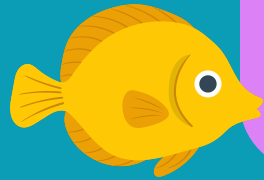


# MAY



**Contact us to Register**  
New Students: Email [ocrei@pacificclinics.org](mailto:ocrei@pacificclinics.org) or call 714-244-4322 to schedule a new student appointment.  
Current Students: Contact your Academic Advisor or a Success Coach to request registration assistance.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chair Yoga 11:30a.m.-12:30p.m.
4  Resume Building 1:00p.m.-2:30p.m. Tobacco Use & Mental Health (CE) 4:00p.m.-5:00p.m.	5  Arts & Affirmations: Cinco de Mayo Edition 12:00p.m.-2:00p.m.	6  Jeopardy Trivia 11:30a.m.-12:30p.m.	7  Mental Health First Aid (CE) Pt 1 9:00a.m.-1:30p.m. Study Hall 4:30p.m.-5:30p.m.	8 Mental Health First Aid (CE) Pt 2 9:00a.m.-1:30p.m. Mindful Walking 11:00a.m.-12:00p.m.
11 Resume Building 1:00p.m.-2:30p.m. Tobacco Use & Mental Health (CE) 4:00p.m.-5:00p.m.	12  Creative Card Making Studio 12:00p.m.-2:00p.m.	13  Arts & Empathy 10:30a.m.-12:00p.m.	14 Study Hall 4:30p.m.-5:30p.m.	15 Medi-Cal Peer Support Specialist Exam Prep 10:30a.m.-12:30p.m.
18  Coping through Coloring 11:00a.m.-12:00p.m. Self-Paced Group Facilitation Assignment 3:00p.m.-6:00p.m.	19  Digital Vision Board Creation 12:00p.m.-2:00p.m.	20  Reporting, Overpayment & Housing (CE) 1:00p.m.-2:00p.m. Developing Calmness in Turbulent Times 6:30p.m.-8:00p.m.	21 Study Hall 4:30p.m.-5:30p.m.	22 <b>Campus Closed</b> 
25 <b>Memorial Day Campus Closed</b> 	26  Digital Storytelling with Google Docs 12:00p.m.-1:00p.m.	27  Bracelet Making 10:30a.m.-12:00p.m.	28  Work- Life Balance During Recovery 12:30p.m.-2:00p.m.	29 Master Communication Skills for Success 10:30a.m.-12:00p.m.



# Workshop Descriptions

“Every moment, every breath,  
is an opportunity.” – John Bruna

## **Study Hall – Instructor: Christina Seraj 5/7, 5/14, 5/21**

Make sure to attend these study halls to finish any college class assignments in an environment that will optimize both focus & collaboration amongst your peers.



## **Chair Yoga – Instructor: Tommy Tran 5/1**

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



## **Arts & Affirmations: Cinco de Mayo Edition – Instructor: Christina Seraj 5/5**

We will be embracing the Mexican America Festivity of Cinco De Mayo in this fun-filled workshop that both brings positivity and imagination to honor this Holiday.



## **Jeopardy Trivia – Instructor: Tommy Tran 5/6**

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

## **Mental Health First Aid (CE) – Instructor: Frankie Nelson 5/7, 5/8**

Attend this 2-day workshop and become mental health first aid certified! This workshop counts for CE hours towards PSS certification renewal.



## **Mindful Walking – Instructor: Tommy Tran 5/8**

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

## **Tobacco Use & Mental Health (CE) – Instructor: Michelle Tanner 5/11**

This presentation will educate staff on the connection between mental health and tobacco use and free resources to help with quitting tobacco use.

## **Resume Building – Instructor: Ally Gandullia 5/11**

This workshop provides practical tips on formatting, highlighting skills and accomplishments, and tailoring your resume to specific job opportunities.



## **Creative Card Making Studio – Instructor: Christina Seraj 5/12**

We will be making handmade cards as keepsakes and / or to give to the Motherly Spirits in our lives in honor of a belated Mother's Day.



## **Arts & Empathy – Instructor: Tommy Tran 5/13**

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.

