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## Recovery Education Program's Summer 2021 Semester

### IMPORTANT DATES

Course Registration:	April 26 – May 14
Student Schedules Letters Emailed:	Thursday, May 27
First Week of Virtual Classes/Activities:	Tuesday, June 1 - 4
Last Week of Virtual Classes/Activities	August 9 - 13
Summer Break:	July 5 - 9
Center Closed:	Memorial Day: May 31 Independence Day: July 5

### 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. Our summer semester will continue to be virtual.

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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.

**Q: What is the difference between virtual classes, virtual drop-in activities?**

**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.

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

**A:** You must be enrolled in the Recovery Education Program to register for classes and activities. 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)

Work Cell: 857-337-5303

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

**A:** There are no class limits for Virtual Classes or Virtual Activities, but we strongly urge students to establish a balanced weekly schedule. Some classes will have class size limits. You will be notified if you are put on a waitlist.

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

**A:** Please text Stephanie at (857) 337- 5303 or 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
Breathing for Freedom from Anxiety 10:00 – 10:45 Derek	Coffee & Convo 9:15 – 10:00 Steph	Breathing for Freedom from Anxiety 10:00 – 10:45 Derek	Book Club 9:30 – 10:30 Wendy and Marijane	Breathing for Freedom from Anxiety 10:00 – 10:45 Derek
Goal Setting 10:00 -11:00 Louise & Mike	Smartphones & Tablets 102 10:00 – 10:45 Eric, Bob	Recovery Support 11:00 – 11:45 Lenny, Bob, Viesia, Mike	Creative Collaboration with Your Subconscious 11:00 – 11:45 Mike, Petra	Goal Setting 10:00 -11:00 Louise & Mike
Tech Support Office Hour 12:00 – 12:45 Eric	Cook & Taste 12:00 – 12:45 Steph	Today's Podcast Is... 12:00 – 12:45 Eric	Weekly Services Staff Check-in 12:00 – 12:45 ZOOM	Morning Movement 11:00 – 11:45 Garrett, Bob & Lenny
Stich & Chat 12:00 – 12:45 Louise,	The Art of Blogging 12:00 – 12:45 Eric, Bob	Lucid Dreaming & Dream Interpretation 1:00 – 1:45 Gary, Bob, Petra	Reiki 2 1:00 – 2:30 Gary, Deb & Bob	Wide World of Sports 12:30 – 1:15 Garrett, Bob, Petra
Chess for Beginners 2:00 – 2:45 Gary, Mike, Petra	Career Exploration 1:00 – 1:45 Louise & Lenny	Numbers in Our Daily Lives 2:00 – 3:00 Garrett & Marjorie	Career Exploration 1:00 – 1:45 Louise & Lenny	Laughter Yoga 1:30 – 2:15 Deb
Qigong 1 3:00 – 3:45 Derek	Poetry: A Pathway to Positivity 2:00 – 3:00 Marjorie, Garrett & Deb	World Music History, Race & You: Part 3 3:30 – 4:15 Derek, David	Poetry: A Pathway to Positivity 2:00 – 3:00 Marjorie, Garrett & Deb	Story Telling 2:00 – 2:45 Gary, Eric, Bob, Petra
Qigong 2 4:00 – 4:45 Derek	Healthy Relationships 3:30 – 4:30 Gary, Lenny		Advanced Reiki 2 3:30 – 5:00 Gary, Bob	Open Mic 3:30 – 4:30 Derek, Bob, David
			Open Studio 4:00 – 4:45 Derek	

**Virtual Classes are in Blue:** 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

**Advanced Reiki 2**  
**Thursday 3:30 – 5:00**  
Gary, Deb & Bob

This class will be a continuation of Students' reiki practice by building off the Reiki 2 Class. We will further explore reiki elements such as chakras and practical applications and comparing reiki to other energy healing modalities.

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**Book Club**  
**Thursday 9:30 – 10:30**  
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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**Career Exploration**  
**Tuesday & Thursday 1:00 – 1:45**  
Louise & Lenny

Are you considering a return to work? Do you want to volunteer? Work plays an important role in recovery and is often how people find meaning and purpose. How we decide what we want to do and what we can do, though, requires a deep look at our values, our interests, our skills, and our supports as they relate to work. This class will cover these topics and explore volunteer vs. paid employment, as well as exploring a variety of careers. The goal is to provide you with comprehensive information you need to make an initial decision regarding employment.

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**Creative Collaboration with Your Subconscious**  
**Thursday 11:00 – 11:45**  
Mike & Petra

Explore with us! Have you ever wondered how your subconscious affects your life? Your recovery journeys? We're covering The Surrealist Movement, Magical Realism, Symbolists, and other schools of thought as we walk down this path. We will read passages from introductory psychology texts by way of introduction. Everyone will be encouraged to share their experiences and the work we do together in the class.

