

APRIL 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

2



Book Club
10am-11am

3



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

4



Mindful Movement: Mobility
12pm-1pm

7

8



Arts and Empathy
12:30pm-2pm

APAIT LGBTQ+ 101 & Harm Reduction (CE)
2pm-4pm

Study Hall Session
3pm-4pm

9

10



Soft Skills for Employment
1pm-2pm

Study Hall Session
3pm-4pm

11

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



Chair Yoga
12pm-1pm

14



Mindfulness Monday
11:30am-12:30pm



Know Your Mind: Decentering Our Overpowering Thoughts
6pm-7:30pm

15



Arts and Empathy
12:30pm-2pm

Study Hall Session
3pm-4pm

16



Jeopardy Trivia
12pm-1pm

Medical & Working (CE)
1pm-2pm

17



Artistic Affirmations
1pm-2:30pm

Study Hall Session
3pm-4pm

18

Suicide Prevention, Intervention, and Safety Planning Training (CE)
11am-2pm

21

22

Study Hall Session
3pm-4pm

23



How to Avoid Online Scams
12pm-1pm

24



Earth Day Eco-Collage Making Workshop
1pm-2pm

Chromebook Navigation
3pm-5pm
Study Hall Session
3pm-4pm

25

28

Work-Life Balance During Recovery
1:30pm-3pm

29



Arts and Empathy
12:30pm-2pm

Study Hall Session
3pm-4pm

30

Conflict Resolution Skills
10am-11am



Register with your Academic Advisor

Front desk: 714-244-4322

Angelica Ceja 626- 802-7694

ocrei@pacificclinics.org

John Harmon 626- 802-7729

website: www.pcrei.org

Jennifer Tipan 626-632-8309

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!



Book Club 4/2

We will be diving into the fascinating concept of 'Heart Intelligence,' as explored in Joe Dispenza's transformative book, "Becoming Supernatural."



Serenity & Creativity with Poetry 4/3

"Serenity and Creativity with Poetry" is a workshop that blends mindfulness practices with poetic expression to help participants achieve tranquility and unleash their creative potential. Through guided exercises and collaborative discussions, attendees can explore their emotions and craft meaningful poetry.



Mindful Movement: Mobility 4/4

Discover the power of mindful movement designed to enhance flexibility and support overall well-being. Learn gentle techniques to improve range of motion, reduce tension, and connect more deeply with their bodies.



Arts and Empathy 4/8, 4/15, 4/29

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.

APAIT LGBTQ+ 101 & Harm Reduction (CE) 4/8

This workshop provides an introductory overview of LGBTQ+ identities and experiences, while offering practical strategies for harm reduction and creating safer, more inclusive environments.

Soft Skills for Employment 4/10

Join our interactive workshop designed to enhance your soft skills, such as communication, teamwork, and problem-solving, to boost your employability and career success.



Chair Yoga 4/11

Experience the benefits of gentle movement and relaxation in our Chair Yoga workshop, designed for all ages and abilities.

Medi-Cal Peer Support Specialist Exam Prep 4/11

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



Know YOUR Mind: Decentering Our Overpowering Thoughts 4/14

This workshop offers you a chance to experience your thoughts in a new way. We will notice when they become strong and unbeneficial and how we can become overly identified feeling in the center of them. Using our natural "thinking about thinking" or meta-cognitive skills to decenter and diffuse the thoughts that may lead to unhealthy rumination.



Mindfulness Monday: Stress Management through Meditation 4/14

Join this workshop to learn helpful stress management tips through mindful meditation and enjoy a short, guided meditation.



Jeopardy Trivia 4/16

Quick thinking meets friendly competition! Participants will enjoy answering a variety of questions across diverse categories while sharpening their minds and having fun.

Medical & Working (CE) 4/16

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



Artistic Affirmations 4/17

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

Suicide Prevention, Intervention, and Safety Planning Training (CE) 4/18

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.



How to Avoid Online Scams 4/23

Learn to recognize common scam tactics, safeguard personal information, and confidently navigate the internet with security in mind.



Earth Day Eco-Collage Workshop 4/24

Join us for crafty Earth Day workshop where we will create eco-friendly collages! Feel free to bring in re-usable materials from home and lets create together!

Chromebook Navigation Workshop 4/24

Learn how to navigate your Chromebook and Google account in preparation for the Medi-Cal Peer Support Specialist Training.

Work-Life Balance During Recovery 4/28

Are you feeling overwhelmed by prioritizing your work-life balance during your recovery? Join us for "Work-Life Balance During Recovery," a transformative workshop designed to equip you with practical tools and strategies to navigate and prioritize your work-life balance during your recovery.



Conflict Resolution Skills 4/30

Learn practical strategies and essential skills to effectively manage conflicts, enhance collaboration, and foster success in both the workplace and school environments.

Digital Catalog



WORKSHOPS WITH THIS SYMBOL:



QUALIFY FOR REI REWARDS CARD POINTS!

Summer 2025 Saddleback College's Human Service (HS) Course At Recovery Education Institute (REI) Enroll Now!

Conflict and Mediation Course

HS - 112 (3 Units)

All REI enrollment and intake processes, as well as all required Saddleback student steps, must be completed through your REI Academic Advisor **by May 16th.**

CONFLICT AND MEDIATION CLASS DETAILS

DATES: 6/16/2025 TO 8/9/2025

DAYS: WEDNESDAYS

HOURS: 6:00 PM-7:50 PM

MODALITY: IN PERSON @ REI CAMPUS

This course explores non-violent, non-litigious conflict management, focusing on conflict resolution, mediation, and third-party intervention theory and practice. It prepares individuals to effectively resolve conflicts and apply mediation techniques in various contexts.

Eligible for: Peer Support Specialist CE Hours
Elective for: Alcohol & Drug Studies Certificate
and HS Generalist Tracks

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!



Front desk: 714-244-4322

Email: ocrei@pacificclinics.org

website: www.pcrei.org



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 typically 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

Pacific Clinics- Recovery Education Institute (REI)
invites you to

3RD ANNUAL PEER WORKFORCE TRAINING EVENT 2025

No-COST behavioral health
workforce workshops, CEs and
resources for peers

June 27th, 2025
9am-2pm
at REI Campus

Call to RSVP by June 13th, 2025

Email ocrei@pacificclinics.org to
register by June 13th, 2025!

Visit www.pcrei.org or call 714-244-4322 to learn more about REI today!

SAVE THE DATE

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.

BROUGHT TO YOU BY
RECOVERY EDUCATION
INSTITUTE

MENTAL HEALTH FIRST AID TRAINING (CE)

REGISTER WITH
YOUR ACADEMIC
ADVISOR BY
FRIDAY, MAY 2ND

MAY 15 AND MAY 16
IN-PERSON 9:00 A.M. - 1:30 P.M.



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

Register with your academic advisor

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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