## **Medi-Cal Peer Support Specialist Exam Prep – Instructor: Destiny Lopez 5/15**

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

## **Self-Paced Group Facilitation Assignment – Instructor: Kevin Martin 5/18**

Join this workshop to get assistance with completing your Self-Paced Group Facilitation Assignment for the Peer Support Specialist Training.



## **Coping through Coloring – Instructor: Destiny Lopez 5/18**

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.



## **Digital Vision Board Creation – Instructor: Christina Seraj 5/19**

We will be creating Vision Boards in the computer lab to simultaneously advance our Computer & Creativity.

## **Reporting, Overpayment, & Housing (CE) – Instructor: Dung Le 5/20**

How to report while working. Discussion about causes of overpayments and solution to overpayment. Discussion about housing.



## **Developing Calmness in Turbulent Times – Instructor: Taro Thomas 5/20**

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.



## **Digital Storytelling with Google Docs – Instructor: Christina Seraj 5/26**

We will be strengthening our storytelling skills through this dynamic way of utilizing our Google Accounts.



## **Bracelet Making – Instructor: Tommy Tran 5/27**

Spark your creativity and unwind as you design your own stunning bead bracelets in this fun, hands-on workshop perfect for makers of all skill levels.

## **Work- Life Balance During Recovery – Instructor: B. Rastegar 5/28**

Join us for an empowering workshop on Work-Life Balance During Recovery! Learn practical tips to manage stress, set healthy boundaries, and create routines that support both your healing and your success.

## **Master Communication Skills for Success – Instructor: Tommy Tran 5/29**

Unlock your potential with a dynamic, results-driven workshop that equips you with powerful communication skills to elevate your confidence, influence, and success.



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.

## FALL 2026 REGISTRATION IS OPEN!

# Saddleback College Human Services Certificate Classes @ REI

Fall 2026 registration is time-sensitive. Seats are limited and not guaranteed—all REI & Saddleback College steps must be completed by the fall deadline to be eligible.



## NO-COST COLLEGE CERTIFICATES:

REI, in partnership with Saddleback College, offers free Human Services certificates for eligible OC residents. Students attend classes through REI while dual-enrolled at Saddleback College. Courses may apply toward **Alcohol & Drug Studies, Mental Health Worker, or Human Services Generalist** tracks and qualify for **Peer Support Specialist CE hours**.

## HOW TO ENROLL:

### NEW STUDENTS

1. **Schedule and complete a 1-hour New Student Enrollment with an REI Academic Advisor**
2. **Complete a Saddleback College application appointment with your Academic Advisor**
3. **Finish all Saddleback Matriculation Steps**
4. **Complete an REI Program Interview & Orientation**

### CURRENT STUDENTS

- **Contact your Academic Advisor to express interest, schedule an appointment, and begin eligibility steps today.**

## FALL COURSES 2026

### HS 100 – INTRODUCTION TO HUMAN SERVICES

Dates: 8/17/2026 to 10/11/2026

Days: Tuesdays

Hours: 6:00 pm – 8:50 pm

Modality: Online Live-Stream

### HS 101 – ADDICTION STUDIES COUNSELING SKILLS

Dates: 10/19/2026 to 12/16/2026

Days: Wednesdays

Hours: 6:00 pm – 8:50 pm

Modality: Online Live-Stream + 3 on campus meetings @ Saddleback on 10/29, 11/05, & 12/03

### HS 172 – PHYSIOLOGICAL EFFECTS & PHARMACOLOGY OF ALCOHOL & DRUGS

Dates: 8/17/2026 to 10/11/2026

Days & Hours: Weekly assignments & deadlines

Modality: Online (no class meetings)

Visit Our Website  
[www.PCREI.org](http://www.PCREI.org)

(714) 244-4322

**APPLY NOW**

FALL 2026

REGISTRATION IS OPEN!

