

APRIL

Call the front desk or Register with your Academic Advisor or Success Coach

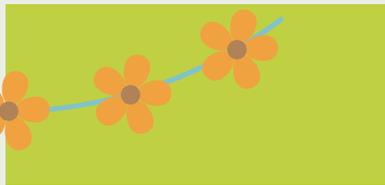
Front desk: 714-244-4322 Angelica Ceja 626-802-7694
 ocrei@pacificclinics.org John Harmon 626-802-7729
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MONDAY



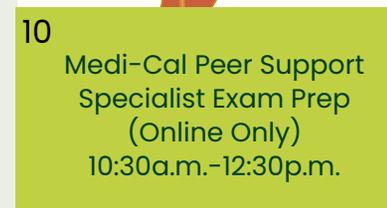
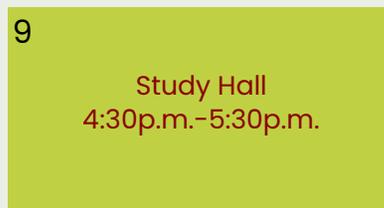
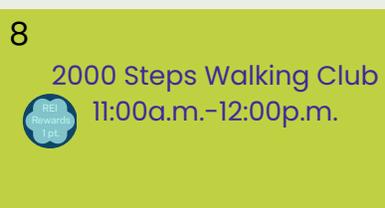
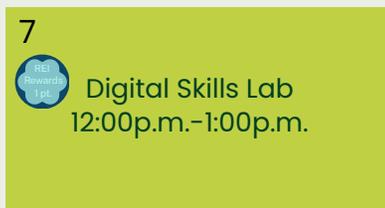
TUESDAY



WEDNESDAY

THURSDAY

FRIDAY



13 Healthy Coping Strategies & Tools (CE)
4:00p.m.-5:30p.m.

14 Junk Journaling for Creative Expression
12:30p.m.-2:30p.m.

15 Chair Yoga
11:00a.m.-12:00p.m.
Medicare and Working (CE)
1:00p.m.-2:00p.m.

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



20 Coping through Coloring
11:00a.m.-12:00p.m.
Managing Work Anxiety
1:00p.m.-3:00p.m.

21 Affirmations & Art: Earth Day Edition
1:00p.m.-2:30p.m.

22 Arts & Empathy
10:30a.m.-12:00p.m.
Finding Calm in Turbulent Times
6:30p.m.-8:00p.m.

23 PSS Chromebook Navigation Workshop
3:00p.m.-5:00p.m.
Study Hall
4:30p.m.-5:30p.m.

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

27 Finding the Right Peer Job
1:30p.m.-3:00p.m.

28 Digital Skills Lab
12:00p.m.-1:00p.m.
Serenity & Creativity with Poetry
1:00p.m.-3:00p.m.

29 Digital Detox for Productivity
10:30a.m.-12:00p.m.

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

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



Jeopardy Trivia – Instructor: Tommy Tran 4/1

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

Study Hall – Instructor: Tommy Tran 4/2, 4/9, 4/16, 4/23, 4/30

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 4/7, 4/28

All learners welcome. This OPEN Style COMPUTER LAB provides individualized guidance based on each student's digital learning interests.



2000 Steps Walking Club – Instructor: Tommy Tran 4/8

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

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

– Instructor: Kevin Martin 4/10

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

Healthy Coping Strategies & Tools (CE) – Instructor: Michelle Tanner 4/13

This training will educate staff on seven evidenced-based strategies for handling stress in a healthy way. Including, ways to improve sleep, quit tobacco, practice mindfulness and ways to incorporate strategies into working with communities.



Junk Journaling for Creative Expression – Instructor: Christina Seraj 4/14

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

Medicare and Working (CE) – Instructor: Dung Le 4/15

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



Chair Yoga – Instructor: Tommy Tran 4/15

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



Coping through Coloring – Instructor: Destiny Lopez 4/20

Join this workshop to spend an hour decompressing and relaxing through coloring. Students will be provided with coloring pages with lots of detail as well as coloring materials like markers, gel pens, and colored pencils.

