NOVEMBER

What the Health? Health Awareness @ REI

Pacific Clinics

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Self-Paced Story Telling Assignment 6:00p.m.-9:00p.m.	**3** Dia de los Muertos : Tradition that Honors Life and Memory 1:00p.m.-2:30p.m. Computer Lab/Study Hall 4:00p.m.-5:30p.m	**4** Computer Lab/Study Hall 11:30a.m.-1:00p.m REI NAMI Walks T-Shirt Painting 1:00p.m.-3:00p.m. What the Health? Student Spotlight Series 1:00p.m.-2:00p.m. Positive Self-Talk: DIY Affirmation Cards 4:00p.m.-5:30p.m.	**5** What the Health? Student Spotlight Series 1:00p.m.-2:00p.m. What the Health? Student Spotlight Series 6:00p.m.-7:00p.m.	**6** What the Health? Student Spotlight Series 10:00a.m.-11:00a.m. Navigating Dual Relationships as a Peer Professional (CE) (Online Only) 10:30a.m.-12:00p.m.
9 PSS Certification Application Lab 4:00p.m.-6:00p.m. What the Health? Student Spotlight Series 6:00p.m.-7:00p.m.	**10** Computer Lab/Study Hall 4:00p.m.-5:30p.m	**11** Computer Lab/Study Hall 11:30a.m.-1:00p.m What the Health? Student Spotlight Series 6:00p.m.-7:00p.m.	**12** Harmonize Your Mind: Music Listening & Journaling for Wellness 3:30p.m.-5:00p.m. What the Health? Student Spotlight Series 1:00p.m.-2:00p.m. 6:00p.m.-7:00p.m.	**13** What the Health? Student Spotlight Series 10:00a.m.-11:00a.m.
16 	**17** Computer Lab/Study Hall 4:00p.m.-5:30p.m	**18** Computer Lab/Study Hall 11:30a.m.-1:00p.m Medicare and Working (CE) (Online Only) 1:00p.m.-2:00p.m Safe Spaces Toolkit & Roc Painting for Grounding 4:00p.m.-5:30p.m	**19** Mental Health First Aid (MHFA) 9:00a.m.-1:00p.m	**20** Mental Health First Aid (MHFA) 9:00a.m.-1:00p.m Medi-Cal PSS Exam Prep (Online Only) 10:30a.m.-12:30p.m.
23 Resume Building Lab 1:00p.m.-4:00p.m.	**24** Understanding Boundaries 1:00p.m.-2:00p.m. Computer Lab/Study Hall 4:00p.m.-5:30p.m	**25** Computer Lab/Study Hall 11:30a.m.-1:00p.m Dear Future Me: Self-Compassion Letters for Recovery 4:00p.m.-5:30p.m.	**26** THANKSGIVING REI CLOSED	**27** REI CLOSED
30 Mock Interviews: Perfect Your Pitch for Behavioral Health Careers 1:00p.m.-3:00p.m				

Contact us to Register

New Students: Email 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.

Recovery Education Institute (REI) provides Peer Workforce Development Services to individuals and their family members within Orange County's Behavioral Health Services system of care.

OC health CARE AGENCY
Funded by the OC Health Care Agency.

Workshop Descriptions

"Don't judge each day by the harvest you reap but by the seeds that you plant." — Robert Louis Stevenson

Study Hall - Tuesdays 4:00 pm-5:30 pm & Wednesdays 11:30 am-1:00 pm
A quiet space for REI College, PSS, & Computer students to work on REI-related classwork or job searches, with a Success Coach available for quick help.

Self-Paced Story Telling Assignment - Instructor: B. Rastegar 11/2
Join this workshop to get assistance with completing your Story Telling Assignment for the Peer Support Specialist Training.

REI Rewards 1 pt.

What the Health? Student Spotlight Series - Instructor: Guest Speaker 11/4, 11/5, 11/6, 11/9, 11/11, 11/12, 11/13
Join us for a fun, interactive Health Awareness event featuring student-led workshops on health, wellness, and community resources. Learn practical tips, ask questions, and discover new ways to support your well-being—you might just say, "What the Health? I didn't know that!"

REI Rewards 1 pt.

