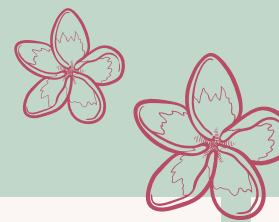




# JUNE 2025



## MONDAY

2

## TUESDAY

3



Arts and Empathy  
12:30p.m.-2:00p.m.

## WEDNESDAY

4

Study Hall Session  
4:00p.m.-6:00p.m.

## THURSDAY

5



Multi-Media Collage  
Studio  
12:00p.m.-3:00p.m.

## FRIDAY

6



Mindful Movement:  
Mobility  
12:00p.m.-1:00p.m.

9

Self-Paced Story Telling  
Assignment  
3:00p.m.-5:00p.m.

10



Arts and Empathy  
12:30p.m.-2:00p.m.

11

Study Hall Session  
4p.m.-6p.m.  
Know Your Mind Series  
6:30p.m.-8:00p.m.

12



Jeopardy Trivia  
12:00p.m.-1:00p.m.

13

Medi-Cal Peer Support Specialist  
Certification Exam Prep  
10:30a.m.-12:30p.m. (Online only)



Chair Yoga  
12:00p.m.-1:00p.m.

16



Welcoming Summer  
Solstice: Creating  
Summer Bucketlists  
Activity  
11:30a.m.-12:30p.m.

17



Arts and Empathy  
12:30p.m.-2:00p.m.

18

Study Hall Session  
4:00p.m.-6:00p.m.

19



REI Student Peer Council:  
Creating a Community  
Art/Storytelling Workshop  
11:00a.m.-12:15p.m. (Online only)  
Public Speaking &  
Storytelling for Advocacy  
1:00p.m.-3:00p.m.

20 Career & Education

Vision Boarding  
10:00a.m.-11:30a.m.



Juggling 101  
12:00p.m.-1:00p.m.

23



24



Serenity & Creativity  
with Poetry  
1:00p.m.-2:30p.m.

25



How to Avoid Online Tech  
Support Scams  
11:00a.m.-12:00p.m.  
Reporting, Overpayment & Housing (CE)  
1:00p.m.-2:00p.m.  
Study Hall Session  
4:00pm-6:00pm

26



Time Management  
Skills for Success  
11:00a.m.-12:00p.m.  
Multi-Media Collage Studio  
12:00p.m.-3:00p.m.

27

3rd Annual  
Peer Workforce Training Event  
9:00a.m.-2:00p.m.

30



### Register with your Academic Advisor

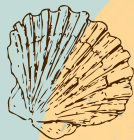
Front desk: 714-244-4322  
ocrei@pacificclinics.org  
website: www.pcrei.org

Angelica Ceja 626- 802-7694  
John Harmon 626- 802-7729  
Jennifer Tipan 626-632-8309

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.



# Workshop Descriptions



## Study Hall Sessions – Instructor: Tommy Tran and Christina Seraj

Get help on assignments and gain academic support from REI's Success Coach Team! All REI college students welcome, no appointment needed to attend!



### Arts and Empathy 6/3, 6/10, 6/17 – Instructor: Hallie Rolph

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.



### Multi-Media Collage Studio: Unleash Your Artistic Potential 6/5, 6/26– Instructor: Christina Seraj

Join us for an engaging and hands-on workshop where you'll explore the art of multi-media collage making! This studio project is designed to unleash your creativity and provide a therapeutic outlet through visual expression.



### Mindful Movement: Mobility 6/6– Instructor: Tommy Tran

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.

### Self-Paced Story Telling Assignment 6/9– Instructor: Kevin Martin

This is an opportunity for students taking the PSS training to receive support in completing their Self-Paced Story Telling Assignment.

### Know YOUR Mind: Developing Cognitive Balance 6/11– Instructor: Taro Thomas

Getting to all of the four types of mental balance; Attentional, Cognitive, Conative, and Emotional is the object of this series. Come discover a way to emotional and mental well-being!



### Jeopardy Trivia 6/12 – Instructor: Tommy Tran

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



### Chair Yoga 6/13– Instructor: Tommy Tran

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

### Medi-Cal Peer Support Specialist Certification Exam Prep 6/13– Instructor: Ally Gandullia

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



### Welcoming Summer Solstice: Creating Summer Bucketlists Activity 6/16–

Instructor: Destiny Lopez

Join this workshop to welcome the Summer Solstice and participate in creating a summer bucketlist that you can complete in Summer 2025!

## Reporting, Overpayment, & Housing (CE) 6/18 – Instructor: Dung Le

Learn how to navigate reporting overpayments and housing changes to protect your social benefits and avoid common pitfalls.



### Public Speaking & Storytelling for Advocacy 6/19 – Instructor: Christina Seraj

Join us for a workshop where students practice sharing their recovery stories through public speaking and storytelling. This supportive environment empowers participants to use their voices for advocacy, fostering connection and inspiring change.

