

Recovery Education’s Spring Semester 2025

Boston University College of Health & Rehabilitation Sciences: Sargent College
Center for Psychiatric Rehabilitation



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Recovery Education Program’s Spring 2025 Semester

IMPORTANT DATES

Course Registration	Monday, December 2nd – Friday, December 13th
Confirmation Emails/Letter	Friday, January 17th
First Week of Classes/Activities	Tuesday, January 21st
Last Week of Classes/Activities	Friday, April 18th
Spring Break: Center Closed, No Classes/Activities	Monday, March 3rd- Friday, March 7 th
Additional Days: Center Closed, No Classes/Activities	Monday, February 17th: Presidents Day Monday, April 14th: Patriots Day

ABOUT US

The Recovery Education Program at the Center for Psychiatric Rehabilitation is an adult education program that offers students the opportunity to choose a range of wellness courses to support their rehabilitation and recovery efforts. This program is designed to strengthen and broaden the student’s knowledge of the physical, intellectual, emotional, spiritual skills, supports and practices that will enhance their readiness for personal change and role recovery. Our semesters are a combination of in-person and virtual classes.

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Important Information

Q: How do I apply to the Recovery Education Program?

A: You will need to complete [New Student Application](#) that includes a Medical/Psychiatric Information Form. Please return the packet to Program Administrator Services Division, fax (617-353-7700) or email it to amiras@bu.edu

Q: What are the requirements to participate in the Recovery Education Program?

A: Interested individuals must apply to the program, provide mental health condition documentation, be willing to use an educational environment to foster their recovery, submit medical records and provide documentation of COVID 19 vaccines and boosters. We follow Boston University guidelines which students **must complete a COVID-19 initial vaccination series and a COVID-19 booster shot** for both "In-Person" and "Virtual" Classes.

Q: What is the difference between in-person classes, virtual classes?

A: **In-Person Classes** are classes where student and staff are physically at the Center. You will need to register for these classes. We ask that you make the commitment to be in that class weekly. **Virtual Classes** are classes where student and staff can join from the comfort of their own home or another environment. Zoom is the platform we use, and you will need to register for these classes. We ask that you make the commitment to be in that class weekly. Participants are expected to attend virtual classes with their camera on (unless they need to take a break) and dress as if attending physically at the Center.

Q: How do I register for classes or activities?

A: You must have submitted a [New Student Application](#) to attend the Recovery Education Program. After you have enrolled, you will need to complete a class registration form, which is located on our website. If you need assistance registering for classes, please call or email Amira Sheikh
Email: amiras@bu.edu

Q: Will there be a class limit for virtual classes, activities or workshops this semester?

A: There will be class limits for in-person and virtual classes; all students are encouraged to register for drop-in activities as well.

Q: What do I do if I am unable to attend my class?

A: Contact your instructor, or you can leave a message at the front desk (617) 353-3549.

Q: Where is the Center located?

A: The Center is located at 940 Commonwealth Ave. Boston 02215, but our entrance is located on Pleasant Street. If you are taking public transportation, take the [Green B-Line](#) Outbound, and get off at the Babcock Street stop. If you drive, there is meter parking out in front of the Center, free parking further along Pleasant Street and a parking garage at The [Agganis Arena](#) that charges hourly.

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How to Register

Registration for In-Person Classes, Virtual Classes, and Virtual Drop-In Activities

Registration form:

1. Click the link above; you will be directed to a form.
2. Fill out your contact information
3. Check the boxes of the in-person classes, virtual classes, or drop-in activities you wish to take.
4. Click Submit. You will receive a copy of your registration form by email after you submit.
5. We follow Boston University guidelines for vaccination status, which is currently the initial shots and one booster. This is required by all students, regardless if the class is "In-Person" or "Virtual"

Class Limits:

In-Person Classes: Students can select up to 5 "In-Person" classes. These classes will take place at the Center.

Virtual Classes: These classes will take place virtually on Zoom, login information will be provided with email confirmation.

Drop-In Activities: These activities do not count against your selected classes and are offered through Zoom and in-person. You can drop into these activities at any point during the semester, but registration is **STRONGLY** suggested.

In-Person Location: Here at the Center, we have three primary classrooms setting. The Large Conference Room (**LCR**) located on the 2nd floor, The Computer Classroom (**CC**) located on the 1st floor, and the Recovery Conference Classroom (**RCC**) also located on the first floor.

