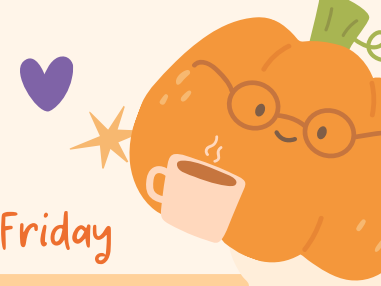




RECOVERY EDUCATION INSTITUTE

OCTOBER 2024



Monday

Tuesday

Wednesday

Thursday

Friday

	<p>01</p> 	<p>02</p> <p>1:00 PM - 2:00 PM SSDI Work Incentives & Employment (CE)</p>	<p>03</p> 	<p>04</p> 
<p>07</p> <p>10:00 AM - 11:00 AM Mindfulness Monday</p> <p>4:00 PM - 5:00 PM Tranquil Canvas: Serene Art Making Workshop</p> 	<p>08</p> <p>12:30 PM - 2:00 PM Arts & Empathy: Embracing Change in the Fall</p> <p>3:30 PM - 4:30 PM LGBTQ+ 101 Education Workshop with Guest Speaker APAIT (CE)</p> 	<p>09</p>	<p>10</p> <p>11:00 AM - 12:00 PM Dealing with Failure as a College Student</p> 	<p>11</p> 
<p>14</p> <p>10:00 AM - 11:00 AM Mindfulness Monday</p> <p>4:00 PM - 5:00 PM Tranquil Canvas: Serene Art Making Workshop</p> 	<p>15</p> <p>11:00 AM - 12:00 PM 200 Years of Halloween: Halloween Origins, Traditions, and Folklore</p> 	<p>16</p>	<p>17</p> <p>11:00 AM - 12:15 AM Recovery through Creativity: Designing the REI Student Art Exhibit</p>	<p>18</p> <p>10:00 AM - 12:00 PM Medi-Cal Peer Support Specialist Exam Prep</p>
<p>21</p> <p>10:00 AM - 11:00 AM Mindfulness Monday</p> <p>4:00 PM - 5:00 PM Tranquil Canvas: Serene Art Making Workshop</p> 	<p>22</p> <p>12:00 PM - 1:00 PM Habit Planning</p> <p>1:00 PM - 4:00 PM Peer Support Specialist Role & Professional Boundaries (CE)</p> 	<p>23</p>	<p>24</p> 	<p>25</p> <p>11:00 AM - 12:00 PM Imposter Syndrome 101</p> 
<p>28</p> <p>10:00 AM - 11:00 AM Mindfulness Monday</p> <p>4:00 PM - 5:00 PM Tranquil Canvas: Serene Art Making Workshop</p> 	<p>29</p> <p>12:30 PM - 2:00 PM Arts & Empathy: Halloween Crafting</p> 	<p>30</p> 	<p>31</p> <p>HAPPY HALLOWEEN</p> 	



Register with your Academic Advisor

Angelica Ceja 626- 802-7694 Front desk: 714-244-4322
 John Harmon 626- 802-7729 ocrei@pacificclinics.org
 Jennifer Tipan 626-632-8309 website: www.pcrei.org

WORKSHOP DESCRIPTIONS

SSDI Work Incentives & Employment

How to maintain SSDI cash and medical benefits while working. The class also discusses how SSDI work incentive rules protect and support you while you are working.



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.



Tranquil Canvas

Serene Art Making Workshop: 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.



Arts & Empathy

Embracing Change in the Fall: Join this workshop where we blend discussions on fall transitions with hands-on art activities. Capture the season's beauty and transformation through creative expression, no prior art experience needed.

LGBTQ+ 101 Education Workshop with Guest Speaker APAIT (CE)

Join our LGBTQ+ 101 Education Workshop to gain a foundational understanding of LGBTQ+ identities, terminology, and inclusive practices to foster a more accepting and supportive environment, while earning CE hours toward your certification renewal.



Dealing with Failure as a College Student

Learn about common academic failures and gain a deeper understanding of how failure is a part of the learning process.



200 Years of Halloween: Halloween Origins, Traditions, and Folklore

Join this spooky workshop and learn about the origins, traditions, and folklore of Halloween across various cultures.

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 (CE)

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



Habit Planning

Learn how to track your habits through setting clear, achievable goals, maintain progress, and adjusting strategies as needed.

Peer Support Specialist Role & Professional Boundaries (CE)

Learn to navigate professional boundaries and excel in your role as a Peer Support Specialist in our comprehensive continuing education workshop.



Imposter Syndrome 101

Join us for a transformative workshop designed to help you recognize, understand, and overcome Imposter Syndrome. Through a combination of insightful presentations and discussions you'll gain practical strategies to build your self-confidence and embrace your accomplishments.



Arts & Empathy Halloween Crafting

Join this Halloween craft workshop where we'll create a fun and spooky project while letting go and enjoying the artistic process. Embrace your creativity and immerse yourself in a festive, carefree atmosphere as you bring your Halloween vision to life.

WORKSHOPS WITH THIS SYMBOL QUALIFY FOR REI REWARDS CARD POINTS!



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 EXTENDED EDUCATION (EE)



FALL - WEEKLY CLASS SCHEDULE

AUG. 19 - DEC. 13, 2024

OPEN ENTRY/OPEN EXIT



Monday

Tuesday

Wednesday

Thursday

Friday

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

1pm - 3pm
GED/HISET
ROOM 118



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

1pm - 3pm
GED/HISET
ROOM 118

3pm - 5pm
Computer
Application
Basics
ROOM 122

9am - 12pm
ESL Beginning
& Intermediate
Multilevel
ONLINE

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



1pm - 3pm
Studio Art
ROOM 118

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

Register with your academic advisor

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Jennifer Tipan 626-632-8309

Front desk: 714-244-4322

ocrei@pacificclinics.org

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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

