

DECEMBER



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

MONDAY

1



TUESDAY

2



Creative Junk
Journaling
1:00p.m.-3:00p.m.

Blessing Bag Packing Party
4:00p.m.-5:00p.m.



Study Hall
4:30p.m.-5:30p.m.

WEDNESDAY

3



2000 Steps
Walking Club
12:00p.m.-1:00p.m.

THURSDAY

4

Mental Health First
Aid (CE)
9:00a.m.-1:30p.m.

Hot Cocoa & Holiday
Cards Making Studio
12:00p.m.-2:00p.m.



FRIDAY

5

Mental Health First
Aid (CE)
9:00a.m.-1:30p.m.

8



9

Typing & Memoir
Blogging Skills Series
1:00p.m.-3:00p.m.

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

10



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

11



Mindful Walking
1:00p.m.-2:00p.m.

12

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

15



16



Building Healthy
Relationships Skills
1:00p.m.-3:00p.m.

Study Hall
4:30p.m.-5:30p.m.

17



Arts and Empathy
11:00a.m.-12:30p.m.

Reporting, Overpayment,
& Housing (CE)
1:00p.m.-2:00p.m.

18



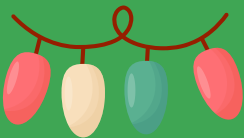
Student Peer Council:
Art Event Think Tank
11:00a.m.-12:15p.m.

Chair Yoga
1:00p.m.-2:00p.m.

19

Improving Digital
Literacy: Microsoft
Outlook
11:00a.m.-12:30p.m.

22



23



24

**Happy
Holidays!
REI CLOSED**

25

**Happy
Holidays!
REI CLOSED**

26



29



30



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

31

**Happy
Holidays!
REI CLOSED**

**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



Junk Journaling for Creative Expression Series

- Instructor: Christina Seraj 12/2

Explore mixed-media journaling with scrapbooking supplies, cutouts, and personal mementos. Bring your own materials and dive into junk journaling—a fun, expressive way to capture memories and creativity.



Giving Tuesday – Blessing Bag Packing Party

- Instructor: Michelle Tanner 12/2

Giving Tuesday is a global generosity movement unleashing the power of radical generosity. We are teaming up with Project I Am and 1,300+ volunteers from 45 cities, 18 states, and 3 countries to make 20,000+ Blessing Bags for the unhoused.

Study Hall – Instructor: Christina Seraj 12/2

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



2000 Steps Walking Club – Instructor: Tommy Tran 12/3

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

Mental Health First Aid (CE) – Instructor: Frankie Nelson 12/4 & 12/5

Attend this 2-day workshop and become mental health first aid certified! This workshop counts for CE hours towards PSS certification renewal.



Hot Cocoa & Holiday Cards Making Studio – Instructor: Christina Seraj 12/4

Spread the Cheer of the Holidays as we gather together to make Holiday Cards & enjoy hot cocoa together with your REI family.

Typing & Memoir Blogging Skills Series – Instructor: Christina Seraj 12/9

Hands-on sessions to boost typing skills and shape personal stories into engaging blog and memoir content. Participants will build confidence, explore storytelling techniques, and take the first steps toward becoming digital authors in a supportive space.

Study Hall – Instructor: Destiny Lopez 12/9

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



Jeopardy Trivia – Instructor: Tommy Tran 12/10

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



Mindful Walking – Instructor: Tommy Tran 12/11

Step into serenity with our mindful walking workshop—where each breath and step reconnects you to the present moment and the world around you.

Medi-Cal Peer Support Specialist Exam Prep

- Instructor: Destiny Lopez 12/12

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



Building Healthy Relationships Skills Series

- Instructor: Christina Seraj 12/16

Learn how to build trust, set boundaries, and communicate with care. This series offers practical tools for creating strong, respectful connections in everyday life.

Study Hall – Instructor: Christina Seraj 12/16

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 12/17

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.

Reporting, Overpayment, & Housing (CE) – Instructor: Dung Le 12/17

Learn how to report while working. Discussion about the causes of overpayments and solutions to overpayment. Discussion about housing.

REI Student Peer Council – Art & Recovery Event Think Tank

- Instructor: Annie Medina 12/18

One-time creative strategy session! We need your ideas and vision to shape February's Art & Recovery event. Help us choose the theme, vibe, and student experience. Your voice = real impact. Join us and help design something meaningful for the REI community!



Chair Yoga – Instructor: Tommy Tran 12/18

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

Improving Digital Literacy: Microsoft Outlook – Instructor Tommy Tran 12/19

Boost your digital literacy by mastering Microsoft Outlook's essential tools for email management, calendar coordination, and professional communication.



Serenity & Creativity with Poetry – Instructor Joy Hong 12/30

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



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! 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:

Friday, November 21st 2025

9am – 12pm

Students: Scan the QR Code to register

Employers: Email
frankie.nelson@pacificclinics.org
to reserve a table

Registration Coming Soon:

Thursday, March 29th 2026

6pm–9pm



 pccrei.org

 ocrei@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

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 to schedule an appointment



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.

REI REWARDS CARDS



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

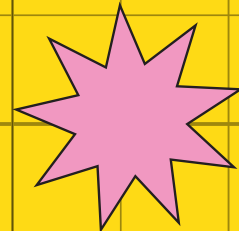
Destiny Lopez 626-842-7548

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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