Dia de los Muertos : Tradition that Honors Life and Memory - Instructor: Andrea Torres Gonzalez 11/3
Learn about the history, meaning, and traditions of Dia de los Muertos, then create a personalized ofrenda as a meaningful way to honor and remember someone special.

REI Rewards 1 pt.

REI NAMI Walks T-Shirt Painting - Instructor: Tommy Tran 11/4
Join us for a hands-on T-Shirt Painting Workshop where you'll create inspiring, personalized gear, and connect with others for the upcoming NAMI Walks event. Free T-Shirts for the first 18 signups! Or bring your own T-Shirt to design.

REI Rewards 1 pt.

Positive Self-Talk: DIY Affirmation Cards - Instructor: Rachel Veale 11/4
Learn how to increase your positive self-talk and create your own personalized positive affirmation cards! Positively impact your mood and internal dialogue with this workshop.

Navigating Dual Relationships as a Peer Professional (CE) (Online Only) - Instructor: Taro Thomas 11/6
Attend this workshop to review how to navigate dual relationships as a Peer Professional. CMPSS receive 1.5 hours of Law & Ethics CEs.

PSS Certification Application Lab - Instructor: Pat Madrigal 11/9
Drop into this hands-on Study Hall for support with obtaining your PSS Certification! Created for students who have completed the PSS training.

REI Rewards 1 pt.

Harmonize Your Mind: Music Listening & Journaling for Wellness - Instructor: Rachel Veale 11/12
Explore music that boosts mood, builds confidence, motivates, soothes anxiety, and improves focus. Reflect on your listening experience through journaling and learn about the psychological benefits of music listening.

Medicare and Working (CE) (Online Only) - Instructor: Dung Le 11/18
Discusses eligibility, coverage, Medicare Parts: A, B, D, Medicare & working, any issues about Medicare, and Medicare contact information.

REI Rewards 1 pt.

Safe Spaces Toolkit & Rock Painting for Grounding - Instructor: Rachel Veale 11/18
Learn to create physical, digital, and emotional safe spaces to support your well-being. Make grounding cards, paint calming rocks, and identify places of sanctuary to help you manage anxiety and stress.

Medi-Cal PSS Exam Prep (Online Only) - Instructor: Kevin Martin 11/20
Join our workshop to get the tips and materials you need to pass the Medi-Cal Peer Support Specialist Certification Exam.

Mental Health First Aid (MHFA) - Instructor: Jennifer Tipan 11/19 & 11/20
Learn to recognize mental health and substance use challenges, respond to crises, provide initial support, and connect others with resources. Seating is limited—register by November 9; required prework must be completed before the training.

Resume Building Lab - Instructor: B. Rastegar 11/23
Drop into this hands-on Resume Building Lab for support creating or updating your resume and leave with a polished, job-ready resume.

REI Rewards 1 pt.

Understanding Boundaries - Instructor: Andrea Torres Gonzalez 11/24
Explore the difference between porous, rigid, and healthy boundaries and learn practical ways to honor your needs and create healthier relationships.

REI Rewards 1 pt.

Dear Future Me: Self-Compassion Letters for Recovery - Instructor: Rachel Veale 11/25
Build self-compassion in your recovery journey through reflective journaling and self-discovery. Write a compassionate letter to your future self as a reminder of your strength, resilience, and growth.

Mock Interviews: Perfect Your Pitch for Behavioral Health Careers - Instructor: Destiny Lopez 11/30
Build confidence and sharpen your interview skills through realistic mock interviews, personalized feedback, and practical tips for success.

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Pacific Clinics

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Your Experience Matters. MAKE IT YOUR CAREER!



Explore careers in mental health and alcohol & drug counseling.

Turn your lived experience and passion for helping others into a meaningful career! Through REI's partnership with Saddleback College, eligible Orange County residents can take **no-cost** college courses toward certificates in:

- **Mental Health Worker**
- **Alcohol & Drug Studies**
- **Human Services Generalist**

Courses may also qualify for continuing education hours.

SPRING 2027 COLLEGE CLASSES @ REI

Gain Skills. Earn College Credit. Create a Brighter Future!

FIRST 8 WEEKS
Starts January 19, 2027

Online & Self-Paced!

HS 170 – Alcohol and Other Drugs in Our Society

Learn about the role of alcohol and other drugs in society and how to support healthier communities.

