

# Recovery Education Institute

## September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4 1:00 PM - 2:00 PM SSI Work Incentives & Employment (CE)	5 11:00 AM - 12:00 PM Self Forgiveness During Recovery	6
9 10:00 AM - 11:00 AM Mindfulness Monday	10 12:30 PM - 2:00 PM Arts & Empathy: Planting Roots of Gratitude	11	12 11:00 AM - 12:00 PM Work-Life Balance During Recovery	13 11:00 AM - 12:00 PM Managing Work Anxiety
16 10:00 AM - 11:00 AM Mindfulness Monday 4:00PM - 5:00PM Tranquil Canvas: Serene Art Making Workshop Series	17	18 2:30 PM - 4:00 PM Balancing Work and Recovery: Strategies for Success	19 11:00 AM - 12:00 PM Recovery through Creativity: Designing the REI Student Art Exhibit	20 10:30 AM - 12:30 PM Medi-Cal Peer Support Specialist Exam Prep
23 10:00 AM - 11:00 AM Mindfulness Monday 4:00 PM - 5:00 PM Tranquil Canvas: Serene Art Making Workshop Series	24 12:30PM - 2:00PM Arts & Empathy - Visualize and Thrive in Recovery: Vision Boards	25	26 11:30 AM - 12:30 PM First Generation Student Support Chat	27
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**Register with your academic advisor**

Angelica Ceja 626- 802-7694  
 John Harmon 626- 802-7729  
 Jennifer Tipan 626-632-8309

Front desk: 714-244-4322  
 ocrei@pacificclinics.org  
 website: www.pcrei.org



# REI WORKSHOP DESCRIPTIONS

## SSI Work Incentives & Employment (CE)

Reduce anxiety about losing SSI benefits while working. Increase the confidence to enter the workforce. Equip consumers tools and knowledge to manage their benefits plan while working by providing resources for SSI recipients while entering/returning to work.



## Self-Forgiveness During Recovery

Join us in discussing how to cultivate self-forgiveness and the importance of forgiveness throughout your journey in recovery.



## Mindfulness Monday

Kickstart your week with clarity and calm at our “Mindfulness Monday” workshop! In this refreshing and interactive session, you’ll learn practical techniques to cultivate mindfulness and integrate it into your daily routine. Whether you’re new to mindfulness or looking to deepen your practice, this workshop offers tools to enhance your focus, reduce stress, and boost overall well-being.



## Work-Life Balance During Recovery

Learn how to improve balancing the structure of your work and home life during your journey in recovery.



## Managing Work Anxiety

Are you feeling overwhelmed by work-related stress and anxiety? Join us for "Managing Work Anxiety," a transformative workshop designed to equip you with practical tools and strategies to navigate and reduce anxiety in the workplace.



## Balancing Work and Recovery: Strategies for Success

Learn to create a personalized work wellness plan to identify, manage, and minimize triggers, ensuring a balanced and productive work life while in recovery.

## Recovery through Creativity: Designing the REI Student Art Exhibit

Learn to curate a meaningful student art show that highlights creativity as a tool for healing. Come share your passion for creativity and collaborate with other Art and Writing Lovers, for this exciting event planning series!

## Medi-Cal Peer Support Specialist Exam Prep

Join our workshop to get the tips and materials you need to pass the Medi-Cal Peer Support Specialist Certification Exam.



## Arts & Empathy - Visualize and Thrive in Recovery: Vision Boards

Create a vision board collage that highlights your goals and dreams. This hands-on workshop will help you visualize your path to success through inspiring images, art, and words. Discover new motivation and set clear objectives in a safe, supportive environment.



## First Generation Student Support Chat:

### How to make your education your superpower and thrive!

Connect with other first-generation college students to discuss various topics and develop new friendships. FREE FOOD will be provided to those students who attend the talk.



## Arts & Empathy - Planting Roots of Gratitude

Students will learn about gratitude through recovery, how to implement it into their daily lives, and gain a well-rounded understanding of how it can positively impact them. An art activity will be done to reveal their strengths, what they are grateful for, and explore support systems along the way.



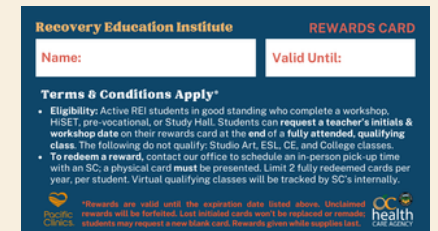
## Tranquil Canvas: Serene Art Making Workshop (Weekly Series)

Allow your creativity to be expressed in a tranquil space by being invited to this guided art workshop where we encounter an array of mediums and activities to promote a soothing and inspired environment.

## WORKSHOPS WITH THIS SYMBOL:



## QUALIFY FOR REI REWARDS CARD POINTS!



# REI EXTENDED EDUCATION (EE)



FALL - WEEKLY CLASS SCHEDULE

AUG. 19 - DEC. 13, 2024

OPEN ENTRY/OPEN EXIT

**Mondays**

9am - 12pm  
ESL Beginning  
& Intermediate  
Multilevel  
ROOM 122

1pm - 3pm  
GED/HISET  
ROOM 118



**Tuesdays**

9am - 12pm  
ESL Beginning  
& Intermediate  
Multilevel  
ROOM 122

1pm - 3pm  
GED/HISET  
ROOM 118



3pm - 5pm  
Computer  
Application  
Basics  
ROOM 122

**Wednesdays**

9am - 12pm  
ESL Beginning  
& Intermediate  
Multilevel  
ONLINE

**Thursdays**

9am - 12pm  
ESL Beginning  
& Intermediate  
Multilevel  
ONLINE

3pm - 4:30pm  
Creative Writing  
ROOM 121

3pm - 5pm  
Computer  
Application Basics  
ROOM 122

4:30pm - 6:30pm  
GED/HISET  
ROOM 118



**Fridays**

1pm - 3pm  
Studio Art  
ROOM 118

**\*GED/HISET is the  
only EE course that  
qualifies for the REI  
Rewards card\***

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The Recovery Education Institute (REI)  
is an academic program for adults  
living with mental illness or live with  
family with a mental illness.



Funded by the OC  
Health Care Agency.

# REI REWARDS CARDS



## BE AWARDED FOR ATTENDING QUALIFYING\* REI WORKSHOPS!

Attend **2** Qualifying Classes = REI SWAG BAG

Attend **5** Qualifying Classes = \$10 AMAZON GIFT CARD

Attend **10** Qualifying Classes = \$20 STARBUCKS GIFT CARD

### CONTACT YOUR SUCCESS COACH TODAY!

Millie Montoya 626-630-7399  
Reyna Verduzco 626-684-0857  
Destiny Lopez 626-842-7548

