

FEBRUARY

WORKSHOPS WITH THIS
SYMBOL:



QUALIFY FOR REI REWARDS
CARD POINTS!

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

2

9 Intro to Careers in Behavioral Health
1:30p.m.-3:00p.m.
Trauma-Informed Principles 101 (CE)
4:00p.m.-5:00p.m.

16

**REI CLOSED:
Presidents Day**

23 Mastering the Art of Interviewing
1:30p.m.-3:00p.m.
College Hacks: How to Write in APA Format Made Easy
11:00a.m.-12:00p.m.
Self-Paced Group Facilitation Assignment
6:00p.m.-9:00p.m.

TUESDAY

3

10 Junk Journaling for Creative Expression
1:00p.m.-3:00p.m.
Digital Skills Lab
5:00p.m.-7:00p.m.

17

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

24

Digital Skills Lab
5:00p.m.-7:00p.m.

WEDNESDAY

4

11 2000 Steps Walking Club
11:00a.m.-12:00p.m.

18

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

25

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

THURSDAY

5

Study Hall
4:30p.m.-5:30p.m.
New Year, New Money Goals: Live, Laugh, Budget!
5:30p.m.-7:00p.m.

12

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

19

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

26

Digital Literacy Lab
3:30p.m.-4:30p.m.
Study Hall
4:30p.m.-5:30p.m.

FRIDAY

6

13 Medi-Cal Peer Support Specialist Exam Prep (Online Only)
10:30a.m.-12:30p.m.

20

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

27 **REI's Art Show & Recovery Event!**
9:00a.m.-1:00p.m.



Workshop Descriptions

Study Hall – Instructor: Tommy Tran 2/5, 2/12, 2/19, 2/26

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



New year, New Money Goals: Live, Laugh, Budget!

– Instructor: Angelica Ceja 2/5

This workshop will encourage a fresh start by helping you reflect on your spending habits and set realistic financial goals for the year ahead. It emphasizes building financial confidence through mindful budgeting, intentional choices, and small steps that support long-term financial well-being.

Trauma-Informed Principles 101 (CE) – Instructor: Michelle Tanner 2/9

This presentation will educate students on the Substance Abuse Mental Health Services Administration's six trauma informed principles and strategies and how to apply them in public health settings.

Intro to Careers in Behavioral Health – Instructor: Ally Gandullia 2/9

Exploring different career paths in Behavioral Health



Junk Journaling for Creative Expression – Instructor: Christina Seraj 2/10

Explore mixed-media journaling with scrapbooking supplies, cutouts, and personal mementos ...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.

Digital Skills Lab – Instructor: Christina Seraj 2/10, 2/24

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



2000 Steps Walking Club – Instructor: Tommy Tran 2/11

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



Jeopardy Trivia – Instructor: Tommy Tran 2/12

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

Medi-Cal Peer Support Specialist Exam Prep (Online Only)

– Instructor: Kevin Martin 2/13

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



Affirmations & Art – Instructor: Christina Seraj 2/17

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

SSDI Work Incentives & Employment (CE) – Instructor: Dung Le 2/18

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



Chair Yoga – Instructor: Tommy Tran 2/18

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



Mindful Walking – Instructor: Tommy Tran 2/20

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

Self-Paced Group Facilitation Assignment – Instructor: Taro Thomas 2/23

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

Mastering the Art of Interviewing – Instructor: B. Rastegar 2/23

Join us for an interactive workshop designed to help build confidence and sharpen interview skills. Learn how to effectively present your strengths, answer common interview questions, and make a strong impression on potential employers.

College Hacks: How to Write in APA Format Made Easy

– Instructor: Destiny Lopez 2/23

Join this workshop to practice writing in APA format 7th edition (required for college majors in sociology, psychology, human services, and more!)



Arts & Empathy – Instructor: Tommy Tran 2/25

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.

Digital Literacy Lab (CE) – Instructor: Tommy Tran 2/26

Join our Digital Literacy Lab workshop to build the essential tech skills you need to learn confidently, work smarter, and thrive in a digital world.

REI Art Show & Recovery Event! – 2/27

Join us for REI's Art, Writing & Zine Showcase—featuring student and staff artwork, hands-on art, poetry and self-care workshops, a community resource fair, raffle prizes, and a free taco lunch.



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.

Social Work & Human Services Education Pathway

SANTIAGO CANYON COLLEGE AT REI

Dual Enrollment Partnership

REI students can earn a Certificate of Achievement in Social Work & Human Services Assistant (SWHSA) through Santiago Canyon College (SCC). This 19-unit program provides foundational skills for careers in behavioral health, peer support, and social services and can lead toward an A.S. or A.D.T. degree in Social Work & Human Services.