## Social Work & Human Services Education Pathway

SANTIAGO CANYON COLLEGE (SCC) @ REI

### Dual Enrollment Partnership

- Help others. Build your future. Earn SCC's 19-unit Social Work & Human Services Assistant (SWHSA) Certificate at REI campus
- Strong focus on workforce readiness
- Volunteer work, internships, and/or work hours at behavioral health sites may count toward program-related experience
- First step toward an Associates or A.D.T. degree through SCC\*

### To Be Eligible for Fall 2026

Students must complete ALL steps by the Fall deadline:

- Meet with an REI Academic Advisor (AA)
- Apply to SCC with Advisor's guidance
- Complete all REI & SCC enrollment and matriculation steps
- New REI SCC students must attend REI's SCC Orientation

**Apply early. Fall 2026 enrollment is limited and missing deadlines may make you ineligible.**

### Program Courses (19 Units)

- CNSL 150 – Intro to Social Work & Human Services (3)
- CNSL 151 – Helping Professions Employability Skills (1)
- CNSL 161\* – Work Experience Education (1–3)
- CNSL 160A – Helping Professions Seminar (1)
- CNSL 160B – Fieldwork Experience (2)
- CNSL 165 – Multiculturalism in Counseling (3)
- PSYC 1000 – Intro to Psychology (3)
- SOC 100 – Intro to Sociology (3)
- \*Additional elective required if fewer than 3 units completed in CNSL 161.

*\*Limited SCC courses available @ REI each semester. Additional A.S. coursework may be completed independently through SCC.*

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

**☎ 714-244-4322 | ✉ [ocrei@pacificclinics.org](mailto:ocrei@pacificclinics.org)**

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## ESL BEGINNING & INTERMEDIATE LEVEL

June 1 - July 30 | 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)

June 2 - July 28 | 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

June 1 - July 30 | 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

June 3 - July 29 | Wed. | 4:30 p.m. - 7:30 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.

# SUMMER 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](mailto:ocrei@pacificclinics.org)

## CREATIVE WRITING

June 4 - July 30 | Thurs. | 10 a.m. - 12 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

June 5 - July 31 | 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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Funded by the OC Health Care Agency.



# REI'S 4<sup>TH</sup> ANNUAL PEER WORKFORCE EVENT

## The Future is Peer-Powered: Opportunities in an Expanding Workforce

**FREE LUNCH  
PROVIDED!**



**5 JUNE  
2026**

401 S Tustin Street

**LEARN ABOUT  
NEW CAREER  
PATHWAYS IN  
BEHAVIORAL  
HEALTH CARE!**



**9:00AM - 2:00PM**

**BEHAVIORAL HEALTH  
CAREER FAIR**

**CE'S PROVIDED FOR CERTIFIED PEER SUPPORT SPECIALISTS**



Register using the QR code by  
Wednesday, June 3<sup>rd</sup>.

Front Desk: 714-244-4322

Website: [pcrei.org](http://pcrei.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 [pcrei.org](http://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](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 & summer.

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

REI's College Semester Dates:

**FALL:** August - December

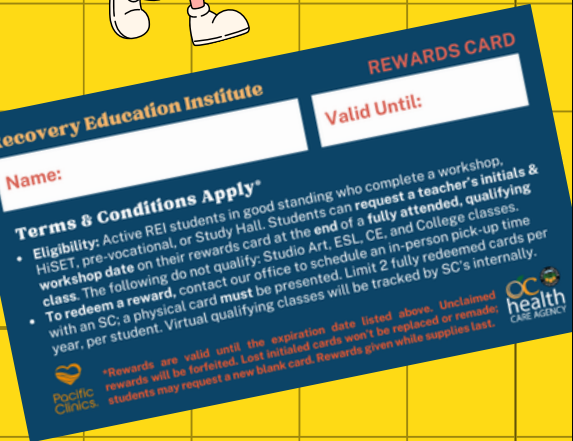
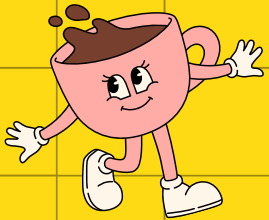
**SPRING:** January - May

**SUMMER:** June - July

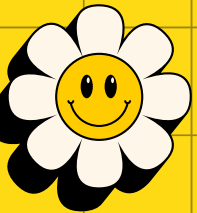
# REI REWARDS CARDS



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

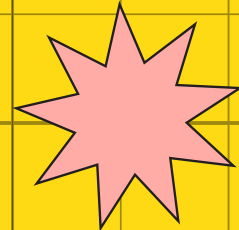
Destiny Lopez 626-842-7548

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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