### REI Student Peer Council: Creating a Community Art/Storytelling Workshop 6/19 – Instructor: Tommy Tran

Help plan and guide a student-led community art and storytelling workshop on mental health as we create a collaborative zine to share experiences, build connection, and raise awareness.

### Career & Education Vision Boarding 6/20 – Instructor: Banafsheh Rastegar

Join us for an inspiring vision boarding workshop designed to help you clarify your educational and career goals. Whether you're exploring your next steps or transitioning between paths, this session will guide you to manifest your future. You'll leave with a personalized vision board that reflects your aspirations, strengths, and the steps needed to turn your dreams into action.



### Juggling 101 6/20–Instructor: Tommy Tran

Master the fundamentals of juggling, where you'll develop coordination, focus, and rhythm while having fun with three balls in the air! Also learn to make your own DIY juggling balls to take home!



### Serenity & Creativity with Poetry 6/24–Instructor: Joy Hong

"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.



### How to Avoid Online Tech Support Scams 6/25–Instructor: Tommy Tran

Learn to spot and avoid tech support scams with expert guidance on recognizing red flags, protecting your personal information, and staying safe online!



### Time Management Skills for Success 6/26–Instructor: Tommy Tran

Boost productivity and achieve your goals with practical strategies for prioritization, scheduling, and organization in this dynamic time management workshop!

## WORKSHOPS WITH THIS SYMBOL:



QUALIFY FOR REI REWARDS CARD  
POINTS!

Digital  
Catalog







## Recovery Education Institute College Courses & Certifications

### 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**



[pcrei.org](http://pcrei.org)

## 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

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

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

**SAVE THE DATE**

**June 27, 2025  
9:00a.m.-2:00p.m.  
at REI Campus**

**Call to RSVP by June 13th, 2025**

**Email [ocrei@pacificclinics.org](mailto:ocrei@pacificclinics.org) to  
register by June 13, 2025!**

Visit [www.pcrei.org](http://www.pcrei.org) or call 714-244-4322 to learn more about REI today!

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.


# REI EXTENDED EDUCATION (EE)

## SUMMER 2025



pcrei.org

**WEEKLY CLASS SCHEDULE - OPEN ENTRY/OPEN EXIT**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9:00a.m.-12:00 p.m.</b> <b>ESL Beginning &amp; Intermediate Multilevel</b> <b>ROOM 122</b> <b>(June 9 - July 31)</b>	<b>9:00a.m.-12:00 p.m.</b> <b>ESL Beginning &amp; Intermediate Multilevel</b> <b>ROOM 122</b> <b>(June 9 - July 31)</b>	<b>9:00a.m.-12:00 p.m.</b> <b>ESL Beginning &amp; Intermediate Multilevel</b> <b>ONLINE</b> <b>(June 9 - July 31)</b>	<b>9:00a.m.-12:00 p.m.</b> <b>ESL Beginning &amp; Intermediate Multilevel</b> <b>ONLINE</b> <b>(June 9 - July 31)</b>	<b>1:00p.m.-3:00p.m.</b> <b>Studio Art</b> <b>ROOM 118</b> <b>(May 30 - Aug. 1)</b>
	<b>11:00a.m. - 1:00 p.m.</b> <b>Spanish Language Instruction</b> <b>ROOM 121</b> <b>(May 27 - July 29)</b>	<b>6:00p.m.-9:00p.m.</b> <b>Computer Application Basics</b> <b>ROOM 122</b> <b>(May 28 - July 30)</b>	<b>3:00p.m.-4:30p.m.</b> <b>Creative Writing</b> <b>ROOM 121</b> <b>(June 5 - July 31)</b>	

### Register with your academic advisor

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 ocrei@pacificclinics.org  
 website: www.pcrei.org

Recovery Education Institute

**SPANISH LANGUAGE  
INSTRUCTION (CE)**

**MAY 27 - JULY 29, 2025  
TUESDAYS, 11 AM-1 PM**



- Strengthen your Spanish skills through listening, speaking, reading, and writing, with a focus on verbal communication
- Explore cultural topics to broaden your understanding of the Spanish language
- Open Entry / Open Exit; qualifies for CE credit(s) for Certified Peer Support Specialists



# 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

### R.E.I. REWARDS



Collect Staff Initial + Class Date for each qualifying Workshop you complete, and win special rewards!

**REWARDS CARD**

Recovery Education Institute

Name: \_\_\_\_\_

Valid Until: \_\_\_\_\_

**Terms & Conditions Apply\***

- Eligibility: Active REI students in good standing who complete a workshop, HiSET, pre-vocational, or Study Hall. Students can request a teacher's initials & workshop date on their rewards card at the end of a fully attended, qualifying class. The following do not qualify: Studio Art, ESL, CE, and College classes.
- To redeem a reward, contact our office to schedule an in-person pick-up time with an SC; a physical card must be presented. Limit 2 fully redeemed cards per year, per student. Virtual qualifying classes will be tracked by SC's internally.

\*Rewards are valid until the expiration date listed above. Unclaimed rewards will be forfeited. Lost initiated cards won't be replaced or remade; students may request a new blank card. Rewards given while supplies last.