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## Recovery Education Program's Fall 2020 Semester

### IMPORTANT DATES

Course Registration:	Monday, August 9 – 14
Course Confirmation Letters Sent Out:	Friday, September 4
First Week of Virtual Classes/Activities:	Monday, September 14 – 18
Last Week of Virtual Classes/Activities	Monday November 30 - Friday, December 4
Session 1 of In-Person Workshops:	September: 15, 17, 22, 24, 29 October: 1, 6 & 8
Session 2 of In-Person Workshops:	October: 13, 15, 20, 22, 24, 29 November: 3 & 5
Session 3 of In Person Workshops:	November: 10, 12, 17, 19, 24 December: 1 & 3
Thanksgiving Break:	Wednesday, November 25 – 27
Center Closed:	Columbus Day: October 12 Veterans Day: November 11 Thanksgiving: November 26

### 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 support their rehabilitation and recovery efforts. This program is designed to strengthen and broaden the student's knowledge of the physical, intellectual, emotional, spiritual 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 Student Application Packet which includes a Medical & Psychiatric Information Form, e-mail, mail or fax the packet to Stephanie Ewing at [stephc13@bu.edu](mailto:stephc13@bu.edu) or 617-353-7700 or 940 Commonwealth Ave. Boston, MA 02215. After receipt of all forms, you will be contacted to arrange a short meeting and tour of the Center. The application is available [here](#) on our website.

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

**A:** Interested individuals must apply to the program, provide documentation of a mental health condition, be willing to use an educational environment to foster their recovery, submit medical records, receive physician approval to participate in any of our Physical Fitness Classes, be willing to consider participation in program evaluation research.

**Q: Can you tell me more about what programs you offer?**

**A:** Although we do everything in our ability to accept all interested individuals, enrollment for in-person workshops sessions will be limited in size to 5 students and 2 facilitators. We are strongly recommending that students who live with significant health issues do not choose to attend these workshops as your safety is our priority. All students who come will be asked to sign an attestation that they understand the needed health behaviors of health screening, face masks and hand sanitizing.

There will be three 4-week Workshops sessions and they will be held on Tuesdays and Thursdays.

Virtual Classes and Activities will be offered on Monday – Friday through zoom. For more information, please contact Stephanie Ewing at (857) 337-5303 or [stephc13@bu.edu](mailto:stephc13@bu.edu)

**Q: What is the difference between virtual class, virtual drop-in activity and a workshop at the center?**

**A: Virtual Class:** is a recovery Education class offered virtually through zoom. You will need to register for these classes, by registering for a class you are making the commitment to be in that class weekly.

**Virtual Drop-in Activity:** is a virtual activity offered virtually through zoom. You can drop into these activities at any point during the semester. You do not need to register for these activities

**Workshop at the Center:** Workshops will be held in person at the center on Tuesdays and Thursdays. Workshops will be three 4-week sessions, these workshops will be limited due to COVID-19 protocols.

**Q: How do I register for classes or workshops?**

**A:** You must be enrolled in the Recovery Education Program to register for classes, activities and workshops. After you have enrolled, you will need to complete a registration form available on the last page of this catalog. Please, send this registration form to Stephanie Ewing by email, text or call to register.

Email: [stephc13@bu.edu](mailto:stephc13@bu.edu) Cell: 857-337-5303

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

**A:** There is no limit to how many virtual classes or activities you can take this semester. There will be a limit for the workshops at the center due to COVID-19 protocols. See page 13 for more information.

