

August 2022

Jones DRP Schedule

DRP Doors open at 8:30 a.m.

Events

Aug. 12th : After Hours Recreation Workshop
3pm-4:30pm at DRP

Aug. 16th : Tell a joke

Aug 26th : National Dog Day and Women's
Equality Day

Aug. 26th: After Hours Recreation Workshop
3pm-4:30pm at DRP

Aug. 30th : National Grief Awareness Day



	9:00	Group Team Time – Main Area
Monday Groups	9:30	Morning meeting
	10:15	Interactive MH Activity/ Families in Recovery / Seeking Safety (CLOSED)
	11:15	Assertiveness Skills/ Neuroscience/ Seeking Safety (CLOSED)
	12:45	DBT Skills / Cooking and Nutrition
	1:45	Volunteering / Social Skills

	9:00	Group Team Time- Main Area
Tuesday Groups	9:30	Morning Meeting
	10:15	Positive thinking/ Mental Health Education / Families in Recovery
	11:15	Diagnosis Education/ Creative Writing /Substance Abuse Education
	12:45	People Pleasing/ Mental Health Education
	1:45	Mental health 101/ Gratitude Journaling

Group Times:

8:30-Doors open/ **11:15-12-Group 3**

Daily planning

8:30-9-Breakfast **12-12:45- Lunch**

9-9:15- Team Time **12:45-1:30-Group 4**

9:15-9:30-Break **1:30-1:45-Break**

9:30-10-Morning **1:45-2:30- Group 5**
Meeting

10:00-10:15-Break

10:15-11-Group 2

11:00-11:15-Break

AUGUST 2022						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



	9:00	Group Team Time – Main Area
Wednesday Groups	9:30	Morning Meeting
	10:15	Current Events /Self-Esteem /Mental Health activity
	11:15	Neuroscience/ Mental Health education/ Diagnosis Education
	12:45	Work and Volunteer Readiness/ Spanish/ WMR (CLOSED)
	1:45	Volunteering / Communication/ WMR (CLOSED)

	9:00	Group Team Time – Main Area
Thursday Groups	9:30	Morning Meeting
	10:15	Living Well (CLOSED)/ Mental Health interactive Activity/ Leadership
	11:15	Living well (CLOSED)/ Anger Management / Music Theory
	12:45	Coping Skills / Volunteering
	1:45	Recreation / Relating with Others

	9:00	Group Team Time – Main Area
Friday Groups	9:30	Morning Meeting
	10:15	Anxiety Support (CLOSED)/ Mind Over Mood/ Game hour
	11:15	Anxiety Support (CLOSED)/ Jeopardy or Bingo/ How to Write
	12:45	Behaviorism/ LGBTISSA + Support Group
	1:45	Mental Health 101 / Creative Expressions