Managing Work Anxiety – Instructor: Ally Gandullia 4/20

This workshop will help students recognize, understand, and effectively manage anxiety in the workplace.



Affirmations & Art: Earth Day Edition– Instructor: Christina Seraj 4/21

We will be making Positive Affirmations along with a simple art project in support of our Mother Earth.



Finding Calm in Turbulent Times – Instructor: Taro Thomas 4/22

In this workshop, participants will explore mindfulness-based tools to stay centered and resilient during stressful or uncertain times. Learn how to create moments of calm that support both personal and professional balance.



Arts & Empathy – Instructor: Tommy Tran 4/22

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.

PSS Chromebook Navigation Workshop – Instructor: Destiny Lopez 4/23

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



Mindful Walking – Instructor: Tommy Tran 4/24

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

Finding the Right Peer Job – Instructor: B. Rastegar 4/27

Join us for an engaging workshop that helps participants explore peer support careers that align with their strengths, passions, and lived experience. Participants will learn about different peer roles, what employers look for, and how to confidently pursue meaningful opportunities in the peer workforce.



Serenity & Creativity with Poetry – Instructor: Joy Hong 4/28

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.



Digital Detox for Productivity – Instructor: Tommy Tran 4/29

Join Digital Detox for Productivity to reclaim your focus, cut the noise, and get more done with a clearer mind.



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NOW ENROLLING SUMMER 2026 COLLEGE CLASSES

**DEADLINE TO EXPRESS INTEREST IN REI SUMMER
SADDLEBACK CLASSES: BY MONDAY, APRIL 13, 2026.**



HS 174 – Case Administration, Crisis Intervention and Referral

Dates: 6/1/2026 to 7/25/2026

Days: Thursdays

Hours: 6:00 pm – 8:50 pm

Modality: Online Live-Stream

Description: Develop essential case management and crisis intervention skills, including treatment planning, documentation, referrals, and aftercare— with a focus on supporting individuals with substance use and mental health disorders.

HS 176 – Co-Occurring Disorders

Dates: 6/29/2026 to 8/8/2026

Days: Tuesdays

Hours: 6:00 pm – 8:50 pm

Modality: Online Live-Stream

Description: Build confidence in identifying and assessing co-occurring mental health and substance use disorders. This course introduces the DSM, explores how these conditions interact, and highlights recovery-oriented, integrated treatment strategies.

TO ENROLL:

- **NEW STUDENTS:** Meet with an Academic Advisor ASAP to get started, then complete required follow-up appointment(s) to finish all enrollment steps by the internal deadline.
- **CURRENT STUDENTS:** Contact your Academic Advisor and schedule an appointment ASAP to complete enrollment steps by the internal deadline.

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



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 through Santiago Canyon College—a 19-unit program designed to launch careers in behavioral health, peer support, and social services, with a pathway toward an A.S. or A.D.T. degree.

Why Enroll?

- College-credit classes offered on-site at REI
- Personalized academic support from REI staff
- Aligned with Medi-Cal Peer Support Specialist Certification
- Prepares students for entry-level behavioral health careers

How to Enroll

1. Meet with an REI Academic Advisor
2. Apply to SCC with advisor support
3. Attend REI's College Orientation Workshop

Limited SCC courses available each semester. Additional coursework completed through SCC.

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 | 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.

SPRING 2026

REI's SCC Extended Education (EE) Courses

Contact us to register today!

All EE classes are Open entry/Open exit, join any time!

Phone: 714-244-4322

Email: 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.



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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

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 to schedule an appointment.
Current Students: Contact your Academic Advisor or Success Coach.

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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 26th 2026
6pm-8:30pm

Save the Date:

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



Students: Scan the QR Code to register

Employers: Email frankie.nelson@pacificclinics.org
to reserve a table





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 pcrei.org 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 & 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 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 & 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 DOLLAR TREE GIFT CARD

Attend **10** Qualifying Classes =
\$20 TARGET 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).

