

Recovery Education's Fall Semester 2025

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



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Recovery Education Program's Fall 2025 Semester

IMPORTANT DATES

| | |
|--|---|
| Course Registration | Tuesday, August 5th - Friday, August 29th |
| Confirmation Emails/Letters | Friday, September 5th |
| First Week of Classes/Activities | Tuesday, September 16th |
| Last Week of Classes/Activities | Thursday, December 11th |
| Thanksgiving Week: Center Closed, No Classes/Activities | Monday, November 24th Friday, November 28th |
| Additional Days: Center Closed, No Classes/Activities | Monday, October 13th: Indigenous Peoples' Day Tuesday, November 11th: Veterans 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 students' knowledge of the physical, intellectual, emotional, and spiritual skills, supports, and practices that will enhance their readiness for personal change and role recovery.

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Important Information

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

A: You will need to complete a [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 klineha2@bu.edu

Q: What are the requirements for participating in the Recovery Education Program?

A: Interested individuals must apply to the program, provide documentation of their mental health condition, be willing to use an educational environment to foster their recovery, submit medical records, and be willing to consider participation in program evaluation research.

Q: Can you tell me more about the Recovery Education Program?

A: Although we do everything in our ability to accept all interested individuals, enrollment is limited due to our space considerations. Classes are held on Tuesdays and Thursdays. Courses are offered on a trimester schedule: September – December (fall), January – April (spring), May – August (summer) for more information, please contact Kai Linehan at (617) 353-1124 or klineha2@bu.edu

Q: How much does the Recovery Education Program cost?

A: The courses offered at the Center are free to all of our students.

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 Kai Linehan
Phone: (617) 353-1124
Email: klineha2@bu.edu

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

A: There will be class limits for classes; all students are encouraged to register for drop-in activities as well. Students are encouraged to register for no more than five classes.

Q: What do I do if I cannot attend my class?

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

Q: Can I add and/or drop a course?

A: Students may join the waitlist for classes that are already at capacity. Should a spot open up, you will receive an update to your class schedule. Students may drop classes by contacting their instructors and the administrative manager

Q: Where is the Center located?

A: The [Center is located at 940 Commonwealth Ave. Boston 02215, but our entrance is 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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Class List

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In-Person Classes

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How to Register

Registration for In-Person Classes~~≠~~

Registration form:

1. Click the link above to be directed to a form.
2. Fill out your contact information
3. Check the boxes of the in-person or drop-in activities you wish to take.
4. Click Submit. You will receive an email copy of your registration form after you submit it.

Class Limits:

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

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

In-Person Location: The center has three primary classrooms: the large conference room (**LCR**) on the 2nd floor, the computer classroom (**CC**) on the 1st floor, and the recovery conference classroom (**RCC**) on the 1st floor.

If you have questions or would like to register, please email Kai Linehan at klineha2@bu.edu

Recovery Education's Fall Semester 2025

| Monday | Tuesday (In-Person) | | Wednesday | Thursday (In-Person) | | Friday |
|--------|--|---|-----------|--|---|--------|
| | 9:00 - 10:00 Taoist Yoga / Chair-Accessible Yoga LCR with Derek and Petra | | | 9:00 - 10:00 Book Club LCR with Petra and Kathryn | | |
| | 10:15 - 11:45 Walking for Wellness Outside with Lenny and Garrett | | | 10:15 - 11:45 Walking for Wellness Outside with Lenny and Garrett | | |
| | | 10:30 - 11:45 Hopeful and Healthy Living LCR with Derek, Gary, and Kathryn | | | 10:45 - 11:45 Theatre and Comedy for Enhanced Communication LCR with Derek and Gary | |
| | 12:00 - 1:00 Lunch Hour | | | 12:00 - 1:00 Staff Meeting | | |
| | 1:15 - 2:15 Resiliency Skills for Recovery LCR with Ali and Garrett | 1:15 - 2:15 WHAM: Exploring the 8 Dimensions of Wellness RCC with Kathryn, Lenny, and Louise | | 1:15 - 2:15 Laughter Yoga LCR with Deb and Louise | 1:15 - 2:15 Mind/Body Health - Benson's P.A.R.T. Program RCC with Elynn and Bill | |
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| | 2:30 - 3:30 Dance Around the World LCR with Derek and Ali | 2:30 - 3:30 Sports Lessons for Recovery RCC with Garrett and Petra | | 2:30 - 3:30 ACTing on our Values LCR with Ali, Danielle, and Garrett | 2:30 - 3:30 Reiki 2 RCC with Gary and Deb | |
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| | 3:45 - 5:00 The Art of Initiating Conversation LCR with Gary and Lenny | 3:45 - 5:00 Open Mic / Community Singing RCC with Derek and David | | 3:45 - 5:00 Open Art Studio LCR with Derek and Danielle | 3:45 - 5:00 The Power of Yet: A Healthy Mindset with Music RCC with Elynn and Bill | |
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Recovery Education's Fall Semester 2025

