

# NOVEMBER



## MONDAY

3



10

17 Medi-Cal Peer Support Specialist Exam Prep (Hybrid)  
4:00p.m.-6:00p.m.  
  
Improving Digital Literacy: Converting Google Documents Made Easy  
11:00a.m.-12:00p.m.

24

Work-Life Balance During Recovery  
1:30p.m. - 3:00p.m.

## TUESDAY

4

 Junk Journaling for Creative Expression Series  
1:00p.m.-3:00p.m.  
  
Study Hall  
4:30p.m.-5:30p.m.

11

Typing & Memoir Blogging Skills Series  
1:00p.m.-3:00p.m.  
  
Study Hall  
4:30p.m.-5:30p.m.

18

 Building Healthy Relationships Skills Series  
1:00p.m.-3:00p.m.  
  
Study Hall  
4:30p.m.-5:30p.m.

25

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

## WEDNESDAY

5

12

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

19

 Arts and Empaty  
10:30a.m.-12:00p.m.  
  
Medicare and Working (CE)  
1:00p.m.-2:00p.m.

26



## THURSDAY

6



13

20

 ZINE MACHINE: Open Studio Workshop  
11:00a.m.-1:00p.m.  
  
 Mindful Walking  
1:00p.m.-2:00p.m.

27

**REI CLOSED FOR THANKSGIVING**

## FRIDAY

7

 Self-Paced Story Telling Assignment Support  
9:00a.m.-12:00p.m.  
  
2000 Steps Walking Club  
12:00p.m.-1:00p.m.  
  
Intro to Street Outreach (CE)  
12:30p.m.-2:30p.m.

14

Navigating Dual Relationships as a Peer Professional (CE)  
(Online Only)  
10:30a.m.-12:00p.m.  
  
 Chair Yoga  
12:00p.m.-1:00p.m.

21

Email Basics: Etiquette and Safety  
1:00p.m.-2:30p.m.

28

**REI CLOSED FOR THANKSGIVING**

### 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

### 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

## **Study Hall – Instructor: Christina Seraj 11/4, 11/11, 11/18, 11/25**

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

### **Junk Journaling for Creative Expression Series –**

#### **Instructor: Christina Seraj 11/4**

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.

## **Self-Paced Story Telling Assignment Support – Instructor: Kevin Martin 11/7**

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

### **2000 Steps Walking Club – Instructor: Tommy Tran 11/7**

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

## **Intro to Street Outreach (CE) – Instructor Michelle Tanner 11/7**

This training introduces the fundamentals of street outreach, including its purpose, history, and core principles. Participants will learn about safety, engagement, healthy boundaries, and a client-centered approach, while exploring why outreach is a vital bridge to services for people experiencing homelessness.

## **Typing & Memoir Blogging Skills Series – Instructor: Christina Seraj 11/11**

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.

### **Jeopardy Trivia – Instructor: Tommy Tran 11/12**

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

## **Navigating Dual Relationships as a Peer Professional (CE) (Online Only) – Instructor: Destiny Lopez 11/14**

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

### **Chair Yoga – Instructor: Tommy Tran 11/14**

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

## **Improving Digital Literacy: Converting Google Documents Made Easy – Instructor: Destiny Lopez 11/17**

Join this workshop to practice your digital literacy and receive help converting your Google documents to different files, such as Word Documents, PDF's, and more!

## **Medi-Cal Peer Support Specialist Exam Prep (Hybrid)**

### **– Instructor: Taro Thomas 11/17**

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 11/18**

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

### **Arts & Empathy – Instructor: Tommy Tran 11/19**

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.

## **Medicare and Working (CE) – Dung Le 11/19**

Discusses eligibility, coverage, Medicare Parts: A, B, D, Medicare & working, any issues about Medicare, and Medicare contact information.

### **Mindful Walking – Instructor: Tommy Tran 11/20**

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

### **ZINE MACHINE: Open Studio Workshop – Instructor: Annie Medina 11/31**

Need more time or inspiration to finish your zine? Stop by our Zine Machine Open Studio, a come-and-go creative workshop where you can design, write, and collage your zine using REI's art supplies and guidance from staff and peers.

## **Email Basics: Etiquette and Safety – Instructor: Tommy Tran 11/21**

Master the art of professional communication and protect your inbox with our engaging workshop on email etiquette and safety essentials.

## **Work-Life Balance During Recovery – Instructor: B. Rastegar 11/24**

Join us for an empowering workshop on Work-Life Balance During Recovery! Learn practical tips to manage stress, set healthy boundaries, and create routines that support both your healing and your success. Walk away with tools to feel more balanced, confident, and ready to thrive in work and life.

### **Serenity & Creativity with Poetry – Instructor: Joy Hong 11/25**

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.



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





# NOW ENROLLING SPRING 2026 COLLEGE CLASSES

**IMPORTANT: COMPLETE ALL REI ENROLLMENT AND SADDLEBACK REGISTRATION STEPS WITH YOUR REI ACADEMIC ADVISOR BY NOVEMBER 7, 2025.**

## **HS 100 – Introduction to Human Services**

Dates: 1/12/2026 to 3/15/2026 (8-week course)

Days: Tuesdays

Hours: 9:00 am – 11:50 am

Modality: Online Live-Stream

## **HS 131 – Multicultural & Diverse Populations in the United States**

Dates: 1/12/2026 to 3/15/2026 (8-week course)

Days: N/A

Hours: N/A

Modality: Online Asynchronous

## **HS 140 – Group Leadership & Group Process**

Dates: 1/12/2026 to 5/20/2026 (16-week course)

Days: Thursdays

Hours: 4:00 pm – 6:50 pm

Modality: In person @ REI campus

## **CONTACT US AT:**

**PHONE: 714-244-4322**

**OCREI@PACIFICCLINICS.ORG**

**WWW.PCREI.ORG**



## **TO ENROLL:**

- **NEW STUDENTS:** To get started, schedule an appointment by emailing [ocrei@pacificclinics.org](mailto:ocrei@pacificclinics.org) or calling 714-244-4322.
- **CURRENT STUDENTS:** Contact your Academic Advisor to express interest, schedule an appointment, and start the eligibility steps today!

Courses may be applicable toward Alcohol & Drug Studies Certificate, Mental Health Worker Certificate or Human Services Generalist Tracks  
Eligible for: Peer Support Specialist CE Hours

RECOVERY EDUCATION INSTITUTE



# JOIN TEAM REI @ NAMI WALKS OC



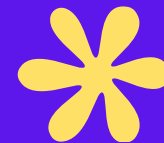
**SATURDAY,  
NOVEMBER 15, 2025**

**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.

 **OC health**  
CARE AGENCY

Funded by the OC  
Health Care Agency.

FOR CURRENT STUDENTS:  
REGISTER THROUGH YOUR  
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CALL (714)244-4322  
OR VISIT  
WWW.PCREI.ORG  
TO REGISTER

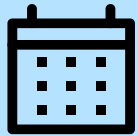
NO-COST IN-PERSON

# CREATIVE WRITING CLASS FALL 2025



KRISTEN VENEGAS

REI/SANTIAGO CANYON  
EXTENDED ED PROGRAM



5:30 PM – 7:30 PM

**THURSDAYS**  
FROM  
JANUARY 15 –  
MAY 21, 2026

## TOPICS:

Bring your stories to life! Build confidence, explore different writing styles, and develop your creative voice through engaging exercises and feedback. **Open Entry/Open Exit, start anytime.**

## 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.**