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

**A:** Please call the Student Absentee Line at (617) 358-1413 or reach out directly to your instructors.

## Virtual Class & Virtual Drop-in Activity List

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## Virtual Class & Virtual Drop-in Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Coffee & Convo 9:15 – 10:00 Steph	Breathing for Freedom from Anxiety 10:00 – 10:45 Derek	Breathing for Freedom from Anxiety 10:00 – 10:45 Derek	Breathing for Freedom from Anxiety 10:00 – 10:45 Derek	Breathing for Freedom from Anxiety 10:00 – 10:45 Derek
Breathing for Freedom from Anxiety 10:00 – 10:45 Derek	Morning Movement 10:00 – 10:45 Alex V	Book Club 10:00 – 11:30 Marijane & Wendy		Goal Setting 10:00 -11:00 Louise
Goal Setting 10:00 -11:00 Louise		Recovery Support 11:00 – 11:45 Lenny, Bob & Viesia		Morning Sweat 11:00 -11:45 Alex V
		Cook & Taste 12:00 – 12:45 Steph	Weekly Services Staff Check-in 12:00 – 12:45 ZOOM	Exploring Short Fiction & Story Writing 11:00 – 11:45 Mike
Numbers in Our Daily Lives 12:30 – 1:15 Garrett			Reiki 1 1:00 – 2:30 Gary	Gentle Yoga 12:00 – 12:45 Rainer
Embracing Loss 1:00 – 1:45 Derek	Career Support 1:00 – 1:45 Louise	Embracing Loss 1:00 – 1:45 Derek	Career Support 1:00 – 1:45 Louise	Images, Memory & Photography 12:30 – 1:15 Garrett & Lenny
Chess for Beginners 2:00 – 2:45 Gary	Stress Resilience Support Group 2:00 – 3:30 Marjorie	Gratitude Practice for Stress Resilience 2:00 – 3:30 Marjorie	Meditation with Mantra Singing for Stress Resilience 2:00 – 3:30 Marjorie	Laughter Yoga 1:30 – 2:15 Deb
	Conflict Resolution 3:30 – 4:30 Gary	World Music History, Race & You 3:30 – 4:15 Derek	Reiki 2 3:30 – 5:00 Gary	World Music History, Race & You 2:30 – 3:15 Derek
Qigong for Energy 4:00 – 4:45 Derek			Open Studio 4:00 – 4:45 Derek	Open Mic 3:30 – 4:30 Derek

**Virtual Classes are in Green:** You will need to register for these classes, by registering you are making the commitment to be in that class or classes for the entire semester.  
**Virtual Drop-In Activities are in pink:** You are welcome to join these activities at any point during the semester.

## Virtual Classes

### Book Club

Wednesday 10:00 – 11:30

Marijane & Wendy

Not sure if you're a reader? Come join the Book Club and find out. This book club is an opportunity to come together as peers to explore several different books and short stories in a variety of genres. We will begin the semester as a group, deciding on several books' selections. This book club invites everyone to participate in discussions and space is made so everyone can share. Each student can gain access to the Minuteman Library Network, a Boston-wide library system where you can gain access to books from 35 libraries. Any student who loves to read, no matter what your pace or interest, is encouraged to join.

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### Conflict Resolution

Tuesday 3:30 – 5:00

Gary

We encounter conflict every day. How conflict is resolved (or not resolved) has a large impact on the quality of life. In this class you will learn strategies that effectively resolve conflict amicably. Conflict will be viewed in a manner that allows both parties to feel like a positive outcome is achieved. Conflict resolution skills will be practiced (and/or observed through role playing in a relaxed, supportive setting).

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### Embracing Loss

Monday 1:00 – 1:45 & Tuesday 1:00 – 1:45

Derek

*We are all experiencing many losses during these days of the Covid-19 pandemic.*

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. Topic areas include types of loss, new perspectives on grief and loss, positive aspects of loss, using rituals to cope, and finding meaning in loss.

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### Goal Setting

Monday & Fridays 10:00 – 11:00

Louise

Participants will learn about and set their own goals using the SMART technique. Goals will be for one semester and can focus on any aspect of life. On Mondays, each person will choose the next step to focus on during the week. Fridays will be spent checking in regarding this step

## Virtual Classes

### Gratitude Practice for Stress Resilience

Wednesday 2:00 – 3:30

Marjorie, Garrett & Deb

According to numerous research studies, gratitude practice builds mindfulness skills and stress resilience that contribute to a positive and hopeful mindset. Weekly we will be capturing and sharing with each other our gratitude through one or more of the creative arts: writing (songs, poetry, journal entries, or short narratives), photography, collage, painting, and/or drawing.