In-Person Classes/Activities

Taoist Yoga / Chair-Accessible Yoga

Tuesdays 9:00 - 10:00 am

LCR with Derek and Petra

This course in Taoist Yoga is open to everyone and involves holding simple postures, which can be done while seated in a chair. Altogether, it makes a unique practice allowing you to circulate fluids and build energy without overstretching your muscles and tendons. Overstretching can do more harm than good when it creates tension in the body, whereas relaxation is essential for health and longevity. Taoist Yoga, incorporating Taoist Breathing, helps us to relax from inside the body rather than stretching outside with the muscles. An important difference that will produce health and longevity.

Walking for Wellness

Tuesdays 10:15 - 11:45 am

Outside with Lenny and Garrett

Walking is an excellent form of exercise that contributes to a healthy mind, body, and heart. A physically active lifestyle creates a longer and more productive life, lowers stress, and provides a better quality of life. In this class, we will be walking in the community with peers. The class is for everyone who would like to walk while having the opportunity to walk at their own pace.

Everyone is encouraged to bring water bottles, sneakers, a hat, and light clothing. Make sure to apply your sunscreen!

Students have the option to select the Tuesday Walking for Wellness, the Thursday Walking for Wellness, or both

Hopeful & Healthy Living

Tuesdays 10:30 - 11:45 am

LCR with Derek, Gary, and Kathryn

The Hopeful and Healthy Living class was designed for people over 50 to promote healthy aging. It focuses on building new social skills and thinking strategies to promote social connections, participation in healthy living activities like eating, exercising, and sleeping, and participation in healthy leisure activities. This interactive class provides support for you to develop your own healthy aging goals and opportunities to practice new skills through games, role plays, and group discussion.

Resiliency Skills for Recovery

Tuesdays 1:15 - 2:15 pm

LCR with Ali and Garrett

Recovery is a journey that requires strength, self-awareness, and support. This class teaches some of the tools often used in Dialectical Behavior Therapy (DBT) to help us build resiliency skills that will build connection, lessen distress in relationships and help us weather the challenges that life can throw at us. Together, we will explore practical techniques like mindfulness, emotion regulation, distress tolerance, and healthy communication skills. Through group discussions and hands-on activities and skill practice, we'll learn how to respond to life's challenges with greater balance and confidence. This class is open to everyone, whether you have tried these approaches before or looking to refresh and strengthen your resiliency skills.

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In-Person Classes/Activities

WHAM: Exploring the 8 Dimensions of Wellness

Tuesdays 1:15 - 2:15 pm
RCC with Kathryn, Lenny, and Louise

In this class, you will go into depth about the 8 Dimensions of Wellness—emotional, physical, social, spiritual, environmental, intellectual, occupational, and financial. You will learn how you can use them to balance your life, enhance your wellness, and find new perspective. We will be using activities such as creating a timeline of significant life events, a values exercise, and creating a “menu” of stress coping skills as well as one of self-care skills.

We will also use guided meditations and class discussions, including about resilience and reframing. We will be journaling with prompts related to topics already mentioned, and how they tie into the 8 Dimensions of Wellness. This course draws inspiration from the Whole Health Action Management (WHAM) model, which supports wellness through peer-based planning, goal-setting, and self-empowerment.

Dance Around the World

Tuesdays 2:30 - 3:30 pm
LCR with Derek and Ali

Let's travel together through rhythm, movement, and joy. This class celebrates cultural traditions from around the world through dance—no experience required. Each week, we'll explore a different style or region, moving together in a way that honors our bodies and our stories. Dancing can uplift the spirit, strengthen our bodies, and connect us to others. You can choose to dance seated or standing, move big or small, follow along, or find your own flow. Come dance with us and discover how cultures across the globe express wellness, identity, and celebration through movement.

