



FEBRUARY 2025



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3
Mastering the Art of Interviewing
 3pm-4:30pm

4
Study Hall Session
 3pm-4pm

5
Dress for Success
 1pm-2pm

6 **Serenity & Creativity with Poetry**
 1pm-2:30pm
Study Hall Session
 3pm-4pm

7

10 **Practicing Self-Love: Getting in the Valentines Day Spirit**
 11am-12pm
Wellness at Work - Recognizing Troublesome Thinking Patterns and How to Move Through Them (CE)
 6pm-7:30pm

11 **Arts and Empathy**
 12:30pm-2pm
Study Hall Session
 3pm-4pm
Confidentiality & Ethics (CE)
 6pm-9pm

12
Lunar New Year Spotlight
 1pm-2pm

13 **Artistic Affirmations**
 12:30pm-2pm
Study Hall Session
 3pm-4pm

14
Mindful Movement
 10am-11am

17
PRESIDENT'S DAY
REI CLOSED

18 **Arts and Empathy**
 12:30pm-2pm
Study Hall Session
 3pm-4pm

19 **Mindful Eating**
 1pm-2pm
SSI Work Incentives & Employment (CE)
 1pm-2pm

20 **Artistic Affirmations**
 12:30pm-2pm
Study Hall Session
 3pm-4pm

21 **Free Community Event!**
Student Art & Writing Show
RSVP for our Taco Lunch
Art Workshops & More!
 9:30am-2:30pm
 (REI Campus)

24
Group Facilitation
Assignment Support
 6pm-8pm

25 **Arts and Empathy**
 12:30pm-2pm
Study Hall Session
 3pm-4pm

26
The Art of Origami
 1pm-2:30pm

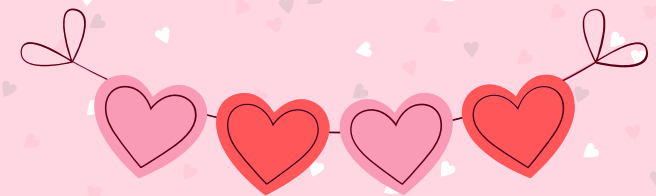
27 **Artistic Affirmations**
 12:30pm-2pm
Study Hall Session
 3pm-4pm

28 **Medi-Cal Peer Support**
Specialist Exam Prep
 10:30am-12:30pm
 (Zoom)

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



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!

Mastering the Art of Interviewing 2/3

Land Your Dream Job by Practicing the Art of Interviewing!



Dress for Success 2/5

Elevate your professional image with our "Dressing for Success" workshop! Join us to unlock the secrets of a polished and confident appearance that makes a lasting impression in the workplace.



Serenity & Creativity with Poetry 2/6

This workshop explores the calming and imaginative power of poetry, guiding readers to find peace and inspiration through verse. This workshop encourages self-expression and mindfulness, making it a perfect companion for those seeking tranquility and creative growth.



Practicing Self-Love: Getting in the Valentines Day Spirit 2/10

No Valentine? No problem! This workshop will help you practice self-care and self-love to boost your mood this Valentines Day.

Wellness at Work (CE) 2/10

Thinking is a very important and powerful tool. At times certain old patterns or blatantly untrue thoughts can intrude and hijack our thinking and distort reality.

Arts and Empathy 2/11, 2/18, 2/25

This workshop offers students a safe space to process emotions through creative expression. Participants will engage in art-making while practicing mindfulness, fostering emotional release and self-compassion. Through creativity and community support, attendees will deepen their healing journey and connect with others in a nurturing environment.



Confidentiality & Ethics (CE) 2/11

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



Lunar New Year Spotlight 2/12

Discover the rich traditions and vibrant celebrations of Lunar New Year! Join us to learn more about this festive occasion and walk away with a surprise gift after the workshop.

Artistic Affirmations 2/13

Join us for a vibrant workshop where we'll craft uplifting and artistic love writings, with our Heart's Intentions, for ourselves, or to give away! We'll start with a mind spill to get our thoughts flowing, then refine our writing with positivity and love, using colorful pens and creative designs, in honor of Valentine's Day.



Mindful Movement 2/14

Reconnect with your body and experience the joy of movement in our Mindful Movement Workshop. Learn gentle, intentional practices to enhance your physical and mental well-being, all while cultivating a deeper sense of presence.



Mindful Eating 2/19

Awaken your senses and transform your relationship with food in our Mindful Eating Workshop. Discover the joys of savoring every bite as we taste selected snacks in class together.



SSI Work Incentives & Employment (CE) 2/19

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

Artistic Affirmations 2/20

Join us for a workshop where we'll reset our minds and unleash our creativity! We'll start with activities to clear mental clutter, then dive into creating doodles and designs that reflect a more positive and creative outlook on life.



Group Facilitation Assignment Support 2/24

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

The Art of Origami 2/26

Unlock your creativity and master the ancient art of paper folding at our Origami Workshop. Join us for an afternoon of hands-on fun, where you'll learn to transform simple sheets of paper into beautiful and intricate designs.



