

November 2022

Jones DRP Schedule

DRP Doors open at 8:30 a.m.

Events

Nov. 2nd : National Stress Day

Nov. 6th : Daylight saving time

Nov. 11th : Veterans Day

Nov. 13th : World Kindness Day

Nov. 24nd : Thanksgiving Day – **Day Program CLOSED!**

Nov. 25th : Black Friday

Nov. 29th : National Day of Giving

Nov. 30th: Jones Talent show

Every Wednesday: After Hours Recreation Workshop
3pm-4:30pm at DRP



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

Tuesday Groups	9:00	Group Team Time- Main Area
	9:30	Morning Meeting
	10:15	Positive thinking/ Mental Health Ed. / Self-Esteem/ Living well - CLOSED
	11:15	Diagnosis Education/ Creative Writing /Substance Abuse Education
	12:45	People Pleasing/ Human Relations
	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

October 2022
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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

November 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			



	9:00	Group Team Time – Main Area
Wednesday Groups	9:30	Morning Meeting
	10:15	Walking Group / Mental Health activity/ Positive Living - CLOSED
	11:15	Workout Group/ Work Readiness/ Positive Living - CLOSED
	12:45	Cooking / Spanish/ WMR (CLOSED)
	1:45	Fast Friending / MH Topic / WMR (CLOSED)

	9:00	Group Team Time – Main Area
Thursday Groups	9:30	Morning Meeting
	10:15	Families in Recovery / Life Skills Support / Creative Services meeting/ Client “Zine” Planning
	11:15	Conflict Resolution / Anger Management / Social Skills
	12:45	Coping Skills / Volunteering
	1:45	Recreation / Mental health Topic

	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	Movie / LGBTISSA + Support Group/ Book Club – CLOSED
	1:45	Movie/ Mental Health 101

