



# NOVEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
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4 <b>4:00 PM - 5:00 PM</b> <b>Tranquil Canvas: Serene Art Making Workshop</b>	5 <b>12:00 PM - 1:00 PM</b> <b>Self-Motivation Mastery</b> <b>1:00 PM - 4:00 PM</b> <b>Confidentiality &amp; Ethics (CE)</b>	6 <b>1:00 PM - 2:00 PM</b> <b>Medi-Cal and Working (CE)</b>	7 <b>10:00 AM - 11:00 AM</b> <b>Mindfulness Workshop</b>	8 <b>10:00 AM - 12:30 PM</b> <b>Story Telling</b> <b>Assignment Support</b>
11	12 <b>11:00 AM - 12:00 PM</b> <b>Study Smarter, Not Longer</b> <b>12:30 PM - 2:00 PM</b> <b>Arts and Empathy</b>	13 <b>1:30 PM - 2:30 PM</b> <b>Staying Disciplined</b> <b>During the Holidays</b>	14 <b>10:00 AM - 11:00 AM</b> <b>Mindfulness Workshop</b>	15 <b>10:00 AM - 12:30 PM</b> <b>Group Facilitation</b> <b>Assignment Support</b>
18 <b>4:00 PM - 5:00 PM</b> <b>Tranquil Canvas: Serene Art Making Workshop</b> <b>6:00 PM - 7:30 PM</b> <b>Responding to Opioid Overdose with Narcan (CE)</b>	19 <b>10:00 AM - 11:00 AM</b> <b>Mindfulness Workshop</b>	20 <b>11:30 AM - 12:30 PM</b> <b>The Research Paper Playbook (Zoom)</b>	21 <b>11:00 AM - 12:00 PM</b> <b>Recovery through Creativity: Designing the REI Student Art Exhibit (Zoom)</b>	22 <b>10:30 AM - 12:30 PM</b> <b>Medi-Cal Peer Support Specialist Exam Prep (Hybrid)</b>
25 <b>4:00 PM - 5:00 PM</b> <b>Tranquil Canvas: Serene Art Making Workshop</b>	26 <b>12:30 PM - 2:00 PM</b> <b>Arts and Empathy</b>	27 <b>10:00 AM - 11:00 AM</b> <b>Thanksgiving Gratitude Journaling (Zoom)</b>	28 <b>REI CLOSED</b> <b>HAPPY THANKSGIVING!</b>	29 <b>REI CLOSED</b>

### 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

ocre@pacificclinics.org

website: www.pcrei.org

# WORKSHOP DESCRIPTIONS:

## **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.

## **Self-Motivation Mastery**

Join our self-motivation prevocational class to boost your personal and professional growth. Learn goal-setting, overcome challenges, and develop a positive mindset for a successful future!

## **Confidentiality & Ethics (CE)**

Provides an in-depth look at the Medi-Cal Code of Ethics for Certified Peer Support Specialists and reviews key concepts of confidentiality and ethical decision-making.

## **Medi-Cal and Working (CE)**

Discusses eligibility, coverage, Medical & working, any issues about Medical, and Medical contact information.

## **Mindfulness 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.

## **Story Telling Assignment Support**

Created for current PSS students to provide a time and space to work on this assignment in a group setting.

## **Study Smarter, Not Longer**

Prepare for finals by learning useful tips to help study in smarter, more effective ways.

## **Arts and Empathy 11/12**

Join our Arts and Empathy Workshop, using labyrinth mandala art to facilitate mindfulness and healing. Experience self-discovery through creative expression in a supportive environment.

## **Staying Disciplined During the Holidays**

Learn some tips that can help you stay disciplined and on track during the busy holiday season.

## **Thanksgiving Gratitude Journaling**

Join us for a peaceful, Autumn-themed journaling session where you practice gratitude for the season and holiday!

## **Group Facilitation Assignment Support**

Created for current PSS students to provide a time and space to work on this assignment in a group setting.

## **Responding to Opioid Overdose with Narcan (CE)**

This training covers how to safely use Narcan and why we provide this potentially life-saving item to clients, family members, and our community. Once you complete the training, you will be eligible to receive one of the Narcan "Naloxone" Kits.

## **The Research Paper Playbook**

Learn the basics for writing a college-level research paper. We will review how to do research, essay formatting, and APA style citations.

## **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 and Empathy 11/26**

Create meaningful Thanksgiving cards for loved ones in our Arts and Empathy workshop. Connect and express gratitude through art!

## **DIGITAL CATALOG**



## **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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>9 am - 12 pm ESL Beginning &amp; Intermediate Multilevel ROOM 122</p> <p>1 pm - 3 pm GED/HISET ROOM 118</p> <p> REI Rewards 1pt</p> <p> Pacific Clinics</p>	<p>9 am - 12 pm ESL Beginning &amp; Intermediate Multilevel ROOM 122</p> <p>1 pm - 3 pm GED/HISET ROOM 118</p> <p>3 pm - 5 pm Computer Application Basics ROOM 122</p>	<p>9 am - 12 pm ESL Beginning &amp; Intermediate Multilevel ONLINE</p>	<p>9 am - 12 pm ESL Beginning &amp; Intermediate Multilevel ONLINE</p> <p>3 pm - 4:30 pm Creative Writing ROOM 121</p> <p>3 pm - 5 pm Computer Application Basics ROOM 122</p> <p>4:30 pm - 6:30 pm GED/HISET ROOM 118</p> <p> REI Rewards 1pt</p>	<p>1 pm - 3 pm Studio Art ROOM 118</p>

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

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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

Hallie Rolph 626-807-5683

Destiny Lopez 626-842-7548

