

# AUGUST 2025

## MONDAY

WORKSHOPS WITH THIS  
SYMBOL:



QUALIFY FOR REI REWARDS  
CARD POINTS!

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### 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

4

11

18

25

Summer Bucket List  
Arts and Crafts  
11:00a.m.-12:00p.m.

Budgeting Skills  
3:00p.m.-4:30p.m.  
Self-Paced Group  
Facilitation Support  
6:00p.m.-9:00p.m.

Mastering the Art of  
Interviewing  
1:30pm - 3:00pm.

5

12

19

26

Serenity & Creativity  
with Poetry  
1:00p.m.-2:30p.m.  
Study Hall Session  
4:00p.m.-6:00p.m.

6

13

20

27

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

Dress for Success  
11:30a.m.-1:00p.m.

Arts and Empathy  
10:30a.m.-12:00p.m.

7

14

21

28

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

Jeopardy Trivia  
11:00a.m.-12:00p.m.

8

15

22

29

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

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

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

Navigating Dual  
Relationships as a Peer  
Professional (CE)  
(Online Only)  
10:30a.m.-12:00p.m.

National Relaxation Day  
11:30a.m.-1:00p.m.

# Workshop Descriptions

Scan QR Code  
for Digital  
Catalog:



## **Study Hall Sessions – Instructors: Tommy Tran, Christina Seraj & Destiny Lopez 8/6, 8/19, 8/26**

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



## **Chair Yoga – Instructor: Tommy Tran 8/1**

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



## **2000 Steps Indoor Walking Workout – Instructor: Tommy Tran 8/8**

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



## **Summer Bucket List Arts and Crafts – Instructor: Destiny Lopez 8/11**

Join this workshop for an opportunity to create a summer bucket list using magazine cut-outs, markers, and other fun arts and crafts!

## **Medi-Cal Peer Support Specialist Exam Prep (Online Only) – Instructor: Taro Thomas 8/15**

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

## **Self-Paced Group Facilitation Support – Instructor: Kevin Martin 8/18**

Created for current PSS students to provide a time and space to work on this assignment in a group setting.

## **Budgeting Skills – Instructor: Ally Gandullia 8/18**

Learn how to build smart budgeting habits, gain control over your spending, and learn strategies for saving money.

## **Dress for Success – Instructor: Tommy Tran 8/20**

Discover how to craft a confident, professional image through smart style choices that leave a lasting impression in any setting.



## **REI Student Peer Council: Creating a Community Art/Storytelling Workshop – Instructor: Annie Medina 8/21**

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.



## **Navigating Dual Relationships as a Peer Professional (CE) (Online Only) – Instructor: Destiny Lopez 8/22**

Explore strategies for effectively managing dual relationships as a peer professional, balancing personal connections with ethical and professional boundaries

## **Mastering the Art of Interviewing – Instructor: Banafsheh Rastegar 8/25**

Join us for an interactive workshop designed to help build confidence and sharpen interview skills. Learn how to effectively present your strengths, answer common interview questions, and make a strong impression on potential employers.



## **Serenity & Creativity with Poetry – Instructor: Joy Hong 8/26**

Join a workshop that explores your creativity through poetry and the serenity it can bring. You will learn to write poems using simple techniques and examples, create your own poem(s), and have time to share your work. Come join me for an inspirational experience through the beauty of poetry writing.



## **Arts and Empathy – Instructor: Tommy Tran 8/27**

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.



## **Jeopardy Trivia – Instructor: Tommy Tran 8/28**

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



## **National Relaxation Day – Instructor: Tommy Tran 8/29**

Unwind, recharge, and explore simple yet powerful techniques to embrace calm and celebrate National Relaxation Day in style.



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# FALL 2025 COLLEGE CLASSES

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

### NOW ENROLLING:

**REI's SCC Deadline to complete all  
enrollment steps is Friday, August 8, 2025**

### INTRODUCTION TO PUBLIC SPEAKING

**COMM-C1000 - 3 UNITS**

**Dates: 8/18/25 - 12/07/25**

**Days: Wednesday Hours: 12PM–3:10PM**

**Modality: In-Person, REI Campus, Room, 120**

**Instructor: Decarbo, M.**

In this course, students learn and apply foundational rhetorical theories and techniques of public speaking in a multicultural democratic society. Students discover, develop, and critically analyze ideas in public discourse through research, reasoning, organization, composition, delivery to a live audience and evaluation of various types of speeches, including informative and persuasive speeches.

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

**A - \$30**

**B - \$25**

**C - \$20**

### INTRODUCTION TO PSYCHOLOGY

**PSYC-C1000 - 3 UNITS**

**Dates: 8/18/25 - 12/07/25**

**Days: Tuesday Time: 10AM-1:20PM**

**Modality: In-Person, REI, Room 120**

**Instructor: Umali Kopp, C.**

This course is an introduction to psychology, which is the study of the mind and behavior. Students focus on theories and concepts of biological, cognitive, developmental, environmental, social, and cultural influences; their applications; and their research foundations.

