

# OCTOBER

Register with your Academic Advisor

Front desk: 714-244-4322

ocrei@pacificclinics.org

website: www.pcrei.org

Angelica Ceja 626-802-7694

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## MONDAY



## TUESDAY

WORKSHOPS WITH THIS  
SYMBOL:



QUALIFY FOR REI REWARDS  
CARD POINTS!

## WEDNESDAY



## THURSDAY



## FRIDAY



7  
Study Hall  
4:00p.m.-6:00p.m.



9

10  
Chair Yoga  
11:00a.m.-12:00p.m.



14  
Soft Skills for  
Employment  
6:30p.m.-8:00p.m.

15  
Master  
Communication  
Skills for Success  
10:30a.m.-12:00p.m.

16  
Sharing Your Story:  
Be a Zine Machine  
(Pizza & Art Supplies provided:  
must register ahead to attend)  
11:00a.m.-2:30p.m.

17  
Medi-Cal Peer Support  
Specialist Exam Prep  
10:30a.m.-12:30p.m.  
Jeopardy Trivia  
11:00a.m.-12:00p.m.

20  
200 Years of Halloween:  
Halloween Origins,  
Traditions, & Folklore  
(Candy included)  
11:00a.m. - 12:00p.m.

21  
Skulls & Marigolds  
Chicano Art  
Project  
6:30p.m.-8:30p.m.

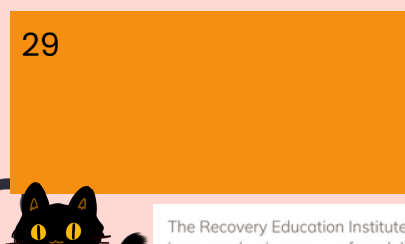


23  
PSS Chromebook  
Navigation  
Workshop  
1:00p.m.-3:00p.m.

24  
Finding the Right  
Peer Job  
11:00a.m.-12:30p.m.

27  
Harvest Design  
Art Project  
3p.m.-5p.m.

28  
Serenity & Creativity  
with Poetry  
1:00p.m.-2:30p.m.  
Study Hall  
4:30p.m.-5:30p.m.



30  
Arts & Empathy  
1:00p.m.-2:30p.m.

31  
Self-Paced Group  
Facilitation Assignment  
Support  
9:00a.m.-12:00p.m.  
Trick-or-Treat Bracelet  
Making Workshop  
10:30a.m.-12:00p.m.

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

## **2000 Steps Walking Club – Instructor: Tommy Tran 10/3**

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

## **Study Hall – Instructor: Destiny Lopez 10/7**

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 10/10**

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

## **Soft Skills for Employment – Instructor: Christina Seraj 10/14**

Learn how to master the art of performance and values, with compassion & confidence in a recovery centered workplace.

## **Master Communication Skills for Success – Instructor Tommy Tran 10/15**

Unlock the power of persuasive communication and elevate your personal and professional success in this informative workshop designed to transform how you connect, lead, and inspire.

## **Sharing Your Story: Be a Zine Machine – Instructors: REI Student Peer Council (Pizza & Art Supplies provided, must RSVP by 10/14 for lunch ticket) 10/16**

Join us for a Student-Led Lunch & Learn! Make your own mini-magazine (zine) with writing, collage, & art. Enjoy pizza, connect with peers, & express yourself!

## **Medi-Cal Peer Support Specialist Exam Prep (Online Only) – Instructor: Destiny Lopez 10/17**

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

## **Jeopardy Trivia – Instructor: Tommy Tran 10/17**

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

## **200 Years of Halloween: Halloween Origins, Traditions, and Folklore (Candy included) – Instructor: Destiny Lopez 10/20**

Enjoy some Halloween candy and learn about the history of Halloween and its origins, popular traditions, and folklore from around the globe!



## **Skulls & Marigolds Chicano Art Project – Instructor: Christina Seraj 10/21**

Join us for an artistic experience, along side your peers, as we explore and create Mexican – American Art work that embrace the season of Dia De Los Muertos.

## **PSS Chromebook Navigation Workshop – Instructor: Frankie Nelson 10/23**

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

## **Finding the Right Peer Job – Instructor: Ally Gandullia 10/24**

Interactive workshop that will explore what peer work is and how to identify positions that align with your strengths, values, and lived experience.



## **Harvest Design Art Project – Instructor: Christina Seraj 10/27**

In this artistic workshop we will be creating multi-media artistic designs that embrace the Halloween / Harvest Season.



## **Serenity & Creativity with Poetry – Instructor: Joy Hong 10/28**

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.

## **Study Hall – Instructor: Christina Seraj 10/28**

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 & Empathy – Instructor: Tommy Tran 10/30**

Through creative expression and community support, attendees will deepen their healing journey and connect with others in a nurturing environment that is a safe space to process emotions.

## **Self-Paced Group Facilitation Assignment Support – Instructor: B. Rastegar 10/31**

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



## **Trick-or-Treat Bracelet Making Workshop – Instructor Tommy Tran 10/31**

Get spooky and sparkly at our Trick-or-Treat Bracelet Making Workshop—where candy meets creativity and every wrist gets a Halloween twist!



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Funded by the OC Health Care Agency.



# Let's Create

## SHARING YOUR STORY: BE A ZINE MACHINE

### Student-Led Creative Lunch & Learn

- ✦ Create your own mini-magazine (a.k.a. zine) using writing, collage, & art.
- ✦ Enjoy pizza, connect with peers, & express yourself!
- ✦ Option to publish your zine in the REI Library.



**When: Thursday, Oct. 16**

**11:00 AM – 2:30 PM**



**Lunch & Art Supplies Provided**

**Important: Must be an REI student to attend.**

RSVP by 10/14 to receive your lunch ticket.

Not a student yet? Enrollment is easy!

Call to RSVP and check eligibility.

☎ Call 714-244-4322

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

# QUARTERLY BEHAVIORAL HEALTH CAREER FAIRS

Find your dream job in behavioral health care! Learn more about working as a Peer Support Specialist, Recovery Specialist, SUD Counselor, 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: Scan the QR Code to register

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



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

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

 714-244-4322



## 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



# JOIN TEAM REI @ NAMI WALKS OC



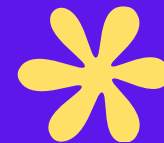
**SATURDAY,  
NOVEMBER 15, 2025**

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

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



**Scan QR  
code for  
team details**



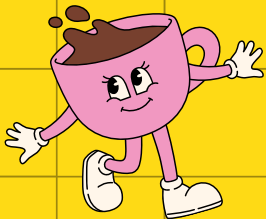
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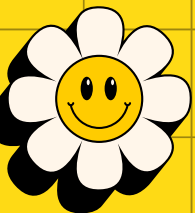
# REI REWARDS CARDS



REI Rewards  
1 pt.



REI Rewards  
1 pt.



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

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



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



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



### CONTACT YOUR SUCCESS COACH TODAY!

Tommy Tran 626-753-8716

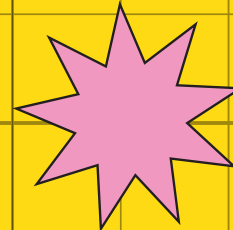
Destiny Lopez 626-842-7548

Christina Seraj 626-753-8638

*Rewards redemption is limited to two completed cards per student per fiscal year (July-June).*



REI Rewards  
1 pt.



REI Rewards  
1 pt.



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