



# Recovery Education Institute December

# 2024

Monday

Tuesday

Wednesday

Thursday

Friday

2	3	4 1:00 PM-2:00 PM Reporting Overpayment & Housing (CE)	5 11:00 AM-12:30 PM How to Create a Holiday Budget and Stick to it 	6 9:30 AM-11:00 AM Navigating Dual Relationships As a Peer Professional (CE) (Zoom)
9 3:00 PM-4:30 PM Vision Boarding for Success 	10 12:30 PM- 2:00 PM Arts and Empathy 	11	12 10:30 AM-11:30 PM Time Management Skills to Prepare for the New Year 	13
16 3:00 PM-4:30 PM What Are My Strengths? Building Confidence For the Workplace (Hybrid) 	17 12:30 PM-2:00 PM Arts and Empathy 	18 1:00 PM-3:00PM Christmas Movie: Elf 	20 11:00AM-12:00PM Recovery through Creativity: Designing the REI Student Art Exhibit (Zoom)	
23	24 Christmas Eve REI Closed	25 Christmas Day REI Closed	26	27
30 4:00PM-6:00PM Medi-Cal Peer Support Specialist Exam Prep (Hybrid)	31 12:30 PM-2:00 PM Arts and Empathy 			

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

joy

# WORKSHOP DESCRIPTIONS

## Reporting Overpayment & Housing (CE)

Discusses the cause of overpayment, the process of appealing, and the request to make monthly payment.

## How to Create a Holiday Budget and Stick to it

Learn practical tips for setting a realistic holiday budget to manage seasonal expenses without stress. Discover strategies to track spending, avoid overspending, and enjoy a financially worry-free holiday season.

## Navigating Dual Relationships As a Peer Professional (CE)

We will explore dual relationships, the types of dual relationships, and how to navigate these dual relationships as a peer professional. We will review our scope of practice and our Code of Ethics to help guide us. We will discuss common situations and practice ways to navigate through them.

## Vision Boarding for Success

Identify goals for the New Year. Create a vision board to help cultivate attention and intention on achieving your goals.

## Arts and Empathy 12/10

This art workshop combines creative expression with grounding techniques to support recovery. The session will include a brief mindfulness exercise to help students center themselves, followed by open-ended art-making to encourage healing and self-expression.

## Time Management Skills to Prepare for the New Year

Before the new year begins, join this workshop to gain valuable time-management skills that you can use in 2025.

## What Are My Strengths? Building Confidence For the Workplace

During this workshop, we will identify barriers to employment and gain an understanding of our strengths and desires in a workplace.

## Arts and Empathy 12/17

During this workshop, students will personalize ornaments using clear bulbs, filling them with symbols of meaningful memories or hopes for the future. This simple, reflective project allows students to honor their journey and celebrate growth, fostering healing and positive reflection.

## Christmas Movie: Elf

Enjoy snacks and a Christmas movie to get into the Christmas spirit!

## Recovery through Creativity: Designing the REI Student Art Exhibit

Learn to curate a meaningful student art show that highlights creativity as a tool for healing. Come share your passion for creativity and collaborate with other Art and Writing Lovers, for this exciting event planning series!

## Medi-Cal Peer Support Specialist Exam Prep

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

## Arts and Empathy 12/31

In this activity, students will create snowflakes and write positive affirmations or goals on each one. This exercise encourages self-reflection, builds hope, and helps cultivate a sense of personal strength and renewal during the recovery journey.

## DIGITAL CATALOG



## WORKSHOPS WITH THIS SYMBOL QUALIFY FOR REI REWARDS CARD POINTS!



**NEW AND IMPROVED  
SWAG BAGS COMING  
SOON!**

RECOVERY EDUCATION INSTITUTE

# SPRING 2025 COLLEGE CLASSES

## SANTIAGO CANYON COLLEGE (SCC) GENERAL ED. CLASSES

**REI's SCC Deadline to Enroll is  
January 24, 2025**

### **BUS - 130 PERSONAL FINANCE**

February 10 - May 26, 2025

Thursdays 1:00 P.M. – 4:00 P.M.

In-Person, REI Campus, Room, 120

### **COUNSELING COURSE**

Details To Be Announced Soon!

