

# MARCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3  Digital Skills Lab 3:00p.m.-5:00p.m.	4  Jeopardy Trivia 11:30a.m.-12:30p.m.	5 Study Hall 4:30p.m.-5:30p.m.	6
9 Trauma-Informed Tobacco Cessation (CE) 4:00p.m.-5:30p.m. Self-Paced Story Telling Assignment 6:00p.m.-9:00p.m.	10  Junk Journaling for Creative Expression 1:00p.m.-3:00p.m.	11  2000 Steps Walking Club 11:00a.m.-12:00p.m.	12 Study Hall 4:30p.m.-5:30p.m.	13 Navigating Dual Relationships as a Peer Professional (CE) (Online Only) 10:30a.m.-12:00p.m.
16  Spring Goals Reset 11:00a.m.-12:00p.m.  Building Confidence in the Workplace 1:00p.m.-2:30p.m. Medi-Cal Peer Support Specialist Exam Prep (Hybrid) 4:00p.m.-6:00p.m.	17  Affirmations & Art: St. Patrick's Day Edition 1:00p.m.-2:30p.m.	18  Chair Yoga 11:00a.m.-12:00p.m. Medical and Working (CE) 1:00p.m.-2:00p.m.	19  Popcorn Films: Persian New Year! 4:00p.m.-6:00p.m. Study Hall 4:30p.m.-5:30p.m.	20  Mindful Walking 11:00a.m.-12:00p.m.
23 Job Search Club! 1:30p.m.-3:00p.m.	24  Popcorn Films: Stand & Deliver 2:00p.m.-4:00p.m.	25  Arts & Empathy 10:30a.m.-12:00p.m.	26  Conflict Resolution Skills 3:00p.m.-4:30p.m. Study Hall 4:30p.m.-5:30p.m.	27
30	31  Digital Skills Lab 3:00p.m.-5:00p.m.	<p><b>WORKSHOPS WITH THIS SYMBOL:</b></p>  <p><b>QUALIFY FOR REI REWARDS CARD POINTS!</b></p>		

**Register with your Academic Advisor**

Front desk: 714-244-4322 Angelica Ceja 626-802-7694  
 ocrei@pacificclinics.org John Harmon 626-802-7729  
 website: www.pcrei.org Jennifer Tipan 626-632-8309

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



# Workshop Descriptions

## **Study Hall – Instructor: Tommy Tran, Christina Seraj 3/5, 3/12, 3/19, 3/26**

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



## **Digital Skills Lab – Instructor: Christina Seraj 3/3, 3/31**

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 3/4**

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



## **Trauma-Informed Tobacco Cessation (CE) – Instructor: Michelle Tanner 3/9**

This training will educate students on how to apply a trauma-informed approach using the ask, advise, and refer model when working with individuals trying to quit smoking/vaping.

## **Self-Paced Story Telling Assignment – Instructor: Destiny Lopez 3/9**

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



## **Junk Journaling for Creative Expression – Instructor: Christina Seraj 3/10**

Explore mixed-media journaling with scrapbooking supplies, cutouts, and personal mementos ...with a final project to keep as a keepsake... feel free to bring in your own supplies as well.



## **2000 Steps Walking Club – Instructor: Tommy Tran 3/11**

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

## **Navigating Dual Relationships as a Peer Professional (CE) (Online Only) – Instructor: Taro Thomas 3/13**

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



## **Spring Goals Reset – Instructor: Destiny Lopez 3/16**

Join this workshop to help you mentally reset for the Spring time: Work on setting new goals and identifying new hobbies and habits that you would like to engage in this year!



## **Building Confidence in the Workplace – Instructor: Ally Gandullia 3/16**

Discussing strategies for building our confidence and identifying our strengths, and how to apply them in a workplace setting.



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

### **– Instructor: Kevin Martin 3/16**

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



## **Affirmations & Art: St. Patrick's Day Edition – Instructor: Christina Seraj 3/17**

Join us for a workshop exploring positive affirmations and a simple art project for personal transformation and recovery growth.

