

## Register with your Academic Advisor

Front desk: 714-244-4322    Angelica Ceja 626-802-7694  
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# JANUARY

## MONDAY

WORKSHOPS WITH  
THIS SYMBOL:  


QUALIFY FOR REI  
REWARDS CARD  
POINTS!

5

## TUESDAY



## WEDNESDAY



## THURSDAY

1 **Happy New  
Year!  
REI CLOSED**

## FRIDAY

2



12 Improving Digital Literacy:  
Google Docs  
11:30a.m.-12:30p.m.  
  
Trauma, Health & Tobacco (CE)  
4:00p.m.-5:00p.m.  
  
Medi-Cal Peer Support  
Specialist Exam Prep  
4:00p.m.-6:00p.m.

13  Junk Journaling for  
Creative Expression  
1:00p.m.-3:00p.m.

14 Medi-Cal Peer Support  
Specialist Certification  
Renewal Info Session  
(Online Only)  
6:00p.m.-7:30p.m.  
  
2000 Steps Walking Club  
11:00a.m.-12:00p.m.

15  Jeopardy Trivia  
1:00p.m.-2:00p.m.  
  
Study Hall  
4:30p.m.-5:30p.m.

16  Balancing Work and  
Recovery: Creating a  
Wellness Toolkit for work  
10:00a.m.-11:30a.m.

19 **MARTIN LUTHER  
KING JR. DAY  
REI CLOSED**

20  Affirmations & Art  
1:00p.m.-2:30p.m.

21 Chair Yoga  
11:00a.m.-12:00p.m.   
  
SSI Work Incentives &  
Employment (CE)  
1:00p.m.-2:00p.m.

22 Digital Skills Lab  
3:00p.m.-5:00p.m.  
  
Study Hall  
4:30p.m.-5:30p.m.

23  Mindful Walking  
11:00a.m.-12:00p.m.

26 Resume Building  
1:30p.m.-3:00p.m.  
  
PSS Chromebook  
Navigation Workshop  
6:00p.m.-8:00p.m.

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

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

29 Digital Skills Lab  
3:00p.m.-5:00p.m.  
  
Study Hall  
4:30p.m.-5:30p.m.

30 Improving Digital  
Literacy: Microsoft  
10:30a.m.-12:00p.m.  
  
Intro to Street Outreach (CE)  
12:30p.m.-2:30p.m.

# Workshop Descriptions

## **Study Hall - Instructor: Tommy Tran 1/15, 1/22, 1/29**

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

## **Trauma, Health, & Tobacco (CE) - Instructor: Michelle Tanner 1/12**

This presentation will educate students on what is trauma, how it impacts health behaviors and outcomes, and ways to cope with stress in a healthy way, including quitting smoking/vaping.

## **Medi-Cal Peer Support Specialist Exam Prep - Instructor: Taro Thomas 1/12**

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

## **Improving Digital Literacy: Converting Google Documents Made Easy**

### **- Instructor: Destiny Lopez 1/12**

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!

## **Junk Journaling for Creative Expression - Instructor: Christina Seraj 1/13**

Explore mixed-media journaling with scrapbooking supplies, cutouts, and personal momentos ... with a final project to keep as a keepsake and/or enter into the upcoming REI art show ... feel free to bring in your own supplies as well.

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

### **- Instructor: Kevin Martin 1/14**

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

## **2000 Steps Walking Club - Instructor: Tommy Tran 1/14**

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

## **Digital Skills Lab - Instructor: Christina Seraj 1/22 & 1/29**

Time for students to focus on academic and employment projects, receive digital literacy support, and get a digital shortcuts handout.

## **Jeopardy Trivia - Instructor: Tommy Tran 1/15**

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 1/16**

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

## **Affirmations & Art - Instructor: Christina Seraj 1/20**

Join us for a workshop where we explore the importance of positive affirmations, along with a simple art project for personal transformation & recovery growth!

## **Chair Yoga - Instructor: Tommy Tran 1/21**

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

## **SSI Work Incentives & Employment (CE) - Instructor: Dung Le 1/21**

How to maintain SSI cash and medical benefits while working. The class also discusses how SSI work-incentive rules protect and support while you are working.

## **Mindful Walking - Instructor: Tommy Tran 1/23**

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

## **PSS Chromebook Navigation Workshop - Instructor: Destiny Lopez 1/26**

Join this workshop to learn how to use your Chromebook for the Medi-Cal Peer Support Specialist Certification Training.

## **Resume Building - Instructor: B. Rastegar 1/26**

Kickstart your career with a professional resume! Learn how to highlight your education, skills, and experience with tips to help you stand out to employers!