## Virtual Classes

### Goal Setting

Monday & Fridays 10:00 – 11:00

Louise & Mike

Having a goal can direct your energy, your daily structure, your work and ultimately your recovery. Goals can sometimes be experienced as overwhelming and too long-terms. In this class, students will learn about and set their own goals using the SMART technique which helps our goals be relevant and achievable. 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 and receiving coaching and mentoring to overcome any challenges.

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### Healthy Relationships

Tuesday 3:30 – 4:30

Gary & Lenny

Relationships, Personality, and Conflict Resolution provides students with an opportunity to discuss how personality types and traits can relate to conflict and healthy relationships. We will discuss elements of conflict resolution, talk about forming and maintaining healthy relationships, and will examine different personality types and how they impact our communication with others. We will discuss personality tests such as the Big 5, Meyers-Briggs Type Indicator, and the Enneagram. Students will have the opportunity to critique their own results and talk about how they interact with others who have very different personalities. Students will also have the opportunity to provide peer support and talk about their personal experiences. Students who have already completed Conflict Resolution are encouraged to join!

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### Lucid Dreaming & Dream Interpretation

Wednesday 1:00 – 1:45

Gary, Bob & Petra

We spend about one-third (1/3) of our life sleeping and a large portion of sleep dreaming. Dreaming feels as real as when we are awake. Whether dreaming or awake, we are subject to the forces of nature that surround us. Lucid Dreaming is the process that allows us to realize we are dreaming as we dream, and then control our dreams. In turn we can experience taking part in adventures and explorations, rehearsals for living, creative problem solving, overcoming nightmares, and healing. In this introductory course, Students will learn about Lucid Dreams and how to use several techniques. Students are welcome to share their dreams and discuss the meaning behind them in a safe and supportive environment.

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### Morning Movement

Friday 11:00 – 11:45

Garrett, Lenny & Bob

While gyms and recreation centers may be closed for now, that doesn't mean you can't — get in a good workout! Learning how to work out and then 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. Everyone is welcomed and there is great peer support for your wellness. **Open to all levels of fitness!**

## Virtual Classes

### Numbers in Our Daily Lives

Wednesday 2:00 – 3:00

Garrett, Marjore & Deb

Come join Garrett and Marjorie for a trip to *numbersville*. In this class we will use numbers in a variety of ways and learn how to incorporate numbers in a practice to strive for physical and mental wellness. Some of the applications of numbers we will explore are music, personal finance, our choice of residency, and winning games you may know and love. We will talk about a new topic each week. No math is needed (pew!), just a curious mind and openness to learning something new.

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### Poetry: A Pathway to Positivity

Tuesday 2:00 – 3:00 & Thursday 2:00 – 3:00

Marjorie, Garrett & Deb

*Poetry: A Pathway to Positivity* is a course to cultivate positive, uplifting emotions and thoughts that propel mental health recovery. Some participants may want to take photographs that inspire hope and gratitude and then write poetry. This course will meet twice a week. On Tuesdays we will read and discuss published poems, increasing our knowledge of what makes an impactful poem. On Thursdays we will together support each other in editing and revising our poems. The last week of class we will have a poetry reading, sharing our poems with each other.

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### Qigong 1

Monday 3:00 – 3:45

Derek

Qigong is a 1,500-year-old self-healing movement system based on acupuncture. It helps free you of energetic (chi or qi) blockages by balancing the energetic flow that runs through the meridians or energy channels of your body. This class will teach you 7 circular and graceful movements that are renowned for accomplishing major positive changes in the body including energy, balance, body awareness and relaxation. Everyone is welcome!

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### Qigong 2

Monday 4:00 – 4:45

Derek

This course builds upon the material studied in Qigong Level 1. In Level 2 we shall be going deeper into body awareness, energy awareness and studying more of the Dragon Tiger movements.

**\*Level 2 is only open to those students have completed Level 1 and have Derek's Approval\***



## Virtual Classes

**Reiki 2**  
**Thursday 1:00 – 2:30**  
Gary, Deb & Bob

This class will be a continuation of your reiki practice by building off the Reiki 1 class, developing your distance healing, empowering energy, mental, emotional healing and practicing Reiki clinic interviews.. **Must have completed Reiki 1 course to participate** If you have any questions contact, Garry by email [ghorwitz@bu.edu](mailto:ghorwitz@bu.edu)

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**Smartphones & Tablets 102**  
**Tuesday 10:00 – 10:45**  
Eric & Bob

Ever since the iPhone was released; smartphones have become more and more a part of our everyday lives. The devices have numerous potentials uses and capabilities as well as thousands of apps to choose from -- so many options and possibilities that the devices can seem overwhelming! In this course we will explore the devices and help you learn how to use your smartphone. We will cover both Google's Android Operating System, the most common Operating System (OS) on Smartphones, and Apple' iOS. We will learn how to manage your phone's settings, how to choose, install, and run apps, how to use your phone's camera and other hardware, and how to share files and pictures.