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### Images, Memory & Photography

Friday 12:30 – 1:15

Garrett & Lenny

Is there an image you remember that has a special meaning to you? Do you like taking photos? Images, Memory & Photography is a class to investigate and share how the images of our lives can hold our memories and change how we see the world. We shall be sharing images, taking pictures and discussing issues of our times. Images can be photo's old and new – family, friends, self-portraits etc. art- drawings, paintings, words, graffiti, coming from local, national or global areas. We shall share their meaning and express our feelings.

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### Meditation with Mantra Singing for Stress Resilience

Thursday 2:00 – 3:30

Marjorie & Deb

A *daily* mindfulness practice, especially meditation, builds stress resilience and furthers recovery. We will practice mantra meditation that can be sung first and then used to slow down and deepen our breathing as well as focus our mind during meditation. Together we will explore our challenges to practicing meditation at home and brainstorm ways to gradually build a short daily practice.

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### Morning Movement

Tuesday 10:00 – 10:45

Alex V, Lenny & Bob

While gyms and recreation centers may be closed for now, that doesn't mean you can't – or shouldn't – get in a good workout. Sticking to a fitness routine will not only benefit you physically, it will also help to keep you mentally focused and your mood elevated. Come join us on Tuesday morning for stretching/yoga with strength and mobility exercises. Open to all levels of fitness!

## Virtual Classes

### **Morning Sweat**

**Friday 11:00 – 11:45**

Alex V, Lenny & Bob

While gyms and recreation centers may be closed for now, that doesn't mean you can't – or shouldn't – get in a good workout. Sticking to a fitness routine will not only benefit you physically, it will also help to keep you mentally focused and your mood elevated. Come join us on Fridays for a mid-morning workout, we will start with 10 minutes of active warm-up/stretching, followed by 30 minutes of HILT training. All bodyweight exercises, focusing on strength, endurance, elevating your heartrate and getting a good sweat on!

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### **Numbers in Our Daily Lives**

**Monday 12:30 – 1:15**

Garrett & Petra

Numbers are important in every language. In this class we will use numbers in a variety of ways: from analyzing which stocks are on the rise to discussing what factors into our decision to live in certain parts of the country, as well as sports and statistics and how we can use numbers to stay healthy. We will talk about a new topic each week. No experience with math is necessary.

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### **Qigong for Energy**

**Monday 4:00 – 4:45**

Derek

As the Winter approaches, we need to prepare for those cold winds and icy sidewalks. We need to be warm inside and internal heat is a common experience of Qigong practitioners. Initially, this heat is result of the increased flow of the body's fluids and eventually it is the result of movement of the body's energy. This can be achieved through postural alignments, dissolving all the tension held in the physical tissues and then by creating a greater flow of energy though soft, continuous movements. Thereby, gifting ourselves with a greater store of energy.



## Virtual Classes

### Reiki 1

Thursday 1:00 – 2:30

Gary

Have you ever wanted to learn an easy and reliable tool for providing yourself and others with relaxation and well-being? Reiki is a fun and effective way to help yourself and others. It is a Japanese mind/body method of healing that has roots in supporting the energy centers of the body and is being increasingly used in hospitals and other health care setting to support the recovery of people from surgery and/or injuries. It can also be used for ongoing health promotion. This class will focus on instructing students in Reiki. Students will learn about the attunement (i.e. connection) and gain extensive practice in giving Reiki to themselves and others as part of the class experience.

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### Reiki 2

Thursday 3:30 – 5:00

Gary

Will be a continuation of your reiki practice by building off Reiki I, honing your distance healing, mentally/emotionally healing and practicing Reiki clinic interviews.

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### Short Fiction Workshop and Exploring Story Writing

Friday 11:00 – 11:45

Mike

The class explores form and method to short fiction writing. Emphasis on impact - word choice and economy, effectively plotting a storyline ... Readings (Hemingway, Thurber and more) as models for aspiring writers. Sharing feedback toward further revision. No experience necessary-, just a desire to play with words.

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### Stress Resilience Support Group

Tuesday 2:00 – 3:30

Marjorie & Deb

We will learn the basics of how to become stress resilient and provide a safe space to weekly share our stressful experiences. By practicing our mindful listening, thinking, and speaking skills, we will support each other identify, challenge and reframe those thoughts that contribute to negative habits that weaken hope and health.