Virtual Meeting ID: Zoom Room information will be provided after you received confirmation for your virtual classes.

If you have questions or would like to register, please email Amira Sheikh at amiras@bu.edu

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Monday (Virtual)	Tuesday (In-Person)	Wednesday (Virtual)	Thursday (In-Person)	Friday (Virtual)
	10:15 -11:45 Supported Fitness GymIt with Lenny, Garrett, and Petra		9:00-10:00 Book Club LCR with Petra and Kathryn	
	10:30 -11:30 Social Media CC with Derek and Charles		10:15 -11:45 Supported Fitness GymIt with Lenny, Garrett, and Petra	
11:00-12:00 Chess Zoom with Petra and Charles	12:00- 1:00 Blue Zone Recovery through Nutrition RCC with Garrett and Ali		10:15 -11:45 Navigating Dating and Relationships in Recovery LCR with OT Students	
	12:00- 1:00 Bi-monthly Social Activities		12:00- 1:00 Staff Meeting	
	1:15- 2:15 Wisdom in Aging 2 LCR with Derek, Garrett, and Kathryn		1:15- 2:15 Theater and Comedy for Enhanced Communication LCR with Gary and Derek	
1:00- 2:00 Advanced Reiki 2 Zoom with Gary and Deb	1:15- 2:15 Building Self Esteem & Confidence RCC with Gary, Danielle and Bill	1:15- 2:15 Laughter Yoga Zoom with Deb	1:15- 2:15 The Relaxation Response: Mind/ Body/ Health RCC with Elynn and Bill	12:30- 1:30 Healthy DOSE: Positive Brain Health Zoom with Elynn and Bill
	2:30- 3:30 Hero's Journey; Spiritual Edition LCR with Gary, Ali, and Kathryn		2:30- 3:30 Embracing Loss with Breathing LCR with Derek and Lenny	
	2:30- 3:30 Choosing and Getting a Job/ Volunteering LCR with Louise and Lenny		2:30- 3:30 Developing a Resilient Mindset RCC with Gary and Louise	
	3:45- 5:00 Reiki 2 LCR with Gary and Deb		3:45- 5:00 Jump into Mural Making LCR with Adrienne, Louise, and Danielle	
	3:45- 5:00 Open Mic with Community Singing RCC with Derek and David		3:45- 5:00 Training in Peer Support RCC with Garrett, Ali, and Viesia	

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In-Person Classes/Activities

Tuesdays and Thursday 10:15 -11:45

Supported Fitness

GymIt with Lenny, Garrett, and Petra

Building fitness plays an important role in maintaining our physical health. Our physical health is a critical foundation in our recovery, especially as we age. This class will take place at GYMIT-the small gym right around the corner from the Center twice a week. You will have the opportunity to use the fitness equipment including: treadmills, bikes, rowers, and stair climbers as well as weights and stretching area. This will be a "start at your own pace" and you will exercise independently with supportive staff exercising alongside of you!!

Come join us to build your strength, cardiovascular fitness, and flexibility.

Students have the option to select the Tuesday Support Fitness, the Thursday Support Fitness or both

Tuesdays 10:30 -11:30

Social Media

CC with Derek and Charles

Many of us feel overwhelmed by the speed of technological innovation and the variety of technologies and tools that exist today. Yet, these technologies are becoming increasingly accessible and user-friendly, even to the most techno-phobic of people. People of all ages are online and exploring the world of digital communication. Some of the more popular characteristics of social media are how connections can be made and information shared with greater ease than ever before. Come learn how to network and share ideas with old and new friends and family. Come learn to use the internet for support through Facebook, Instagram, live online chats, and other technologies. Blogging, podcasting, and sharing digital videos via YouTube are other ways we will explore to connect with our families, friends, and colleagues.

Tuesdays 12:00- 1:00

Blue Zone Recovery through Nutrition

RCC with Garrett and Ali

Food is a form of personal medicine if we eat in ways that help us heal and thrive. This class is about using our senses and making informed choices that support our physical, mental, emotional, and social health. This class is for beginners or pros and will add the power of nutrition know-how to your wellness toolbox. Research has shown blue zones (places where people on average live the longest) emphasize community, strong relationships, food and healthy lifestyle choices. This class will also explore the practices these 5 places have in common. We will take virtual tours of the Blue Zones and discuss some of the unique aspects of each, as well as a field trip to local grocery stores.

