

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



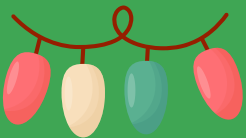
Student Peer Council:
Art Event Think Tank
11:00a.m.-12:15p.m.

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.

CERTIFICATE OF ACHIEVEMENT SOCIAL WORK & HUMAN SERVICES ASSISTANT

**Designed for students who are interested in the helping profession or
students who are completing the Medi-Cal Peer Support Specialist
Certification Training.**

CNSL 150 - Introduction to Social Work & Human Services (3 Units)

PSYC-C1000 - Introduction to Psychology (3 Units)

CNSL 165 - Multiculturalism in Counseling (3 units)

SOC 100 - Introduction to Sociology (3 Units)

CNSL 151 - Helping Professions Employability Skills (1 Unit)

CNSL 160A - The Helping Professions Seminar (1 Unit)

CNSL 160B - Fieldwork Experience for the Helping Professions (2 Units)

CNSL 161 - Social Work & Human Services Work Experience Education (3 Units)

Total Units to Earn Certificate of Achievement: 19





**Santiago
Canyon
College**

Santiago Canyon College (SCC) At Recovery Education Institute (REI)

Spring 2026 Course Offerings

Enroll Now!



**Pacific
Clinics.**

PSYCH – C1000 INTRODUCTION TO PSYCHOLOGY (3 UNITS)

FEBRUARY 9 – JUNE 7, 2026
MONDAYS 3PM – 6:20PM
IN-PERSON, REI CAMPUS

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.

CNSL – 150 INTRODUCTION TO SOCIAL WORK & HUMAN SERVICES (3 UNITS)

FEBRUARY 9– JUNE 7, 2026
TUESDAYS 5:30PM – 7PM
CONDUCTED IN-PERSON 1ST 8-WEEKS
AT REI CAMPUS & ONLINE 2ND 8-WEEKS

This course explores the history and philosophy of social work and human services through a multidisciplinary lens. It examines how cultural, societal, and ethical issues shape service delivery, emphasizing social justice and the role of culturally responsive professionals within evolving systems.

CNSL – 161 SOCIAL WORK & HUMAN SERVICES WORK EXPERIENCE EDUCATION (2 UNITS)

FEBRUARY 9– JUNE 7, 2026
ONLINE

This course supports on the job training and learning objectives established by the student, on site supervisor, and professor. Students will leverage their classroom knowledge in a practical, real-world social work/human services environment aligned with their career goals.

**Deadline to
complete all
enrollment steps is
January 23, 2026**

TO ENROLL:

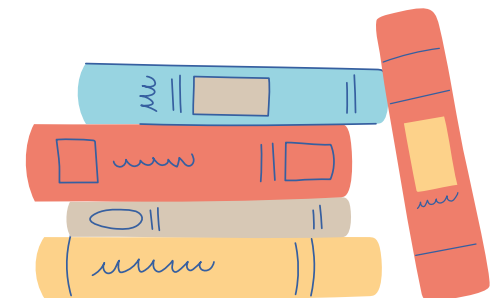
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ESL BEGINNING & INTERMEDIATE LEVEL

Jan. 12 - May 21 | 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)

Jan. 13 - May 21 | Tues. & 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

Jan. 13 - May 19 | 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

Jan. 14 - May 20 | 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.

SPRING 2026

REI's SCC Extended
Education (EE) Courses

Contact us to register today!

Phone: 714-244-4322

Email: ocrei@pacificclinics.org

TBD: CREATIVE WRITING

Jan. 15 - May 21 | Thurs. | 11 a.m. - 1 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

Jan. 16 - May 22 | 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

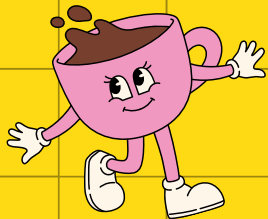
SUMMER: June - July

All courses and enrichment workshops are offered at NO COST to eligible adults living in Orange County.

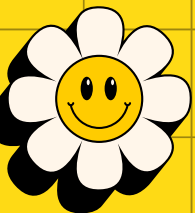
REI REWARDS CARDS



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



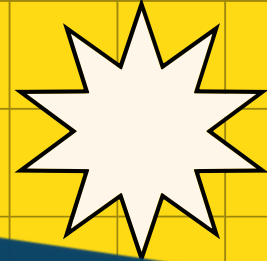
CONTACT YOUR SUCCESS COACH TODAY!

Tommy Tran 626-753-8716

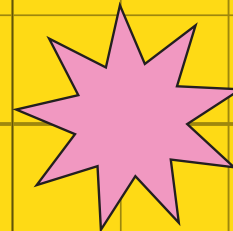
Destiny Lopez 626-842-7548

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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