



## IN-PERSON AND ONLINE WORKSHOPS

### 1 **SELF-CARE SERIES: LOVE LETTERS TO MYSELF**

Time: 10 am - 11 am Location: at REI Room 120

Teacher: M. Montoya

Description: Join us for an hour of journaling where you will write a love-letter for yourself to cultivate self-love and positivity.

### 2 **COSMIC BEGINNINGS: AN INTRODUCTION TO ASTROLOGY**

Time: 10 am - 11 am Location: at REI Room 120

Teacher: R. Verduzco

Description: Designed to unveil the mysteries of astrology, guiding participants through the basics of zodiac signs and birth charts influences.

### 9 **CULTIVATING SELF-KNOWLEDGE AND WISDOM**

Time: 11:30 am - 12:30 pm Location: at REI Room 120

Teacher: D. Lopez

Description: Learn how to cultivate self-awareness and wisdom by practicing deep thought and mindfulness.

### 11 **HOW TO DEVELOP SELF-DISCIPLINE**

Time: 11:30 am - 12:30 pm Location: at REI Room 120

Teacher: D. Lopez

Description: Having trouble with self-discipline? Come join this workshop for tips and tricks on learning to be more disciplined in your decision making.

### 11 **HOW TO IMPROVE YOUR COMMUNICATION SKILLS**

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

Teacher: M. Montoya

Description: Learn how to improve your communications skills in order to better navigate conversations and relationships in all parts of life!

### 11 **JOURNALING: SEEK THE SUN**

Time: 9 am - 10:30 pm Location: at REI Room 121

Teacher: R. Verduzco

Description: Illuminate your path to self-discovery and personal growth through the power of journaling. Join us to explore guided prompts and creative exercises that inspire reflection, foster positivity, and help you navigate life's challenges with clarity and purpose.

## CONTACT US AT:

PHONE: 714-244-4322

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401 SOUTH TUSTIN STREET BUILDING B

ORANGE, CA 92866

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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.

## IN-PERSON AND ONLINE WORKSHOPS

### 18 **BUILDING HEALTHY HABITS**

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

Teacher: M. Montoya

Description: Learn all about different healthy habits you can incorporate into your daily life and how to stick to them.

### 26 **SUMMER FUN: WATERCOLORING**

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

Teacher: M. Montoya

Description: Join us for a relaxing hour of music and art! Watercoloring supplies will be provided!

## PREVOCATIONAL WORKSHOPS

### 15 **JOB SEARCH CLUB!**

Time: 2:30 pm - 4 pm Location: REMOTE

Teacher: F. Nelson

Description: Join us to share resources, opportunities, and encouragement as we work towards achieving our dream careers!

### 16 **10 HABITS OF SUCCESSFUL COLLEGE STUDENTS**

Time: 11:30 am - 12:30 pm Location: at REI Room 120

Teacher: D. Lopez

Description: Learn about and pick up new habits to help you become a better, more successful student!

### 16 **NUTRITION FOR WOMEN**

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

Teacher: R. Verduzco

Description: Research based, offering practical advice on maintaining a balanced diet and understanding essential vitamins and minerals. Warning: This workshop is not medical advice.

### 29 **SOFT SKILLS FOR WORKPLACE READINESS**

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

Teacher: M. Montoya

Description: Learn about what soft skills are, which ones apply to you, and how to incorporate them into your resume!

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## PEER SUPPORT SPECIALIST RELATED - WORKSHOP

### 10 **S.S.D.I. WORK INCENTIVES & EMPLOYMENT (CE)**

Time: 1 pm - 2 pm Location: at REI Room 123

Teacher: D.Le

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

### 22 **MEDI-CAL PEER SUPPORT SPECIALIST CERTIFICATION EXAM PREP**

Time: 2:30 pm - 4 pm Location: REMOTE

Teacher: T. Rufener

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

### 23 **PROFESSIONAL BOUNDARIES AND PEER SUPPORT SPECIALIST ROLE (CE)**

Time: 1 pm - 4 pm Location: REMOTE

Teacher: M. Tanner

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

## STUDENT PEER COUNCIL

### 26 **TEAMWORK TRIUMPHS: HARNESSING THE SPIRIT OF PEER SUPPORT FOR EFFECTIVE LEADERSHIP**

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

Teacher: R.Verduzco

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## WEEKLY EXTENDED EDUCATION COURSES

### ESL BEGINNING MULTI-LEVEL 1-3

Mon - Thurs  
6 pm - 9 pm Online

### CREATIVE WRITING

Thurs 3 pm- 4:30 pm Location: at REI in Room 121

### STUDIO ART

Fri 1 pm- 3 pm Location: at REI in Room 118

### GED/HISET TEST PREPARATION

Mon & Tues 1 pm-3 pm Location: at REI in Room 118  
Thurs 4:30 pm-6:30 pm Location: at REI in Room 118

### ESL BEGINNING & INTERMEDIATE MULTI-LEVEL 1-3

Mon & Tues 9 am- 12 pm Location: at REI in Room 122  
Wed & Thurs 9 am - 12 pm Online

## REI COLLEGE CLASSES

DEADLINE TO ENROLL FOR FALL 2024 REI COLLEGE CLASSES IS JULY 1ST, 2024

### HS 100 - INTRODUCTION TO HUMAN SERVICES

Aug. 19, 2024 to Oct. 12, 2024  
Tuesdays 6:00 pm - 8:50 pm  
ONLINE

### HS 105 - ETHICAL ISSUES AND CLIENTS' RIGHTS

Aug. 19, 2024 to Dec.18, 2024  
Mondays 4:00 pm - 6:50 pm ONLINE

### INTRODUCTION TO WOMEN'S STUDIES

Aug. 20, 2024 - Dec. 10, 2024  
Tuesdays 1:00 pm - 4:00 pm Location: In-Person @ REI

### HISTORY OF FILM TO 1945

Aug. 22, 2024 - Dec. 10, 2024  
Thursdays 1:00 pm - 4:00 pm  
Location: In-Person @ REI

### TBD: HS 176 - CO- OCCURRING DISORDERS

Oct. 21, 2024 to Dec. 18, 2024  
Thursdays 11:00 am - 1:50 pm  
ONLINE

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