### CONTACT US TODAY!

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

**[ocreil@pacificclinics.org](mailto:ocreil@pacificclinics.org)**

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



Pacific  
Clinics

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.

## ESL BEGINNING & INTERMEDIATE LEVEL

Aug. 18 - Dec. 11 | Mon. - Thurs. | 9 a.m. - 12 p.m.

This weekly ONLINE class provides instruction for students in various levels of beginning English proficiency. Emphasizes speaking, listening, reading, and writing English in familiar contexts. / Provee instrucción para estudiantes en varios niveles de inglés. Enfatisa hablar, escuchar, leer, y escribir en inglés en contextos familiares.

## HIGH SCHOOL EQUIVALENCY TEST PREP (HISET/GED)

Aug. 19 - Dec. 11 | Tues. 3:30 p.m. - 6 p.m. & Thurs. 4 p.m. - 6:30 p.m.

This weekly in-person class helps students prepare for the High School Equivalency (HSE) or GED exam. Build skills in math, reading, writing, social studies, and science with guided instruction, practice tests, and support.

## SPANISH LANGUAGE INSTRUCTION

Aug. 19 - Dec. 9 | Tues. | 4:30 p.m. - 6:30 p.m.

This weekly in-person class further develops the student's control of the Spanish language through listening, speaking, reading, and writing activities with emphasis being placed upon listening and speaking. Develops the student's knowledge of cultural topics.

## COMPUTER APPLICATION BASICS

Aug. 20 - Dec. 10 | Wed. | 6 p.m. - 9 p.m.

This weekly in-person class introduces the essentials of industry-standard computer applications. Learn the basics of word processing, spreadsheets, databases, presentations, internet use, and simple graphics through hands-on instruction, perfect for beginners or anyone refreshing their skills.

# FALL 2025

REI's SCC Extended  
Education (EE) Courses

## Contact us to register today!

Phone: 714-244-4322

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

## CREATIVE WRITING

Aug. 28 - Dec. 11 | Thurs. | 3 p.m. - 5 p.m.

This weekly in-person class invites you to dive into the world of words in our dynamic Creative Writing Workshop. Whether you're an aspiring novelist, poet, or simply love language, explore and grow your writing skills in a vibrant, supportive space.

## STUDIO ART

Aug. 22 - Dec. 12 | Fri. | 1 p.m. - 3 p.m.

This weekly in-person class invites adults of all skill levels to explore their creativity in a hands-on studio art course. Learn drawing, painting, and mixed media techniques while building skills, expressing yourself, and creating original works in a supportive environment.

All EE classes are Open entry/Open exit, join any time!

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.

Pacific Clinics- Recovery Education Institute (REI)  
invites you to

# QUARTERLY BEHAVIORAL HEALTH CAREER FAIRS

Find your dream job in behavioral health care! Featured openings: Peer Support Specialists, Recovery Specialists, SUD Counselors, and more!

**Please note: Attending the Career Fair does not guarantee employment.**

## Registration Open:

**Thursday, September 25<sup>th</sup> 2025**

**6pm-9pm**

## Registration Coming Soon:

**Friday, November 21<sup>st</sup> 2025**

**9am - 12pm**

**Thursday, March 29<sup>th</sup> 2026**

**6pm-9pm**



Students: Contact your AA to register

Employers: Email  
[frankie.nelson@pacificclinics.org](mailto:frankie.nelson@pacificclinics.org) to  
reserve a table





## 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](mailto: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

Recovery Education Institute

# SPANISH LANGUAGE INSTRUCTION (CE)

**AUG. 19 - DEC. 9, 2025**

**TUESDAYS**

**4:30 PM - 6:30 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**

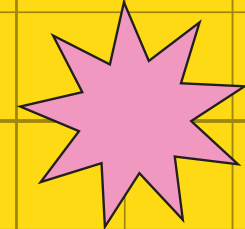
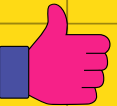
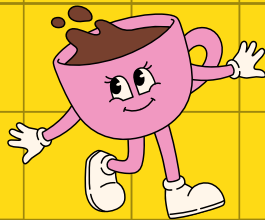
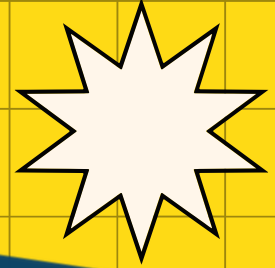
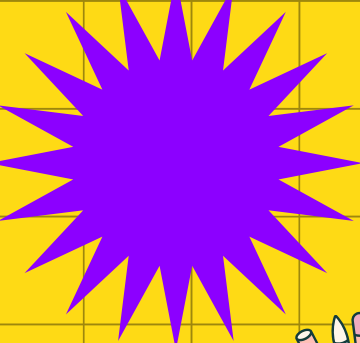
**Destiny Lopez 626-842-7548**

**Christina Seraj 626-753-8638**

### R.E.I. REWARDS



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



The Recovery Education Institute (REI) is an academic program for adults living with mental illness or live with family with a mental illness.

OC health CARE AGENCY  
Funded by the OC Health Care Agency.