## Virtual Classes

### **World Music History, Race & You**

**Wednesday 3:30 – 4:15**

Derek

In our modern world, music has become ubiquitous. It is everywhere. “Once upon a time” music was for special occasions, celebrations and festivities, spontaneously composed to make daily labour more enjoyable. Music was brought into villages by the travelling poets and musicians such as the Griot of West Africa and the Kyrgyz Manaschi of Turkey. Although, music and song has developed in all these areas, because of colonialism the Eurocentric approach to music has dominated. This group will explore ancient world music and song, how music and song has changed over the millennia, how we “hear” music physiologically and psychologically. We will engage in conversations around American music, how that was divided by “race” during the early 20<sup>th</sup> century and what are the roots of Jazz, Blues, Appalachian, Cajun, and more.

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### **Gentle Yoga** **Friday 12:00 -12:45**

Rainer

Gentle Yoga helps develop or strengthening your yoga practice, can be done on the floor, couch or chair. Let us move within, among, and beyond circumstance through dynamic breath, movement and deep relaxation

## Virtual Activities

### **Breathing for Breathing for Freedom from Anxiety**

**Monday -Friday 10:00 – 10:45**

Derek

Breathing is one of the most direct and simple ways to gain access to your internal world, where you can develop calmness and relaxation. Breathing well can dramatically affect your health and well-being. It affects the functioning of all your internal organs and the flow of fluids around the entire body. Developing a daily practice is the best to achieve these results.

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### **Career Support** **Tuesday & Thursday 1:00 – 1:45**

Louise

Topics discussed will prepare students for volunteer or paid work and will be determined by class participants. Possible topics include career exploration, writing cover letters and resumes as well as interviewing skills.

## Virtual Activities

### **Chess for Beginners**

**Monday 2:00 – 2:45**

Gary

Chess has been one of the most popular games for centuries because it allows the player to use their mind in a fun, creative way. This activity will review the rule of chess in a relaxed, entertaining manner. Students will learn how each piece moves and how to win by checkmating the opponent. Those who already know the rules will further develop skills by learning simple but effective strategies. Games will be played at each session with emphasis on enjoyment and applying acquired Chess knowledge. No experience is required.

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### **Coffee & Conversation**

**Monday 9:15 – 10:00**

Stephanie

Every Monday join us for Coffee & Conversation This is an informal gathering where you can chat, connect and enjoy each other before starting your virtual week. Come join us for a cup a coffee, tea or hot coco. We look forward to seeing you!

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### **Cook & Taste**

**Wednesday 12:00 – 12:45**

Stephanie

A virtual kitchen-based cooking experiences; using the ingredients you have, or they will be given in advance. Over the summer we learned that no matter what we made that week or what ingredients we had, nor being in our own kitchens or skill level, the experience together was one of joy, community and many funny moments! Come join us on Wednesday to explore your kitchen!

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### **Laughter Yoga**

**Friday 1:30 -2:15**

Deb

Laughter is fun, playful and social connecting while uplifting your mood. Laughter is also an exercise, practice breathing exercises, stretching, dancing to fun songs and laughter yoga exercises. “Laughter is America's most important export.” – Walt Disney

## Virtual Activities

**Open Mic**  
**Friday 3:30 – 4:30**  
Derek

These are our own Open Mic Zoom sessions. Anyone who wishes to perform, a song, a poem or a piece of music can come along and join the session. This is for anyone who wish to try performing with a supportive audience. Come and grow as musicians, singers and performers in a safe place (your own home!) with very cool people. All styles of music and song are welcome. Of course, you will be in the comfort and safety of your own space but bring your instruments; bring your ideas and bring your enthusiasm. Above all bring yourself. 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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**Open Studio**  
**Thursday 4:00 – 4:45**  
Derek

Draw and paint together. Chat and laugh while exercising your creative skills. We have found that when we set aside this time, that it allowed us to do those art projects that we meant to do. It's like having an "Art Buddy" or two, or three!

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**Recovery Support**  
**Wednesday 11:00 – 11:45**  
Lenny, Bob & Viesia

This an opportunity for staff, students to come together inclusively as humans, as we navigate our way a global pandemic, social isolation and making sense of our "new" normal., together. We will articulate our goals for healing and wellness.