Tuesdays 1:15- 2:15

Wisdom in Aging 2

LCR with Derek, Garrett, and Kathryn

This class is open to anyone and will build upon the Wisdom class we ran in the Summer of 2024. We will continue to investigate the pleasurable and/or painful connections between our physical, emotional, social, and spiritual lives, with our thoughts, behaviors, and actions. This experiential knowledge is the powerful Wisdom that supports us in all areas and as we age. The class will explore a variety of lessons and tools for improving our physical, emotional, social, cognitive, and spiritual wellbeing.

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In-Person Classes/Activities

Tuesdays 1:15- 2:15

Building Self Esteem & Confidence

RCC with Gary, Danielle and Bill

Self-esteem is foundational to all aspects of life. Building and maintaining the skills of self-esteem is a continuous process that impacts all domains of wellness. This class will teach a range of interpersonal and personal strategies to enhance your self esteem. This is a class with lots of practice!

Tuesdays 2:30- 3:30

Choosing and Getting a Job/ Volunteering

RCC with Louise and Lenny

This class is for anyone who is interested in choosing and getting work (paid or volunteer). The skills students will learn by the end of the semester include: identifying work values, choosing a work goal, exploring work opportunities, developing a skills resume, applying to online roles, writing and uploading cover letters, informational interviewing, and job interviewing skills. This class will involve a lot of in class practice and use of computers.

Tuesdays 2:30- 3:30

Hero's Journey; Spiritual Edition

LCR with Gary, Ali, and Kathryn

The heroes of ancient myths and current books and movies follow the same pattern as individuals who face very challenging life circumstances and engage in the recovery process i.e. a call to adventure, seeking help from a mentor, overcoming obstacles, solving problems, and creating a new, purposeful life. These journeys are often filled with spiritual awakenings that bring inner peace through a sense of interconnectedness with people, community and nature. This course will help identify how these universal heroic themes apply to our own lives and the role spirituality can play in supporting our health and well-being. In turn we will take our own spiritual journey guided by these themes.

Tuesdays 3:45- 5:00

Open Mic with Community Singing

RCC with Derek and David

Do you love music? Song? Performance? Anyone who wishes to perform, a song, a poem or a piece of music can come along, sign in and join the session. This is for students who wish to try performing together and/or in front of our supportive audience. Come grow as musicians, singers and performers in a safe place with very cool people. All styles of music and song are welcome. There will be time allotted for group and solo performances and, if there is, for accompaniment and some jamming. Bring your instruments; bring your ideas and bring your enthusiasm. Above all bring your authentic musician self. As Frank Zappa said, "Information is not knowledge. Knowledge is not wisdom. Wisdom is not truth. Truth is not beauty. Beauty is not love. Love is not music. Music is THE BEST."

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In-Person Classes/Activities

Tuesdays 3:45- 5:00

Reiki 2

LCR with Gary and Deb

Add power and versatility to enhance your Reiki skills with three specific practical techniques: Learn to intensify the Reiki energy, use Reiki to effectively work through strong feelings and emotions, and discover how to heal from a distance. These tools to your Reiki practice are also important tools to recovery.

A prerequisite to this course is a completion of Reiki 1 training

Thursdays 9:00-10:00

Book Club

LCR with Petra and Kathryn

If you love to read or just want to get started reading for pleasure, this class is for you. We read a myriad of books throughout the semester and once a week we get together and discuss them. Students are encouraged to offer their own books that will be put on the list and voted on. This is a fun and relaxing class where everyone's opinion and interpretation of the book is valued and appreciated.

Thursdays 10:15 -11:45

Navigating Dating and Relationships in Recovery

LCR with OT Students

This class is for anyone who is interested in exploring dating, is already dating, or is in a relationship but would like to learn some new skills in this area. In this class, we will explore the benefits and challenges of relationships, forming close connections with others, asking someone on a date, flirting, and reacting to and coping with rejection. We will also introduce skills for developing and maintaining intimate relationships including defining healthy relationships and exploring emotional closeness, readiness for physical intimacy, and compromise and conflict resolution. While this course will focus on social skills as they pertain to dating, many of the skills covered can be used to help improve other relationships in your life, such as those with family and friends.

Thursdays 1:15- 2:15

Theater and Comedy for Enhanced Communication

LCR with Gary and Derek

Theater is communication in dramatic form. At its core, theater is about connection, teamwork, and empathy. The goal of this class is to use acting and voice exercises to enhance communication skills for use in everyday life. Regardless of your previous experience with theater, this class offers the opportunity to build self-confidence, uncover different parts of yourself, and connect with fellow students. We will work as a team to write our own short play. We will collaboratively decide how we want to perform our play, whether just for ourselves or for others. Together, we will create a brave, supportive, and judgment-free environment in which to discover all that theater has to offer.

