

JULY 2025

Register with your Academic Advisor

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1



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

2



Belly Dance Infusion #1
3:00p.m.-4:00p.m.

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

3



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

4

CLOSED
IN OBSERVANCE
OF INDEPENDENCE DAY

7

8

9

Study Hall Session
4:00p.m.-6:00p.m.
Professional Boundaries &
Peer Support Specialist
Role (CE) Series
6:00p.m.- 9:00p.m.

10

Confidentiality & Ethics (CE)
6:00p.m.-9:00p.m.

11



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

14



Mindfulness Monday:
The 7 Chakras
11:00a.m.-12:00p.m.
Medi-Cal Peer Support
Specialist Exam Prep
4:00p.m.-6:00p.m.

15



Becoming Supernatural
Book Club
3:00p.m.-4:00p.m.
Study Hall Session
4:00p.m.-6:00p.m.

17



REI Student Peer
Council: Art &
Storytelling Workshop
11:00a.m.-12:30p.m.

18



2000 Steps Indoor
Walking Workout
12:00p.m.-1:00p.m.

21

Intro to Careers in
Behavioral Health
3:00p.m.-4:30p.m.

22

23



Belly Dance Infusion #2
3:00p.m.-4:00p.m.
Study Hall Session
4:00p.m.-6:00p.m.

24



International Self-
Care Day
11:00a.m.-12:00p.m.
Chromebook Navigation
Workshop 6:00p.m.-8:00p.m.

25

Workplace Etiquette
11:00a.m.-12:30p.m.

28

Resume Building &
Job Search
1:30p.m.-3:00p.m.

29



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

30



Art Reflections Workshop
1:00p.m.-3:00p.m.
Study Hall Session
4:00p.m.-6:00p.m.

31

WORKSHOPS WITH THIS SYMBOL:



**QUALIFY FOR REI REWARDS CARD
POINTS!**

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

Scan QR Code
for Digital
Catalog:



Study Hall Sessions – Instructors: Tommy Tran and Christina Seraj 7/2, 7/9, 7/16, 7/23, 7/30

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 –Instructor: Hallie Rolph 7/1

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.



Belly Dance Infusion #1 –Instructor: Christina Seraj 7/2

Basic Belly Dancing Skills infused in a safe expression zone.



Mindful Movement: Mobility –Instructor: Tommy Tran 7/3

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.

Professional Boundaries & Peer Support Specialist Role (CE) –Instructor: Kevin Martin 7/9

Join our Law & Ethics CE Course to review the role and scope of Medi-Cal Peer Support Specialists.

Confidentiality & Ethics (CE) –Instructor: Taro Thomas 7/10

Join our Law & Ethics CE Course to review the confidentiality & ethical practices as Medi-Cal Peer Support Specialists.



Chair Yoga –Instructor: Tommy Tran 7/11

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



Mindfulness Monday: The 7 Chakras –Instructor: Destiny Lopez 7/14

Join this Mindfulness Monday session and learn about the bodies 7 chakras, their functions, and the importance of taking care of them!

Medi-Cal Peer Support Specialist Exam Prep –Instructor: Destiny Lopez 7/14 (IN-PERSON AND ONLINE)

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



Becoming Supernatural Book Club –Instructor: Christina Seraj 7/16

Reading Materials and inspiration Provided: Let's Study, Grow & Learn together from Dr. Joe Dispenza's Book: Becoming Supernatural: How Uncommon People are Doing the Uncommon!



REI Student Peer Council: Creating a Community Art/Storytelling Workshop –Instructor: Annie Medina 7/17

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.



2000 Steps Indoor Walking Workout –Instructor: Tommy Tran 7/18

Take the first step toward better health with our 2000 Steps Indoor Walking Workout Workshop—walk your way to fitness and feel the difference!

Intro to Careers in BH –Instructor: Ally Gandullia 7/21

Exploring the different careers paths in behavioral health.



Belly Dance Infusion #2 –Instructor: Christina Seraj 7/23

Basic Belly Dancing Skills infused in a safe expression zone.



International Self-Care Day –Instructor: Tommy Tran 7/24

Join us for an empowering workshop on International Self-Care Day, where you'll discover practical strategies to nurture your well-being, build resilience, and cultivate a balanced, healthier life.

Chromebook Navigation Workshop –Instructor: Frankie Nelson 7/24

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

Workplace Etiquette –Instructor: Tommy Tran 7/25

This workplace etiquette workshop equips participants with essential professional skills, covering communication, teamwork, and ethical behavior to foster a respectful and productive work environment.

Resume Building & Job Search –Instructor: Banafsheh "B" Rastegar 7/28

Kickstart your career with a professional resume! Learn how to showcase your education, skills, and experience. Whether you're starting from scratch or updating an existing resume, this session will provide practical tips and guidance to help you stand out to employers.



Serenity & Creativity with Poetry –Instructor: Joy Hong 7/29

"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.



Art Reflections Workshop –Instructor: Tommy Tran 7/30

Take this opportunity to express emotions through the use of paint and color with our guest artist Barbara Van Rooyan. No art experience required!

**WORKSHOPS WITH THIS SYMBOL:
QUALIFY FOR REI REWARDS CARD POINTS!**



FALL 2025 COLLEGE CLASSES

Courses count toward Human Services (HS) certificate tracks, including Mental Health Worker and/or Alcohol & Drug Studies. They also qualify for Peer Support Specialist CE hours.

1 CONTACT REI NOW TO GET STARTED!

2 IMPORTANT: COMPLETE ALL REI & SADDLEBACK HS CERTIFICATE STEPS WITH YOUR REI ACADEMIC ADVISOR BY:

- JULY 11 – NEW HS STUDENTS
- JULY 18 – CONTINUING/RETURNING HS STUDENTS



HS 100 - INTRODUCTION TO HUMAN SERVICES

Dates: 08/18/25 - 10/12/25
Days: Tuesdays
Hours: 6:00 PM - 8:50 PM
Modality: Online Live



HS 174 - CASE ADMINISTRATION, CRISIS INTERVENTION & REFERRAL

Dates: 08/18/25 - 10/12/25
Days: Thursdays
Hours: 9:00 AM - 11:50 AM
Modality: Online Live



HS 120 - HUMAN DEVELOPMENT IN THE SOCIAL ENVIRONMENT

Dates: 10/20/25 - 12/17/25
Days: Tuesdays
Hours: 6:00 PM - 8:50 PM
Modality: In Person @ REI





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

REI EXTENDED EDUCATION (EE)

SUMMER 2025



pcrei.org

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

Monday

9:00a.m.-12:00 p.m.
ESL Beginning &
Intermediate
Multilevel
ROOM 122
(June 9 - July 31)

Tuesday

9:00a.m.-12:00 p.m.
ESL Beginning &
Intermediate
Multilevel
ROOM 122
(June 9 - July 31)

Wednesday

9:00a.m.-12:00 p.m.
ESL Beginning
& Intermediate
Multilevel
ONLINE
(June 9 - July 31)

Thursday

9:00a.m.-12:00 p.m.
ESL Beginning &
Intermediate
Multilevel
ONLINE
(June 9 - July 31)

Friday

1:00p.m.-3:00p.m.
Studio Art
ROOM 118
(May 30 - Aug. 1)

11:00a.m. - 1:00 p.m.
Spanish Language
Instruction
ROOM 121
(May 27 - July 29)

6:00p.m.-9:00p.m.
Computer
Application
Basics
ROOM 122
(May 28 - July 30)

3:00p.m.-4:30p.m.
Creative Writing
ROOM 121
(June 5 - July 31)

**ENROLL
NOW**

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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.

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.