## **Serenity & Creativity with Poetry - Instructor Joy Hong 1/27**

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.

## **Arts and Empathy - Instructor: Tommy Tran 1/28**

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.

## **Improving Digital Literacy: Microsoft Outlook - Instructor: Tommy Tran 1/30**

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

## **Intro to Street Outreach (CE) - Instructor: Michelle Tanner 1/30**

This training covers the basics of street outreach, including its purpose, core principles, safety, engagement, and client-centered approaches, highlighting its role in connecting people experiencing homelessness to services.



Pacific Clinics.

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**

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Santiago  
Canyon  
College

# Santiago Canyon College (scc) At Recovery Education Institute (REI)

## Spring 2026 Course Offerings

### Enroll Now!



#### 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 1<sup>ST</sup> 8-WEEKS  
AT REI CAMPUS & ONLINE 2<sup>ND</sup> 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

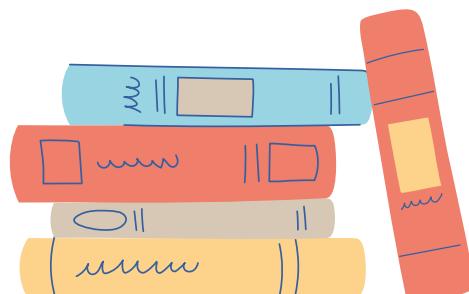
This course supports on the job training and learning objectives established by the student, on site supervisor, and professor. Students will leverage their classroom knowledge in a practical, real-world social work/human services environment aligned with their career goals.

**Don't miss out!**  
**The deadline to apply or express interest for Spring SCC classes is January 16, 2026**

## TO ENROLL:

**Front desk:**  
**714-244-4322**

**Email:**  
**[ocrei@pacificclinics.org](mailto:ocrei@pacificclinics.org)**  
**website: [www.pcrei.org](http://www.pcrei.org)**



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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. Enfatiza 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](mailto:ocrei@pacificclinics.org)

## 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!

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REI PRESENTS

# New Workshop Series By: TOBACCO USE PREVENTION PROGRAM (TUPP)



Join us and learn how tobacco use impacts communities and ways to support youth and adults you work with in becoming and staying tobacco free.

*Eligible for Continuing Education for CMPSS*

12  
JAN

4:00 P.M. - 5:00 P.M.

Trauma, Health, & Tobacco (CE)

IN-PERSON

09  
FEB

4:00 P.M. - 5:00 P.M.

Trauma-Informed Principles 101 (CE)

IN-PERSON

09  
MAR

4:00 P.M. - 5:30 P.M.

Trauma-Informed Tobacco Cessation (CE)

IN-PERSON

New Students: Email [ocrei@pacificclinics.org](mailto:ocrei@pacificclinics.org) to schedule an appointment.

Current Students: Contact your academic advisor.

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RECOVERY EDUCATION INSTITUTE PRESENTS:

# 4<sup>TH</sup> ANNUAL ART & RECOVERY EVENT 2026

THROUGH OUR EYES - STORIES OF  
GROWTH & EXPRESSION

## FEATURING:

- Art, Writing & Zine Showcase: take home inspiring zines *by our* students & staff!
- Hands-On Art & Craft Workshops
- Free Swag & Raffle Prizes
- Taco Lunch for Attendees
- Community Resource Fair

LOCATED AT REI CAMPUS  
401 S. TUSTIN ST.  
ORANGE, CA 92866

**FRIDAY, FEB. 27, 2026  
9:00 A.M. - 1:00 P.M.**

**MUST RSVP BY 2/24/26  
CALL OR EMAIL: 714-244-4322  
OCREI@PACIFICCLINICS.ORG**

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# SHOWCASE YOUR TALENT: SUBMIT YOUR ART & STORIES TODAY!

## Deadline to submit & drop off work:

- **February 13<sup>th</sup>, 2026 is the last day to submit art, writing, poetry or a zine to be displayed in our art show!**

## How to Submit your Artwork or Writing:

- Call or email REI to schedule a time to drop-off your work and sign an REI media release form
- Please provide your full name, title of work, and what art materials were used (if applicable)

## Rules for Submissions:

- You must be an REI Student to enter work for the art/writing show
- Mediums can include: painting, crafts, poetry, writing, drawing, or Zines.
- Please do not submit work that graphically depicts or describes: vulgarity, violence, drug use, self-harm, suicide ideations, or other triggering language.

## Contact us Today!

- Call: 714-244-4322
- Or Email: [ocrei@pacificclinics.org](mailto:ocrei@pacificclinics.org)



## 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**

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



[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

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# 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).

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