Artistic Affirmations 2/27

Join us for a unique workshop where we'll blend the art of calligraphy and watercolors with the power of positive affirmations. You'll learn to create beautiful, hand-lettered affirmations and enhance them with vibrant watercolor designs.



Medi-Cal Peer Support Specialist Exam Prep 2/28

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

WORKSHOPS WITH THIS SYMBOL:



QUALIFY FOR REI REWARDS CARD
POINTS!

Digital Catalog



NEW AND IMPROVED SWAG
BAGS ARE HERE!



FREE COMMUNITY ART EVENT!

REI'S 3RD ANNUAL STUDENT ART SHOW

**SETTING INTENTIONS:
RECOVERY AND
GROWTH THROUGH
THE ARTS**

**FEBRUARY
21, 2025**
9:30 am – 2:30 pm
@ REI's Campus

Featuring:

- Student Art & Writing Show
- Fun Arts & Crafts Workshops
- Free Swag & Raffles
- Free Taco Lunch
- Local Mental Health
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**



Recovery Education Institute College Courses & Certifications



pcrei.org

Medi-Cal Peer Support Specialist Certification Training

Recovery Education Institute (REI) offers an 80 hour online Medi-Cal Peer Support Specialist Certification training that equips aspiring peer support specialists in learning skills based content while utilizing their lived experiences to gain employment within the mental health services field.

Human Services: Mental Health Worker and Alcohol Drug Studies Certificates

Through our partnership with Saddleback College, we offer certification programs for students who wish to receive a Mental Health Worker certificate (29 units) or an Alcohol and Drug Studies (40 units) certificate and work with individuals living with mental health or alcohol and drug addictions and families of chemically dependent persons. Students complete their certificates at REI and are dual-enrolled at Saddleback College. Class units are transferable.

General Education Classes

REI partners with Santiago Canyon College and offers several general education (GE) classes that are applicable toward an Associate degree. They include classes such as, Introduction to Philosophy, Introduction to Lifespan Psychology and Music Appreciation. Students are dual enrolled at Santiago Canyon College and GE units are transferable.

New Students: Call (714) 244-4322 or email us at ocrei@pacificclinics.org to schedule an appointment

All courses and enrichment workshops are offered at NO COST to eligible adults living in Orange County.

OUR YEAR-ROUND CLASS SCHEDULE

To register in these popular programs, we advise that you meet with your Academic Advisor several months before a class begins in order to start the steps to enroll in our College Certification, General Ed or Peer Support Specialist Trainings.

Classes are available in-person or online, mid-day or evening.

Seats go fast! Please call for details.

MEDI-CAL PEER SUPPORT SPECIALIST (PSS) CERTIFICATION TRAININGS

PSS is a two-month-long training that occurs three days a week, three hours per class.

REI's PSS trainings are offered four times every year: fall, winter, spring & summer.

MENTAL HEALTH WORKER (MHW) & ALCOHOL DRUG STUDIES (ADS) CERTIFICATES

REI's College Semester Dates:

FALL: August - December

SPRING: January - May

SUMMER: June - July

**Santiago Canyon College (SCC)
At Recovery Education Institute (REI)
Spring 2025 Course Offerings
Enroll Now!**



**CNSL - 111 LEARNING SKILLS
DEVELOPMENT
(1 UNIT)**

APRIL 14- MAY 26, 2025
(8-WEEK COURSE)

WEDNESDAYS 11 A.M.- 1:05 P.M.
IN-PERSON, REI CAMPUS, ROOM, 120

Class Description: Application of educational and psychological principles in the development of effective learning skills for college courses. Topics Covered Include: Learning Style, Time Management, Textbook Study/Comprehension, Note Taking, Research preparation, Testing tips, Identifying diversities of cultural influence.

Front desk: 714-244-4322

Email: ocrei@pacificclinics.org

website: www.pcrei.org

**REI's Deadline to
Enroll in CNSL-111 is
March 28, 2025**

TO ENROLL:

- **NEW STUDENTS:** To get started, schedule an appointment by emailing ocrei@pacificclinics.org or calling 714-244-4322.
- **CURRENT STUDENTS:** Contact your Academic Advisor to express interest, schedule an appointment, and start the eligibility steps today!

**GIFT CARD REWARD
FOR PASSING
AN SCC GEN ED CLASS:**

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



COMPUTER APPLICATION BASICS (CE)

WEDNESDAYS
6:00 PM - 9:00 PM
REI ROOM 122
JANUARY 15, 2025 - MAY 21, 2025

REGISTER TODAY!

CALL: 714-244-4322

EMAIL:

OCREI@PACIFICCLINICS.ORG

Learn the skills
to confidently use a
computer for everyday
school &/or work tasks:

- ✓ Learn how to work with Google and Windows, send emails, manage files in the cloud, and create simple documents, spreadsheets, and presentations.
- ✓ Learn how to be ready to join and navigate Zoom meetings like a pro!
- ✓ Qualifies as CE credit(s) for Certified Peer Support Specialists.

REI EXTENDED EDUCATION (EE)

SPRING - WEEKLY CLASS SCHEDULE


JANUARY 13 - MAY 24, 2025

OPEN ENTRY/OPEN EXIT



pcrei.org



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 (Jan. 30 - May 8)</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

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