- January 19, 2027 – March 21, 2027
- Online, self-paced (no class meetings)
- 8 Weeks

IMPORTANT DEADLINES – FIRST 8-WEEK CLASS

Become an REI student by this date:	November 11, 2026
Complete college application with your REI advisor, matriculation steps, and Human Services phone interview by this date:	November 25, 2026

SECOND 8 WEEKS
Starts March 29, 2027

Live Online Classes!

HS 120 – Human Development in the Social Environment

Explore human growth and development across the lifespan and its impact on individuals and communities.

- March 29, 2027 – May 26, 2027
- Tuesdays, 6:00 PM – 8:50 PM
- Online live-stream | 8 Weeks

HS 177 – Family Dynamics of Addiction & Abuse

Learn about the impact of addiction and abuse on families and explore supportive strategies.

- March 29, 2027 – May 26, 2027
- Wednesdays, 6:00 PM – 8:50 PM
- Online live-stream | 8 Weeks

IMPORTANT DEADLINES – SECOND 8-WEEK CLASSES

Become an REI student by this date:	February 12, 2027
Complete college application with your REI advisor, matriculation steps, and Human Services phone interview by this date:	February 26, 2027

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OC health CARE AGENCY

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(714) 244-4322

www.PCREI.org

Seats fill fast and are not guaranteed.
You must complete all enrollment steps, but completion does not ensure enrollment. We offer classes year round — Spring, Summer and Fall!

Pacific Clinics
Recovery Education Institute

What the HEALTH?

Health Awareness @ REI

Student Spotlight Series

STUDENT-LED HEALTH EDUCATION WORKSHOPS
PRESENTED BY COMMUNITY HEALTH WORKER STUDENTS

Join us for the **What the Health? Student Spotlight Series**, a special **Health Awareness @ REI** event showcasing Community Health Worker students as they present engaging one-hour health education workshops. Explore a variety of health and wellness topics, discover valuable community resources, and gain practical tools to support healthier lives. Celebrate student achievement while learning information that can benefit individuals, families, and communities.

EVENT DETAILS

DATE(S)
November 2 - November 13

TIME
See November Workshop Calendar for Details

LOCATION
In-Person @ REI
401 S. Tustin St., Bldg. B
Orange, CA 92866

Workshop Topics May Include:

- PHYSICAL HEALTH
- MENTAL WELLNESS
- NUTRITION & HEALTHY LIVING
- CHRONIC DISEASE PREVENTION
- COMMUNITY RESOURCES
- And More

To Register Call
714-244-4322

Email
ocrei@pacificclinics.org

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RECOVERY EDUCATION INSTITUTE

Pacific Clinics

JOIN TEAM REI @ NAMI WALKS OC

SATURDAY, NOVEMBER 14, 2026

7:00 a.m. - 11:30 a.m.



Walk Location:
Angel Stadium
2000 E Gene Autry Way,
Anaheim, California 92806

Scan the QR code or use the link below to join or support our team!

https://www.namiwalks.org/teams/85938

Contact us at :
Recovery Education Institute
714-244-4322
ocrei@pacificclinics.org
www.pcrei.org

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FALL 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

Aug. 17 - Dec. 10 | 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)

Aug. 18 - Dec. 10 | | 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

Aug. 18 - Dec. 8 | 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 BASICS

This once-a-week 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. **Students may enroll in either the weekly Monday or weekly Wednesday class but not both.**

MONDAY CLASS:
Aug. 17 - Dec. 7 | Mon. | 5:30 p.m. - 7:30 p.m.

WEDNESDAY CLASS:
Aug. 19 - Dec. 9 | Wed. | 4:30 p.m. - 6:30 p.m.

STUDIO ART

Aug. 21 - Dec. 11 | 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
Seats are limited and a waitlist is available for filled classes

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OC health CARE AGENCY

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Pacific Clinics
Recovery Education Institute

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.



Register Today!

Event Date:
Thursday, November 19th
6:00pm-8:00pm

Save the Date:

Thursday, March 25th
6:00pm-8:00pm

Event is Open to the Community
Scan the QR Code to register

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

714-244-4322

ocrei@pacificclinics.org

pccrei.org

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