Sports Lessons for Recovery

Tuesdays 2:30 - 3:30 pm
RCC with Garrett and Petra

Athletes train more than their bodies—they train their minds and their hearts. In this class, we'll look at how sports can teach us lessons that apply to recovery: teamwork, persistence, confidence, goal-setting, and how to bounce back from setbacks. Whether you played sports growing up, enjoy watching from the sidelines, or just like to move your body, this class invites you to reflect on how movement, motivation, and identity shape our growth. Through group discussions and hands-on activities, we'll apply the wisdom of sports to our own lives and wellness journeys.

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In-Person Classes/Activities

The Art of Initiating Conversation

Tuesdays 3:45 – 5:00 pm

LCR with Gary and Lenny

Do you ever wonder how to start a conversation—or how to keep one going? This class explores the science and art of communication, especially for people who find conversations tricky or stressful. Using tools from research and the book *Talk: The Science of Conversation and the Art of Being Ourselves*, we'll look at why connection matters and how to build it in everyday life. We'll practice starting, sustaining, and gracefully ending conversations in a way that feels authentic and empowering. Through role plays, group discussion, and gentle guidance, we'll develop practical skills for real-world connection.

Open Mic / Community Singing

Tuesdays 3:45 - 5:00 pm

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."

Book Club

Thursdays 9:00 - 10:00 am

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.

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In-Person Classes/Activities

Theatre and Comedy for Enhanced Communication

Thursdays 10:45 - 11:15 pm
LCR with Gary and Derek

Theater is communication in dramatic form. At its core, theater is about connection, teamwork, and empathy. This class aims 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.

Laughter Yoga

Thursdays 1:15 - 2:15 pm
LCR with Deb and Louise

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

Mind/Body Health - Benson's P.A.R.T. Program

Thursdays 1:15 - 2:15 pm
RCC with Elynn and Bill

We will discover one of the best mind/body programs in the world: the P.A.R.T. program: Positivity and Resilience Training from the MGH/Harvard Herbert Benson Institute for Mind/Body Health. Using the official P.A.R.T. manual, we'll study the importance of quieting our nervous system to increase peace of mind and energy. The "relaxation response" helps us stay in the moment and deal effectively with the stress of modern day. We'll focus on the 4 pillars of mind-body health: mindfulness, nutrition, refreshing sleep, and exercise/movement as well as the role of positive thoughts, humor, and more. No experience necessary.

ACTing on our Values

Thursdays 2:30 - 3:30 pm
LCR with Ali, Danielle, and Garrett

What really matters to you? What kind of life do you want to build? This class introduces Acceptance and Commitment Therapy (ACT), a mindfulness-based practice that helps us align our daily actions with our deepest values—even when life feels challenging. Together, we'll explore how to accept our thoughts and emotions, become more present in our lives, and commit to meaningful steps forward. Through reflection, discussion, and experiential exercises, you'll gain tools to live with greater clarity, purpose, and resilience. Whether you are new to this approach or seeking to deepen your practice, all are welcome.

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In-Person Classes/Activities

Reiki 2

Thursdays 2:30 - 3:30 pm
RCC with Gary and Deb

Completion of Reiki 1 training is a prerequisite to registering for this class. This class will be a continuation of your Reiki practice by building off the Reiki 1 class, developing your distance healing, empowering energy, mental, and emotional healing, and practicing Reiki clinic interviews.

Open Art Studio

Thursdays 3:45 - 5:00 pm
LCR with Derek and Danielle

These sessions are an opportunity to experience an Open Art Studio environment where people work in each other's company, share ideas, give and accept feedback. When we share our work with others and hear their positive, sometimes surprising, observations, it encourages us to look at our work from a different perspective. We gain ideas from other people's work and that may affect the choices we make for our own art. We may take the time to look at works of art and expand our own ideas. Subjects, such as portrait, landscape, color, perspective, abstract, and so on, will be suggested from time to time. This class is open to all.

The Power of Yet: A Healthy Mindset with Music

Thursdays 3:45 - 5:00 pm
RCC with Elynn and Bill

The Power of Yet, is a strategy for hope and resilience. We change our mindset from: "I can't do this!" to "I can't do this yet". Dr. Carol Dweck founded this Growth Mindset more than 40 years ago. We'll learn how to use her amazing work to increase our flexibility in the ways we think about ourselves and our unique gifts and abilities. Using music (our favorite songs and artists), we'll develop more flexibility in our thinking. This gives us permission to make mistakes, to engage our curiosity, and to foster a greater sense of hope.

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