery, The Self Love Workbook, Tasks

TUESDAY

9:15 Exercise Class, Creativity Corner, Positive Action/Positive Outcomes, Diabetes Education

10:15 Anger Mgt, What's Next?, Nutrition, Library Outing, Crocheting or Chess w/ Peers, Coping Skills w/Peers

11:15 Trauma/PTSD, Interpersonal Relations, Coping w/ Everyday Stressors, Library Outing, Positive Thinking, Crocheting & Chess

12:45 Personal Growth, Fitness, Communication

1:45 Yoga, Anxiety/OCD Mgt and Tasks

WEDNESDAY

9:15 Positive Action/Positive Outcomes, Exercise Class, Creative Corner

10:15 Mood Ed, Ladies of Class, Co-occurring Ed, Smoking Cessation, Humor Heals

11:15 Anger Mgt, Self Esteem, Special Ops, Schizoaffective Ed, Food and Mood, Humor Heals

12:45 Stress Management, Tools for Recovery, Multicultural Ed.

1:45 Personality Disorders, Relaxation & Stress Management and Tasks

THURSDAY

9:15 Positive Action/Positive Outcomes, Creativity Corner, Workout, Healthy Hearts

10:15 Hygiene and Grooming, Tools for Recovery, Meditation, Crocheting and Chess, Wellness Fun Facts

11:15 Social Skills, Coping with Everyday Stressors, Mood Ed, Zumba, Crocheting and Chess,

12:45 Surviving Schizophrenia, Men and Trauma, Spirituality

1:45 Resilience, Co-Occurring Ed, Tasks

FRIDAY

9:15 Positive Action/Positive Outcomes, Exercise Class, Creative Corner

10:15 Don't Worry About it, What's Next, Ted Talks, Healthy Relationships

11:15 Assertiveness, Skills to Stay Sober, Social Skills, Worksheets to Work

12:45 Parenting, Community Outing, Newsletter Group, Cinema

1:45 Mindfulness, Trauma/PTSD, Community Outing, Newsletter Group, 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*

