



# MARCH 2025



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

3 Self-Paced Story Telling Assignment Support (PSS) 6pm-8pm

4 Study Hall Session 3pm-4pm

5 Coffee & Donuts Book Club 10am-11am (Zoom & In-Person)

6 Serenity & Creativity with Poetry 1pm-3pm Study Hall Session 3pm-4pm

7 Digital Detox for Productivity 12pm-1pm

10 Medi-Cal Peer Support Specialist Exam Prep 4pm-6pm (Zoom & In-Person)

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

12 Wellness Wednesdays Social Hour 3pm-4pm (Zoom & In-Person)

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

14 Navigating Dual Relationships as a Peer Professional (CE) (Zoom Only) 10am-11:30am National Potato Chip Day 12pm-1pm

17 Mindfulness Monday: Welcoming Spring 11am-12pm Wellness at Work (CE) - Redirecting Our Thinking with Practical Meditation 6pm-7:30pm

18 Stress Management 12pm-1pm Study Hall Session 3pm-4pm

19 Persian New Year / Vernal Equinox Celebration 12pm-2pm

20 International Day of Happiness 1pm-2pm Study Hall Session 3pm-4pm

21 National Puppy Day 12pm-1pm Jar of Positivity: Create Your Own Affirmations for Success 2pm-3pm

24 Resume Building & Job Search 2pm-3:30pm

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

26 Test-Taking Strategies and Anxiety Management 6pm-7:30pm

27 Chair Yoga 1pm-2pm Study Hall Session 3pm-4pm

28 Seize the Day for Success 1pm-2pm

31



### 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

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



# 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!

## Self-Paced Story Telling Assignment Support (PSS) 3/3

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

## Coffee & Donuts Book Club 3/5

We will be starting a book-club & will be Reading "Becoming Supernatural" by Dr. Joe Dispenza, New York best-selling author. The subject of this Book will be "How Common People Are Doing the Uncommon." Coffee & Donuts will be served for in-person guests.

## Serenity & Creativity with Poetry 3/6

"Serenity & Creativity with Poetry" is a workshop that invites participants to explore the calming and imaginative aspects of poetry. Through guided exercises and reflective writing, attendees will discover how poetry can be a source of tranquility and creative inspiration.

## Digital Detox for Productivity 3/7

Join us for a transformative workshop designed to help you reconnect with the world beyond screens. Discover practical techniques to reduce digital fatigue, foster mindfulness, and regain presence and productivity in the work and school environment.

## Medi-Cal Peer Support Specialist Exam Prep 3/10

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

## Arts and Empathy 3/11, 3/25

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.

## Wellness Wednesdays Social Hour 3/12

We're excited to announce the launch of our Monthly Wellness Social Hour, where we'll dive into various topics aimed at fostering personal growth and enriching our daily lives. This is also a wonderful opportunity to connect with peers in a safe and nurturing environment.

## Artistic Affirmations 3/13

Join us for a workshop where we'll create positive affirmations and engage in a creative activity designed to mindfully uplift our spirits.

## National Potato Chip Day 3/14

Celebrate National Potato Chip Day with a crunchy, fun-filled workshop! Join us to explore the irresistible appeal of potato chips and honor the salty, crispy goodness. Potato chip snacks will be provided!

## Navigating Dual Relationships as a Peer Professional (CE) 3/14

Explore strategies for effectively managing dual relationships as a peer professional, balancing personal connections with ethical and professional boundaries.

**Wellness at Work (CE) - Redirecting Our Thinking with Practical Meditation 3/17**  
After learning about our automatic thoughts and troublesome thought patterns, it is time to learn how to redirect our thoughts to a more beneficial pattern!

## Mindfulness Monday: Welcoming Spring 3/17

Join this workshop to practice mindfulness techniques, say goodbye to Winter, and cleanse ourselves for the Spring season!

## Stress Management 3/18

This workshop offers strategies for managing stress, overcoming anxiety, and using healthy coping mechanisms, especially in the workplace, school, or in high-pressure environments.

## Persian New Year / Vernal Equinox Celebration 3/19

Join us for a celebration of the New Year, Persian Style. We will explore traditions aligned with the Vernal Equinox, a time of New Beginnings, Springtime, and beautiful flowers. Tea & Treats will be provided.

## International Day of Happiness 3/20

Join us for an inspiring International Day of Happiness workshop, where you'll discover practical strategies to cultivate joy, resilience, and well-being in your daily life. Through an engaging discussion, we'll explore the science of happiness and how to bring more positivity into our communities.

## National Puppy Day 3/21

Celebrate National Puppy Day with a paws-itively delightful workshop! Join us to both celebrate puppies and to shed light on the cruelty that happens in puppy mills and encourage adoption from overcrowded shelters.

## Jar of Positivity: Create Your Own Affirmations for Success 3/21

In this hands-on workshop, students will create their own personalized affirmation jars, crafting positive statements to inspire confidence, promote self-love, and encourage personal growth.

## Resume Building and Job Search 3/24

In today's competitive job market, standing out with a professional and compelling resume is crucial. This hand-on workshop will guide you through the essential elements of building an eye-catching resume, while also equipping you with effective job search strategies.

## Test-Taking Strategies and Anxiety Management 3/26

This workshop offers practical tips to manage test anxiety and improve your test-taking skills.

## Chair Yoga 3/27

Experience the benefits of yoga from the comfort of your chair in our "Chair Yoga Workshop." This session offers gentle, accessible yoga practices to enhance flexibility, improve posture, and promote relaxation, making it perfect for all ages and fitness levels.

## Seize the Day for Success 3/28

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



Digital Catalog

WORKSHOPS WITH THIS SYMBOL:



QUALIFY FOR REI REWARDS CARD POINTS!



## 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](mailto: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](mailto:ocrei@pacificclinics.org)**

**website: [www.pcrei.org](http://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](mailto: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!**

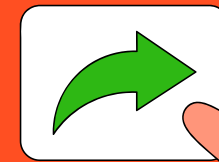
**CALL: 714-244-4322**

**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

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

REI Rewards  
1 pt.

1 pm - 3 pm  
GED/HISET  
ROOM 118



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

REI Rewards  
1 pt.

1 pm - 3 pm  
GED/HISET  
ROOM 118

9 am - 12 pm  
ESL Beginning  
& Intermediate  
Multilevel  
ONLINE

6 pm - 9 pm  
Computer  
Application  
Basics  
ROOM 122

9 am - 12 pm  
ESL Beginning  
& Intermediate  
Multilevel  
ONLINE

3 pm - 4:30 pm  
Creative Writing  
ROOM 121  
(Jan. 30 - May 8)

REI Rewards  
1 pt.

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

1 pm - 3 pm  
Studio Art  
ROOM 118

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

**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 REWARDS CARDS



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

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



Attend **5** Qualifying Classes = \$10 DOLLAR TREE GIFT CARD

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

### CONTACT YOUR SUCCESS COACH TODAY!

Tommy Tran 626-753-8716  
 Hallie Rolph 626-807-5683  
 Destiny Lopez 626-842-7548  
 Christina Seraj 626-753-8638