Program Highlights

- College-credit courses offered on-site at REI in partnership with SCC
- Guided academic advisement and support from REI staff
- Pathway aligns with the Medi-Cal Peer Support Specialist Certification
- Prepares students for entry-level behavioral health and community service careers

How to Enroll

1. Meet with an REI Academic Advisor (AA)
2. Complete your SCC application (with AA)
3. Attend REI's College Orientation Workshop

Important Note

REI supports a limited number of SCC courses each semester. Additional degree coursework must be completed directly through SCC and is subject to space and eligibility.

Total Courses (19 Units)

- CNSL 150 – Intro to Social Work & Human Services (3)
- CNSL 151 – Helping Professions Employability Skills (1)
- CNSL 161* - Social Work & Human Services Work Experience Education (1-3)
- CNSL 160A – Helping Professions Seminar (1)
- CNSL 160B – Fieldwork Experience for the Helping Professions (2)
- CNSL 165 – Multiculturalism in Counseling (3)
- PSYC 1000 – Intro to Psychology (3)
- SOC 100 – Intro to Sociology (3)
- *Additional course from electives if student completed less than 3 units from CNSL 161

For more information or to schedule an advisement session, contact:

📞 714-244-4322 | 🌐 www.pcrei.org

✉️ ocrei@pacificclinics.org

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Pacific
Clinics

SPRING 2026

REI's SCC Extended
Education (EE) Courses

Contact us to register today!

Phone: 714-244-4322

Email: ocrei@pacificclinics.org

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.

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

09
FEB

4:00 PM - 5:00 PM

Trauma-Informed Principles 101 (CE)

IN-PERSON

09
MAR

4:00 PM - 5:30 PM

Trauma-Informed Tobacco Cessation (CE)

IN-PERSON

New Students: Email ocrei@pacificclinics.org to schedule an appointment.

Current Students: Contact your academic advisor.

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RECOVERY EDUCATION INSTITUTE PRESENTS:



4TH ANNUAL ART & RECOVERY EVENT 2026

THROUGH OUR EYES - STORIES OF
GROWTH & EXPRESSION

FEATURING:

- Art, Writing and Zine Showcase: take home inspiring zines *by our* students and employees!
- Hands-On Art and Craft Workshops
- Free Swag and 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 AM - 1:00 PM

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, 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



Recovery Education Institute College Courses and 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.

NEW! Social Work and Human Services Education Pathway

REI students can earn a Certificate of Achievement in Social Work & Human Services Assistant (SWHSA) through Santiago Canyon College (SCC). This 19-unit dual enrollment program offers college-credit courses on-site at REI, includes guided academic support from REI staff, aligns with the Medi-Cal Peer Support Specialist Certification pathway, and prepares students for entry-level careers in behavioral health, peer support, and community social services, with coursework that can lead toward an A.S. or A.D.T. degree in Social Work & Human Services.

New Students: Call (714) 244-4322 or email us at ocrei@pacificclinics.org to schedule an appointment

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

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 Certifications 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 and summer.

MENTAL HEALTH WORKER (MHW), ALCOHOL DRUG STUDIES (ADS) & SOCIAL WORK (SW) CERTIFICATES

REI's College Semester Dates:

FALL: August - December

SPRING: January - May

SUMMER: June - July

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



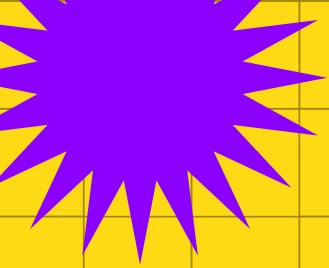
CONTACT YOUR SUCCESS COACH TODAY!

Tommy Tran 626-753-8716

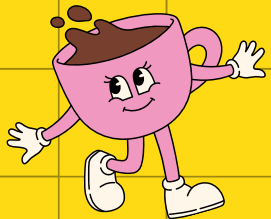
Destiny Lopez 626-842-7548

Christina Seraj 626-753-8638

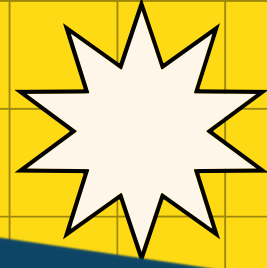
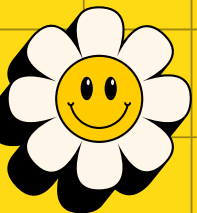
**Rewards redemption is limited to two completed cards per student per fiscal year (July-June).*



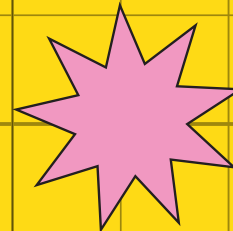
REI Rewards
1 pt.



REI Rewards
1 pt.



REI Rewards
1 pt.



REI Rewards
1 pt.



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