## RECOVERY EDUCATION IN-PERSON WORKSHOPS AT THE CENTER



### Information about attending Workshops

- Workshops will be held in person at the Center on Tuesdays and Thursdays. We will be following the Centers, Boston University and the States COVID-19 protocols and guidelines.
- Workshops will be three 4-week sessions, these workshops will be limited in size to 5 students and 2 instructors. We are strongly recommending that students who live with significant health issues do not choose to attend these workshops as your safety is our priority. All students who come will be asked to sign an attestation that they understand the needed health behaviors of health screening, face masks and hand sanitizing.
- Students can only take one workshop per day. Students should arrive just prior to their workshop and promptly leave after their workshop.
- Students will be contacted the day before by phone for a COVID-19 screen. Students will be screened prior to entering the Center, asked to sanitize their hands and must always wear a mask while in the Center.

### RECOVERY EDUCATION FALL WORKSHOPS AT THE CENTER

#### Tuesdays

Computer Classroom	Recovery Center Classroom
<b>Zoom 101 (Group A)</b> 10:30 – 11:30 Eric	<b>PhotoVoice Workshop</b> 11:00 – 12:00 Garrett
<b>Computer Skills for the Virtual World (Group A)</b> 1:00 – 2:00 Eric	

#### Thursdays

Computer Classroom	Recovery Center Classroom
<b>PhotoVoice Workshop</b> 11:00 – 12:00 Garrett	
<b>Zoom 101 (Group B)</b> 1:00 – 2:00 Eric	<b>Guided Meditation</b> 1:30 – 2:30 Alex N
<b>Computer Skills for the Virtual World (Group B)</b> 3:00 – 4:00 Eric	

**Computer Skills for the Virtual World**

**Tuesday (Group A) 1:00 – 2:00**

**Thursday (Group B) 3:00 – 4:00**

**Eric**

As we have been discouraged from meeting in the real world, the idea of engaging in activities and pastimes virtually and online has suddenly changed from being a distant tech dream out of a science fiction movie to something which can very much benefit the lives of everyday people right now. From video conferencing and telemedicine to podcasts and video games, technology has much to offer us. In this workshop we will look at a variety of popular technologies which we might find helpful or fun. Among the prospective topics we will cover are:

- Overview of different sound and video calling apps such as Apple's FaceTime, Google Duo, Microsoft's Skype and others.
- Sharing things, such files, pictures, websites or social media posts through email, social media, and cloud storage services.
- Health and Wellbeing Apps for the smartphone such as step-counting apps and nutrition trackers.
- Delivery Apps and Services such Instacart, Amazon Fresh and others.
- Digital Storefronts and distribution systems for video games such as Steam, the Epic Games Store, Apple's App Store, and Google Play.
- How to search app stores or the internet for other applications and programs that interest.

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**Guided Meditation**

**Thursday 1:30 – 2:30**

**Alex N**

Are you interested in building meditation into your life but have had a hard time? Have you always found a strict methodology of "practicing" meditation to not be overly useful? Much like setting aside sometime to meditate each day and then resuming normal patterns afterwards? Since this WOULD be time set aside, how would this make time different? I have always found the best "teachers" in this regard are not people disseminating information but embodying presence themselves. For example, Eckharte Tolle sits with a group of people- he can be present himself and therefore if there is something to say, he says it, but it's not so important what he is saying. That is the message I want to get across in this time, that the present moment is the thing, is always the thing, and is not just the thing during a set aside meditation session.

PhotoVoice Workshop  
Tuesday & Thursday 11:00 – 12:00  
Garrett

Photovoice is all about documenting your experience with a camera and writing about your experience. We will take photos and compose short narratives around the topic we all have on our minds, the pandemic. How has life changed for you? This four-week workshop will focus on everything related to our experience living in this new normal. Expressing ourselves through photos and words can be freeing. With the help of your teachers and classmates we will forge ahead in this supportive and friendly environment at the Center.