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In-Person Classes/Activities

Thursdays 1:15- 2:15
The Relaxation Response: Mind/ Body/ Health
RCC with Elynn and Bill

In this class, we will learn how to elicit the "relaxation response", the body's way to counteract the serious effects of stress. We will study "The Relaxation Revolution: The Science and Genetics of Mind Body Healing" to increase calm and enhance our well-being. We'll focus on self-care techniques, the role of positive thoughts, nutrition, restorative sleep, and meditation. No experience necessary.

Thursdays 2:30- 3:30
Embracing Loss with Breathing
LCR with Derek and Lenny

This course is designed to support you in developing your skills when living with loss. The focus will be on your strengths and resiliency and how you use them to construct and reconstruct the narrative of your life. You will be encouraged to identify your own grieving styles; understand the various models of grief and loss; learn strategies to transcend and embrace your experience of loss; understand how to create space and find meaning through loss. We experience loss in different ways that result from a variety of changes throughout our lives. We shall be using extended periods of Breathing Meditations to contact, stay in touch and ultimately dissolve any unwanted aspects of the losses we have experienced in our lives.

Thursdays 2:30- 3:30
Developing a Resilient Mindset
RCC with Gary and Louise

As adults we have already formed well established mindsets-- attitudes or ways of thinking. The mindsets we bring to our challenges and stressors determine whether we perceive them in a positive or negative manner. A resilient mind is able to quickly and easily change an existing mindset to improve one's mental outlook. This class will explore how our mindset affects our experiences and learn ways to adopt mindsets which allow us to deal with difficult life situations with calmness, strength, and resiliency.

Thursdays 3:45- 5:00
Jump into Mural Making
LCR with Adrienne, Louise, and Danielle

We have a fantastic opportunity to create art together to make the Center more beautiful. This class will build project planning, teamwork, and communication skills as we work as a group. Don't worry if you have never picked up a paintbrush! Everyone has significant roles to perform. Some topics will include personal narratives, art techniques, proposal drafting, receiving feedback, executing a large project, and reflection. All are welcome.

Thursdays 3:45- 5:00
Training in Peer Support
RCC with Garrett, Ali, and Viesia

Many people in recovery are seeking meaningful work in the field of recovery. A Peer Specialist is a person in recovery who uses his or her life experiences as a roadmap to help others in recovery. Join us to learn about the Peer Specialist role and learn/ practice the skills of providing mutual support. We will use material provided by the Kiva Center, which runs the certification process in Massachusetts. This class can prepare you if you choose to apply to the Certified Peer Specialist training program.

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Virtual Classes/Activities

Mondays 11:00-12:00

Chess

Zoom with Petra and Charles

In this class we meet on zoom and use Lichess.org platform to play the game of chess. Whether you are a novice or an advanced player, all are welcome. We will play the game and discuss the moves during the game so that all of us will get better understanding of the game. It's a great way to socialize and think logically. It is a good brain workout!

Mondays 1:00- 2:00

Advanced Reiki 2

Zoom with Gary and Deb

This advanced Reiki class will allow students to apply the skills learned in Reiki 2 (empowering, addressing emotional issues, distance healing) to promote calmness, decreased physical discomfort, and an overall sense of well-being for themselves and others. Related healing modalities will also be practiced. Completion of Reiki 1 and Reiki 2 training is a prerequisite of this course.

Wednesdays 1:15- 2:15

Laughter Yoga

Zoom with Deb

Laughter is fun, playful, and provides a way to connect socially, while uplifting your mood. Laughter is also an exercise: this class will teach you skills of laughter yoga and provide time to practice breathing exercises, stretching, and dancing to fun songs. These skills will support your overall wellbeing.

“Laughter is America's most important export.” – Walt Disney

Fridays 12:30- 1:30

Healthy DOSE: Positive Brain Health

Zoom with Elynn and Bill

In this class, we'll improve our brain health as we produce a healthy D.O.S.E. of dopamine, oxytocin, serotonin, and endorphins. We'll practice creativity together with artwork, music, humor, singing, and light journaling. And we'll continue to read about the scientific evidence and tremendous hope of neuroplasticity

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