## **Medical and Working (CE) – Instructor: Dung Le 3/18**

Discusses eligibility, coverage, Medical & working, any issues about Medical, and Medical contact information.



## **Chair Yoga – Instructor: Tommy Tran 3/18**

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



## **Popcorn Films: Persian New Year! – Instructor: Christina Seraj 3/19**

Watch an authentic Iranian film celebrating ancient Persian culture and the first day of spring, followed by interactive discussion. Popcorn provided!



## **Mindful Walking – Instructor: Tommy Tran 3/20**

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

## **Job Search Club! – Instructor: B. Rastegar 3/23**

Attention job seekers! Join this workshop and support each other, share job search strategies, and improve job-hunting skills



## **Popcorn Films: Stand & Deliver – Instructor: Christina Seraj 3/24**

Join us for an inspirational true-story film about a teacher who empowers marginalized students to excel in advanced math, followed by discussion. Popcorn provided!



## **Arts & Empathy – Instructor: Tommy Tran 3/25**

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.



## **Conflict Resolution Skills – Instructor: Tommy Tran 3/26**

Boost your communication confidence with a dynamic, hands-on workshop that turns everyday conflicts into opportunities for collaboration and growth.



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.



# 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)

## 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!

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.

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  
MAR

4:00 P.M. - 5:30 P.M.  
Trauma-Informed Tobacco  
Cessation (CE)

IN-PERSON

13  
APRIL

4:00 P.M. - 5:30 P.M.  
Healthy Coping Strategies &  
Tools(CE)

IN-PERSON

11  
MAY

4:00 P.M. - 5:00 P.M.  
Tobacco Use & Mental Health (CE)

IN-PERSON

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

Current Students: Contact your academic advisor.

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:

Thursday, March 26<sup>th</sup> 2026  
6pm-8:30pm

## Save the Date:

REI's Annual Peer Workforce Event & Career Fair!  
Friday, June 5<sup>th</sup> 2026  
Registration Coming Soon



Students: Scan the QR Code to register

Employers: Email [frankie.nelson@pacificclinics.org](mailto:frankie.nelson@pacificclinics.org)  
to reserve a table



# 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](http://www.pcrei.org)

✉️ [ocrei@pacificclinics.org](mailto:ocrei@pacificclinics.org)

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.



## 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](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.**

## 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 may be in-person or online, depending on the cohort schedule.

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

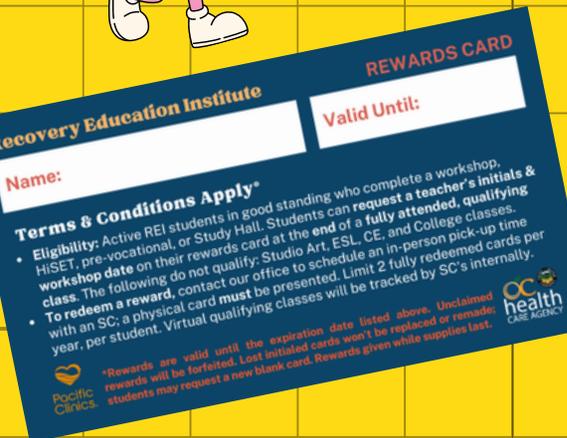
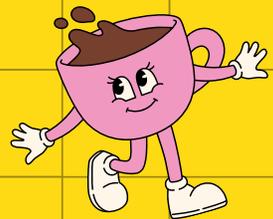
REI's College Semester Dates:

**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



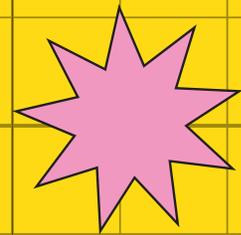
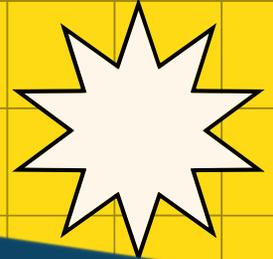
Attend **10** Qualifying Classes =  
\$20 GIFT CARD



### 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).*



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.