









January 2025



Pacific Clinics

Monday	Tuesday	Wednesday	Thursday	Friday
		1 NEW YEAR'S DAY REI CLOSED	2	3
6	7	8	9	10
13 3 PM-4 PM Study Hall Session 6 PM-7:30PM Wellness at Work: Recognizing Automatic Thoughts & Troublesome Thought Patterns (CE)	14  12:30 PM-2 PM Arts & Empathy 3 PM-4 PM Study Hall Session	15 12 PM-1 PM Medicare and Working (CE)	16 11 AM-12:15 PM Designing the REI Student Art Show! (Zoom) 6 PM-7:30 PM Chromebook & Zoom Navigation	17 10:30 AM-12:30 PM Medi-Cal Peer Support Specialist Exam Prep (Zoom)
20 3 PM-4 PM Study Hall Session	21  2 PM- 3 PM Goal-Setting 3 PM-4 PM Study Hall Session	22	23  12:30 PM-2 PM Artistic Affirmations	24
27 3 PM-4 PM Study Hall Session 3 PM-4:30 PM Job Search Club	28  1 PM- 2:30 PM Arts & Empathy 3 PM-4 PM Study Hall Session 6 PM-9PM Professional Boundaries & Peer Role (CE) (Zoom)	29  1 PM-2 PM "Seize the Day" for Success	30  2 PM-3 PM New Years Resolution Barriers: How Can I Achieve My Goals?	31 11 AM-2 PM Suicide Prevention, Intervention, & Safety Planning Training (CE)

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

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.



Workshop Descriptions

Study Hall Sessions

Get help on assignments and gain academic support from REI's Success Coach Team! All REI college students welcome, no appointment needed to attend!

Wellness at Work: Recognizing Automatic Thoughts & Troublesome Thought Patterns (CE)

This is an introduction to a new series on self-care in the workplace for peer providers and mental health workers. This workshop will present you with an opportunity to become more aware of your thoughts and how they can be useful or can create trouble.



Arts & Empathy 1/14

Students will engage in an art activity called "Path of Recovery" where they will visually map their recovery journey, exploring milestones, challenges, and future goals, fostering self-expression and empathy.

Medicare and Working (CE)

Discusses eligibility, coverage, Medicare part: A, B, D, Medicare & working, any issues about Medicare, and Medicare contact information.

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!

Chromebook & Zoom Navigation

Learn to navigate your Chromebook and the Zoom classroom. Get the help and support you needed to be successful in virtual classes.

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.



Goal-Setting

Join this goal-setting workshop to help students build skills to set and reach meaningful goals. Use the opportunity of starting the new year to kickstart motivation and learn ways to achieve new things.



Artistic Affirmations

A new workshop series on how positive affirmations and artistic expression empowers participants to boost their self-esteem and creativity through engaging, hands-on activities. In our first session, we'll explore the power of mantras and create our own using colorful art supplies.

Job Search Club

Attention job seekers! Join this workshop and support each other, share job search strategies, and improve job-hunting skills.

Professional Boundaries & Peer Support Specialist Role (CE)

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



Arts & Empathy 1/28

Engage in this workshop by doing a creative activity where students will reflect on their past experiences and future goals by using handprints to symbolize growth, challenges, and aspirations in their recovery journey.



New Years Resolution Barriers: How Can I Achieve My Goals?

Join this workshop to jot down and share your New Years Resolutions, and getting tips and pointers on how you can achieve them!



"Seize the Day" for Success

Discover how to embrace each day to its fullest by incorporating mindfulness and practical strategies to maximize every moment.

Suicide Prevention, Intervention, & Safety Planning Training (CE)

Join us for a guest presentation by Didi Hirsch staff on Suicide Prevention, Intervention, and Safety Planning Training for peer providers and mental health workers.

WORKSHOPS WITH THIS SYMBOL:
QUALIFY FOR REI REWARDS CARD
POINTS!



NEW AND IMPROVED
SWAG BAGS ARE HERE!

