

# SEPTEMBER 2025



## MONDAY

## TUESDAY

## WEDNESDAY

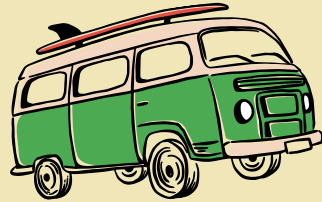
## THURSDAY

## FRIDAY

1



2



3

4

5



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

8

Self-Paced Story  
Telling Assignment  
6:00p.m.-9:00p.m.

9



MIND Movies/  
Kaleidoscopes:  
BOOK CLUB  
3:00p.m.-4:30p.m.

10



Jeopardy Trivia  
11:00a.m.-12:00p.m.  
Balancing Work and  
Recovery: Creating a  
Wellness Toolkit for work  
2:00p.m.-3:30p.m.

11

Medi-Cal Peer Support  
Specialist Certification  
Renewal Info Session  
(Online Only).  
6:00P.M.-7:30P.M.

12



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

15



Mindfulness Monday:  
Relaxation Hour  
11:00a.m.-12:00p.m.

Medi-Cal Peer Support  
Specialist Exam Prep (Hybrid)  
4:00p.m.-6:00p.m.

16



Mapping Our Mental  
Health Survival Guides  
3:00p.m.-4:30p.m.

17



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

18



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

19



How to Avoid Online  
Social Media Scams  
10:30a.m.-12:00p.m.

22

23



MUSIC Therapy &  
History  
3:00p.m.-4:30p.m.

24

Digital Detox for  
Productivity  
10:30a.m.-12:00p.m.

Responding to Opioid  
Overdose with Narcan (CE)  
6:00p.m.-7:30p.m.

25

First Gen & System-  
Impacted Student Group:  
Discover Your Superpower  
11:30a.m.-12:30p.m.

**Behavioral Health Career Fair**  
**6:00p.m.-9:00p.m.**

26



World Gratitude Day  
11:30a.m.-1:00p.m.

29

Job Search Club!  
1:30p.m.-3:00p.m.

30



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

**WORKSHOPS WITH THIS  
SYMBOL:**



**QUALIFY FOR REI REWARDS  
CARD POINTS!**

**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

REI  
Rewards  
1 pt.

## **Chair Yoga – Instructor: Tommy Tran 9/5**

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

## **Self-Paced Story Telling Assignment – Instructor: Destiny Lopez 9/8**

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

REI  
Rewards  
1 pt.

## **MIND Movies / Kaleidoscopes: BOOK CLUB – Instructor: Christina Seraj 9/9**

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! CHAPTER 6

REI  
Rewards  
1 pt.

## **Jeopardy Trivia – Instructor: Tommy Tran 9/10**

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

## **Balancing Work and Recovery: Creating a Wellness Toolkit for Work**

### **– Instructor: Ally Gandullia 9/10**

Students will identify strategies for staying well at work, and create a wellness toolkit that will help them to manage recovery and working.

## **Medi-Cal Peer Support Specialist Certification Renewal Info Session**

### **– Instructor: Kevin Martin 9/11**

Learn about MPSS Certification Renewal Requirements and explore options for Continuing Education Hours.

REI  
Rewards  
1 pt.

## **2000 Steps Indoor Walking Workout – Instructor: Tommy Tran 9/12**

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

## **Medi-Cal Peer Support Specialist Exam Prep:**

### **Instructor – Taro Thomas 9/15**

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

REI  
Rewards  
1 pt.

## **Mindfulness Monday: Relaxation Hour**

### **– Instructor: Destiny Lopez 9/15**

Join this workshop if you are interested in learning about mindfulness practices. A guided meditation will be included!

REI  
Rewards  
1 pt.

## **Mapping Our Mental Health Survival Guides**

### **– Instructor: Christina Seraj 9/16**

"Mapping Our Mental Health Survival Guides" empowers students to explore, document, and share the personal strategies they've developed to navigate mental health challenges, fostering resilience & collective support.

REI  
Rewards  
1 pt.

## **Arts and Empathy – Instructor: Tommy Tran 9/17**

Through creativity and community support, attendees will deepen their healing journey and connect with others in a nurturing environment.

REI  
Rewards  
1 pt.

## **REI Student Peer Council: Creating a Community Art/Storytelling**

### **Workshop – Instructor: Annie Medina 9/18**

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.

REI  
Rewards  
1 pt.

## **How to Avoid Online Social Media Scams – Instructor: Tommy Tran 9/19**

Secure your online presence, join our workshop to uncover expert-approved tips and real-world tactics for spotting & sidestepping social media scams.

REI  
Rewards  
1 pt.

## **MUSIC Therapy & HISTORY – Instructor: Christina Seraj 9/23**

This reflective and experiential workshop that explores the healing power of music across time, highlighting its role in personal and collective mental health through historical and therapeutic lenses.

## **Responding to Opioid Overdose with Narcan (CE)**

### **– Instructor: Michelle Tanner 9/24**

Learn how to safely use Narcan and why we provide this potentially life saving item to clients, family members, & our community. Once you complete the training, you will be eligible to receive a Narcan "Naloxone" Kit.

## **Digital Detox for Productivity – Instructor: Tommy Tran 9/24**

Unplug to power up: Join our Digital Detox for Productivity prevocational workshop and discover how stepping away from screens can supercharge your focus, clarity, and creative energy for success.

REI  
Rewards  
1 pt.

## **First Gen & System-Impacted Student Group: Discover Your Superpower!**

### **– Instructor: Angelica Ceja 9/25**

Join fellow First Generation/Systematically Impacted students to connect, share experiences, and build friendships in a safe, welcoming space—plus enjoy FREE food!

## **Behavioral Health Career Fair – Instructor: Frankie Nelson 9/25**

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

REI  
Rewards  
1 pt.

## **World Gratitude Day – Instructor: Tommy Tran 9/26**

Celebrate the power of appreciation at our World Gratitude Day Workshop—where reflection, connection, and thankfulness come together to inspire a more joyful life.

## **Job Search Club! – Instructor: B. Rastegar 9/29**

Attention job seekers! Join this workshop and support each other, share job search strategies, and improve job-hunting skills

REI  
Rewards  
1 pt.

## **Serenity & Creativity with Poetry – Joy Hong 9/30**

Come join me for an inspirational experience through the beauty of poetry writing. Find serenity through exploring your creativity by writing your own poem and sharing with others.

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

## 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. | 5:30 p.m. - 7:30 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!





## 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.**

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

RECOVERY EDUCATION INSTITUTE



# JOIN TEAM REI @ NAMI WALKS OC



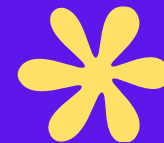
**SATURDAY,  
NOVEMBER 15, 2025**

**8 a.m. - 12 p.m.**

Location: Angel Stadium  
2000 E Gene Autry Way,  
Anaheim, California 92806



**Scan QR  
code for  
team details**



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 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!