### **HISTORY OF ROCK N' ROLL**

Details To be Announced Soon!

## TO ENROLL:

- **NEW STUDENTS:** To get started, schedule an appointment by emailing [ocrei@pacificclinics.org](mailto:ocrei@pacificclinics.org)
- **CURRENT STUDENTS:** Contact your Academic Advisor to express interest and start the eligibility steps today!

## ABOUT THESE PROGRAMS:

REI students complete classes through REI (in-person or online) and are dual-enrolled with Santiago Canyon College.

**Gift Card Reward for passing  
an SCC Gen Ed Class:**

**A- \$20**

**B- \$25**

**C- \$30**



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.



## COLLEGE CLASS DESCRIPTIONS

### Santiago Canyon College (SCC) General Ed. Classes

**REI's SCC Deadline to Enroll is January 24, 2025**

#### **BUS - 130 PERSONAL FINANCE (3-Units)**

Class Description: This course is an integrative approach to personal finance focusing on practical financial decision making as well as the social, psychological, and physiological contexts in which those decisions are made. Students will examine their relationships with money, set personal goals, and develop a plan to meet those goals. Topics include consumerism, debt, healthcare, investing, retirement, long-term care, disability, death, and taxes.

#### **COUNSELING COURSE (3-UNITS)**

Details To be Announced

#### **HISTORY OF ROCK N' ROLL (3-UNITS)**

Details To be Announced

**DIGITAL CATALOG**



**Contact Us  
To Enroll:**

**Front desk: 714-244-4322**

**ocrei@pacificclinics.org**

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

# SETTING INTENTIONS: RECOVERY AND GROWTH THROUGH ART

WITH THE THEME OF:  
RESOLUTIONS

Call or email to RSVP:  
**714-244-4322**  
[ocrei@pacificclinics.org](mailto:ocrei@pacificclinics.org)

RECOVERY EDUCATION INSTITUTE (REI)  
401 S. Tustin St. Orange, CA 92868

**FEBRUARY  
21, 2025**

10:30 am – 2:30 pm  
@ REI's Campus

## Featuring:

- Student Art Show & Writing Displays
- Fun Creative Arts & Crafts Workshops
- Swag & Raffles
- Free Taco Lunch
- Local Community Resources

# **SHOWCASE YOUR TALENT: SUBMIT YOUR ART & STORIES!**

## **Deadline to submit & drop off work:**

- 3 weeks before event

## **Rules for Submissions:**

- You must be an REI Student to enter work for the art/writing show
- Mediums can include: painting, crafts, poetry, writing, drawing, recorded music
- Please do not submit work that graphically depicts or describes: vulgarity, violence, drug use, self-harm, suicide ideations, or other triggering language.

## **\*How to Submit your Artwork or Writing:**

- Text or email Annie to schedule a time for drop-off
- You must provide your full name, title of work, and what art materials were used (if applicable)

**\*Text Annie: 626-701-7961**

**Or Email: [ocrei@pacificclinics.org](mailto:ocrei@pacificclinics.org)**



# REI EXTENDED EDUCATION (EE)



FALL - WEEKLY CLASS SCHEDULE

AUG. 19 - DEC. 13, 2024

OPEN ENTRY/OPEN EXIT



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

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



1 pm - 3 pm  
GED/HISET  
ROOM 118



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

1 pm - 3 pm  
GED/HISET  
ROOM 118

3 pm - 5 pm  
Computer  
Application  
Basics  
ROOM 122

9 am - 12 pm  
ESL Beginning  
& Intermediate  
Multilevel  
ONLINE

9 am - 12 pm  
ESL Beginning  
& Intermediate  
Multilevel  
ONLINE

3 pm - 4:30 pm  
Creative Writing  
ROOM 121

3 pm - 5 pm  
Computer  
Application Basics  
ROOM 122



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**

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living with mental illness or live with  
family with a mental illness.



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# REI REWARDS CARDS



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

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

Attend **5** Qualifying Classes =  
\$10 AMAZON GIFT CARD

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

**CONTACT YOUR SUCCESS COACH TODAY!**

Millie Montoya 626-630-7399

Hallie Rolph 626-807-5683

Destiny Lopez 626-842-7548

