

DECEMBER 2022

Jones DRP Schedule

DRP Doors open at 8:30 a.m.

Events

Dec. 1st : Rosa Parks Day

Dec. 4th : National Cookie Day

Dec. 18th – 26th: Hanukkah

Dec. 19TH – 23rd : Winter Spirt week

Dec. 25th : Christmas Day

Dec. 26th : **DAY PROGRAM CLOSED!**

Dec. 26th – 1st : Kwanzaa

Dec. 31st : New Years Eve

Every Wednesday: After Hours Recreation

Workshop 3pm-4:30pm at DRP



WINTER

♥ is coming ♥



	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/Co-Dependency/ Social Skills
	12:45	DBT Skills / Dreaming out loud
	1:45	Cooking and Nutrition/ Social Skills

	9:00	Group Team Time- Main Area
Tuesday Groups	9:30	Morning Meeting
	10:15	Positive thinking/ Mental Health Ed. / Self-Esteem/ Living well - CLOSED
	11:15	How to Write/ Creative Writing /Substance Abuse Education
	12:45	People Pleasing/ Human Relations
	1:45	Mental health 101/ Gratitude Journaling

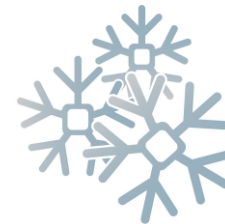
Group Times:

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

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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

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	9:00	Group Team Time – Main Area
Wednesday Groups	9:30	Morning Meeting
	10:15	Walking Group / Kindfulness/ Mental Health Activity/ Choir
	11:15	Workout Group/ Health and Wellness / Personal Growth Activity/ Choir
	12:45	Cooking / Spanish
	1:45	Fast Friending / MH Topic

	9:00	Group Team Time – Main Area
Thursday Groups	9:30	Morning Meeting
	10:15	Families in Recovery / Health and Wellness / Client “Zine” Planning
	11:15	Conflict Resolution / Creative Services meeting / Social Skills
	12:45	Work Out Group / American Sign Language(ASL)
	1:45	Cooking / Stress Management

	9:00	Group Team Time – Main Area
Friday Groups	9:30	Morning Meeting
	10:15	Anxiety Support (CLOSED)/ BINGO / Creative Writing/ Game hour
	11:15	Anxiety Support (CLOSED)/ Personal Growth/ Wellness Management Recovery (WMR)
	12:45	Movie / LGBTISSA + Support Group/ Book Club – CLOSED
	1:45	Movie/ Mental Health 101/ Workout Group