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Zoom 101  
Tuesday (Group A) 10:30 – 11:30  
Thursday (Group B) 1:00 – 2:00  
Eric

In order to help protect from the pandemic and slow its spread, we've been asked to social distance ourselves from others. Nonetheless, many of our activities require or are enriched by face-to-face communication. Due to this dilemma, a tool which can provide such face-to-face meetings, the Video Conferencing App *Zoom*, has exploded in popularity and use. For example, we are using *Zoom* for our virtual classes at BUCPR. In this workshop, we will learn to get zoom running on our devices and how to use it. Among the things we will learn are:

- How to install the Zoom App on a smartphone or personal computer so you can send and receive video (no installation is necessary for just sound).
- How to use a smartphone, regular phone, or personal computer to connect to a zoom meeting.
- How to adjust your video and audio settings so you can be seen and heard.
- How to use *Mute* and *Stop Video* if you need a minute or two of privacy.
- How to adjust settings and/or use devices to maximize your sound and video quality.
- How to use the chat feature to type messages
- How to leave Zoom meetings when you need to leave.

Stephanie Ewing, Administrative Manager  
 Recovery Services Division  
 940 Commonwealth Avenue West  
 Boston, Massachusetts 02215  
 857-337-5303  
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## Recovery Education Program Fall 2020 Course Registration Form

**Instructions:** If registering online, fill out info and click submit. If you have questions or would like to register by phone, text or email please contact Stephanie Ewing at 857-337-5303 or [stephc13@bu.edu](mailto:stephc13@bu.edu)

### STUDENT INFORMATION

Name:

[Last Name]

[First Name]

[Nickname]

Address:

[Street]

[Apartment/Suite Number]

[City]

[State]

[Zip Code]

Phone:

[Primary]

[Secondary]

Date of Birth: (xx/xx/xxxx)

Email:

### REGISTRATION FALL SEMESTER

Simply check the box of the classes or activities you wish to participate in. There are no class limits for Virtual Classes or Virtual Activities. If filling out online, click the submit registration and it will be emailed to Stephanie

#### Virtual Recovery Center Classes

<input type="checkbox"/>	Book Club	<input type="checkbox"/>	Conflict Resolution	<input type="checkbox"/>	Embracing Loss	<input type="checkbox"/>	Goal Setting
<input type="checkbox"/>	Gratitude Practice for Stress Resilience	<input type="checkbox"/>	Images, Memory & Photography	<input type="checkbox"/>	Meditation w/ Mantra Singing for Stress Resilience	<input type="checkbox"/>	Morning Movement
<input type="checkbox"/>	Morning Sweat	<input type="checkbox"/>	Numbers in Our Daily Lives	<input type="checkbox"/>	Qigong for Energy	<input type="checkbox"/>	Reiki 1
<input type="checkbox"/>	Reiki 2	<input type="checkbox"/>	Short Fiction Writing	<input type="checkbox"/>	Stress Resilience Support Group	<input type="checkbox"/>	Stress Resilience Support Group
<input type="checkbox"/>	World Music History, Race & You	<input type="checkbox"/>	Gentle Yoga	<input type="checkbox"/>		<input type="checkbox"/>	

#### Virtual Drop-in Activities

<input type="checkbox"/>	Breathing for Freedom from Anxiety	<input type="checkbox"/>	Career Support	<input type="checkbox"/>	Chess for Beginners	<input type="checkbox"/>	Coffee & Conversation
<input type="checkbox"/>	Cook & Taste	<input type="checkbox"/>	Laughter Yoga	<input type="checkbox"/>	Open Mic	<input type="checkbox"/>	Open Studio
<input type="checkbox"/>	Recovery Support	<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	

#### Recovery Education In-Person Workshops at the Center

There is a **1 workshop per day limit** due to COVID-19 protocols in place.  
 Please pick your **top 2 choices by numbering them**. We will try our best to get you into one of your choices during one of the three 4-week workshops during the semester.

<input type="checkbox"/>	Computer Skills for the Virtual World (Group A)	<input type="checkbox"/>	Computer Skills for the Virtual World (Group B)	<input type="checkbox"/>	Guided Meditation	<input type="checkbox"/>	PhotoVoice Workshop
<input type="checkbox"/>	Zoom 101 (Group A)	<input type="checkbox"/>	Zoom 101 (Group B)	SUBMIT REGISTRATION			