Digital Catalog

RECOVERY EDUCATION INSTITUTE

SPRING 2025 COLLEGE CLASSES

SANTIAGO CANYON COLLEGE (SCC) GENERAL ED. CLASSES

REI's SCC Deadline to Enroll is
January 24, 2025

Gift Card Reward for passing
an SCC Gen Ed Class:

A- \$20
B- \$25
C- \$30

BUS - 130 PERSONAL FINANCE (3-UNITS)

February 10 - May 26, 2025

Thursdays 1:00 P.M. – 4:00 P.M.

In-Person, REI Campus, Room, 120

CNLS 111 - LEARNING SKILLS DEVELOPMENT (1-UNIT)

April 14, 2025 - May 5, 2025 (8-week course)

Wednesdays 11:00 A.M. – 1:05 P.M.

In-Person, REI Campus, Room, 123

TO ENROLL:

- **NEW STUDENTS:** To get started, schedule an appointment by emailing ocreil@pacificclinics.org
- **CURRENT STUDENTS:** Contact your Academic Advisor to express interest and start the eligibility steps today!

ABOUT THESE PROGRAMS:

REI students complete classes through REI (in-person or online) and are dual-enrolled with Santiago Canyon College.

COLLEGE CLASS DESCRIPTIONS

Santiago Canyon College (SCC) General Ed. Classes

REI's SCC Deadline to Enroll is January 24, 2025

BUS - 130 PERSONAL FINANCE (3-UNITS)

Class Description: This course is an integrative approach to personal finance focusing on practical financial decision making as well as the social, psychological, and physiological contexts in which those decisions are made. Students will examine their relationships with money, set personal goals, and develop a plan to meet those goals. Topics include consumerism, debt, healthcare, investing, retirement, long-term care, disability, death, and taxes.

CNLS 111 - LEARNING SKILLS DEVELOPMENT (1-UNIT)

Application of educational/psychological principles in the development of effective learning skills for college courses. Topics also include, time management, textbook study, comprehension, note-taking, research preparation, and testing. Topics Covered Include: Learning Style, Time Management, Textbook Study/Comprehension, Note Taking, Research preparation, Testing tips, Identifying diversities of cultural influence.

DIGITAL CATALOG



**Gift Card Reward
for passing an
SCC Gen Ed Class:**

**A- \$20
B- \$25
C- \$30**

**Contact Us
To Enroll:**

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

REI EXTENDED EDUCATION (EE)




SPRING - WEEKLY CLASS SCHEDULE

JANUARY 13 - MAY 24, 2025

OPEN ENTRY/OPEN EXIT



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

Register with your academic advisor

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Jennifer Tipan 626-632-8309

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ocrei@pacificclinics.org
website: www.pcrei.org

SETTING INTENTIONS: RECOVERY AND GROWTH THROUGH ART

WITH THE THEME OF:
RESOLUTIONS

**FEBRUARY
21, 2025**
10:30 am – 2:30 pm
@ REI's Campus

Featuring:

- Student Art Show & Writing Displays
- Fun Creative Arts & Crafts Workshops
- Swag & Raffles
- Free Taco Lunch
- Local Community Resources

RSVP Link



To RSVP: use QR code Or
contact us at: 714-244-4322
ocrei@pacificclinics.org

RECOVERY EDUCATION INSTITUTE (REI)
401 S. Tustin St. Orange, CA 92868

SHOWCASE YOUR TALENT: SUBMIT YOUR ART & STORIES!

Deadline to submit & drop off work:

- 3 weeks before event

Rules for Submissions:

- You must be an REI Student to enter work for the art/writing show
- Mediums can include: painting, crafts, poetry, writing, drawing, recorded music
- Please do not submit work that graphically depicts or describes: vulgarity, violence, drug use, self-harm, suicide ideations, or other triggering language.

***How to Submit your Artwork or Writing:**

- Call or email REI to schedule a time for drop-off
- You must provide your full name, title of work, and what art materials were used (if applicable)

***Call: 714-244-4322 Or Email:**

ocrei@pacificclinics.org

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!

Hallie Rolph 626-807-5683
Destiny Lopez 626-842-7548
Christina Seraj 626-753-8638

