



IN-PERSON AND ONLINE WORKSHOPS

2 SELF-CARE SERIES: SELF ESTEEM AND EMPOWERMENT

11 am - 12 pm Location: at REI in Room 120

4 SPRING PAINT & SIP WORKSHOP: WATERCOLOR PAINTING, SNACKS, & MORE!

1:30 pm - 2:30 pm Location: at REI in Room 120

9 JOURNALING SERIES: WRITE. REFLECT. GROW.

10 am - 11 am Location: at REI in Room 121

9 CULTIVANDO LA CALMA: SIEMBRA CONSCIENTE DE SEMILLAS PARA LA REDUCCIÓN DEL ESTRÉS

10:30 am - 11:30 am Location: at REI in Room 123

16 MINDFUL TIME MASTERY

12 pm - 1 pm Location: at REI in Room 120

18 RESEARCH 101: WRITING IN APA FORMAT

1:30 pm - 2:30 pm Location: at REI in Room 121

19 UNDERSTANDING LOVE: THE 5 LOVE LANGUAGES

11 am - 12 pm Location: at REI in room 121

19 MARVIN GAYE "WHAT'S GOING ON?"

10 am - 11:30 am Location: at REI in room 120

22 SOCIOLOGY SERIES: HOW SOCIETY MAKES US HUMAN

1:30 PM - 2:30 PM LOCATION: AT REI IN ROOM 121

23 JOURNALING: SOULFUL SCRIBBLES

10 am - 11 am Location: at REI in room 121

25 TRAINING YOUR BRAIN SERIES: CARDGAMES

1:30 PM - 2:30 PM LOCATION: AT REI IN ROOM 120

25 CUTIVATING MINDFULNESS

12 pm - 1 pm Location: at REI in room 120

STUDENT PEER COUNCIL

19 1-Day Leadership Training (REI's Student Peer Council Meeting)

2:30 pm - 4 pm Location: at REI in room 120

WEEKLY COLLEGE CLASSES STUDY HALL

College Classes Study Hall

Every Thursday

3 pm - 4pm Location: at REI in room 120



**PEER SUPPORT SPECIALIST
RELATED- WORKSHOP**

3 MEDICARE AND WORKING (CE)
1:30 pm - 2:30PM Location: REMOTE

**5 NEVER TOO LATE: EXPLORING HIGHER
EDUCATION PATHWAYS**
10 am - 11 am Location: REMOTE

5 PSS ALUMNI
12 pm - 1:30 pm Location: REMOTE

10 JOB SEARCH CLUB
2 pm - 3pm Location: REMOTE

**19 MEDI-CAL PEER SUPPORT
SPECIALIST EXAM PREP**
10am - 12 pm Location: REMOTE

**29 SOFT SKILLS FOR WORKPLACE
READINESS**
1:30 pm - 2:30 pm Location: at REI in Room 120

ENROLLMENT

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

Current Students: Contact your academic advisor

Saddleback College and Santiago Canyon College credit courses and Peer Support Specialist certification programs available to registered students. Schedule an enrollment appointment to learn more.

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

**WEEKLY HYBRID
EXTENDED EDUCATION COURSES**

**ONLINE & IN-PERSON ESL BEGINNING &
INTERMEDIATE
MULTI-LEVEL 1-3**
ASK FOR DATES AND TIMES

**ONLINE ESL BEGINNING
MULTI-LEVEL 1-3**
ASK FOR DATES AND TIMES

**IN-PERSON GED/HISET TEST
PREPARATION**
ASK FOR DATES AND TIMES

**WEEKLY IN-PERSON
EXTENDED EDUCATION COURSES**

**T CREATIVE WRITING
EVERY TUESDAY, 3 PM - 4 PM**

**W ARTS & EMPATHY
EVERY WEDNESDAY, 12 PM - 1:30 PM**
Location: at REI in room 118

**F STUDIO ART
EVERY FRIDAY, 1:00 PM- 3 PM**
Location: at REI in room 118

CONTACT US AT:

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