To fully participate in this class, students will need to access their own smartphone. Prior experience with smartphones and computers is helpful, but not necessary.

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**Story Telling**  
**Friday 2:00 – 2:45**  
Gary, Eric, Bob & Petra

Everyone has a story. And our stories are the narratives to our lives and in our recovery. This fun-centered activity will provide students with the opportunity to tell stories or simply listen. Stories can be based on personal experiences, events that have happened, or complete fiction. Writers are welcome to share their works. In a supportive and encouraging environment, time will be devoted to the art of storytelling and refining these skills.

## Virtual Classes

### **The Art of Blogging** **Tuesday 12:00 – 12:45** Eric & Bob

In this course we will learn and practice blogging, otherwise known as web logging. A log is recording of one's events and experience, as well as comments and thoughts about those events, like journal or diary (think Star Trek "Captain's Log"). The practice of journaling can be a means of self-expression which can help one to cope with the stress and events in his or her life. Logging can also provide a useful aid for retrospection and self-inspection when looking over old entries. By sharing certain some of our entries we can express ourselves and maybe find commiseration and company with others. Furthermore, the act of writing entries for a log provides an opportunity to practice and improve our typing and writing skills and the web components will allow us to work on our computer and social media skills. For this class, we will learn how to sign-up for and use a free blogging service, such as WordPress or Blogger. We will go over some journaling practices for inspiration and/or structure. We will aim to write a blog post each week, though students may choose the length of their posts. No prior experience is necessary.

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### **Wide World of Sports** **Friday 12:30 – 1:15** Garrett, Bob & Petra

Whether you played them, watch them, or want to learn about them, in this class we will talk about our experiences with sports and learn about things we might not know. This class is about fandom, learning from each other, and seeing things from other people's point of view. Tell us where you were when your favorite person, team or country won a championship or medal. Or what you felt when you saw your favorite player or team come up short. We will be mindful and respectful of all views and cultures. Sports are a way of building community and we hope you will join us! Let's talk Sports!

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### **World Music History, Race & You** **Wednesday 3:30 – 4:15** Derek

In our modern cities, music has become ubiquitous. It is everywhere. "Once upon a time" music was for special occasions, celebrations, and festivities. It was there throughout our days on the form of "work songs" that were spontaneously composed to make daily labour more enjoyable.

This semester we are going to focus on the roots and development of Blues, Jazz and Gospel, from the recordings of African slaves to the many and varied recordings of Jazz Fusion; from the Mississippi Delta to the British Blues Boom to American churches, we shall attempt to bring all the aforementioned, and more, into a musical perspective to help us appreciate and understand that we live on a single planet that we share with so many others.

## Virtual Activities

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

**Monday, Wednesday, 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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### **Chess for Beginners**

**Monday 2:00 – 2:45**

Gary, Mike & Petra

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**

**Tuesday 9:15 – 10:00**

Stephanie

Every Tuesday 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**

**Tuesday 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 fall 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 Tuesday 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 & Mike

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

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### Stich & Chat

Monday 12:00 – 12:45

Louise

Bring your pants that need hemming, your shirts with missing button, etc. and do the mending in this informal setting as we chat. Questions about how to do mending will be answered and connections will be made!

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### Today's Podcast is...

Wednesday 12:00 – 12:45

Eric & Steph

Listen to and discuss various podcasts. What is a podcast? Simply put: a podcast is an audio program, just like Talk Radio, but you subscribe to it on your smartphone and listen to it whenever you want. In a little more detail, a podcast is a series of spoken word, audio episodes, all focused on a particular topic or theme, like wellness, true crime, home decorating, photography, or science! This activity will expose you to the incredible world of podcasts and how informative, supportive, and interesting they can be.

## SUMMER SOCIAL ACTIVITIES

Thursdays
<p><b>Making Strides</b> 10:30 – 11:30 Stephanie</p>
<p><b>Outdoor Social Activity</b> 1:00 – 2:00 Stephanie</p>

Important Information
<ul style="list-style-type: none"> <li>• We will meet outside the center due to COVID restrictions, access to the building is limited.</li> <li>• These in-person activities &amp; Making Strides will be weather dependent.</li> <li>• You are encouraged to sign up for any of the days you wish to attend.</li> </ul>
<p style="text-align: center;"><b>June 3:</b> Welcome Back to Comm Ave <b>June 17:</b> Picnic on Campus <b>July 15:</b> Walk in the Park <b>July 29:</b> Lawn Games in the Park</p>



## How to Register

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

**Registration form:** [Summer 2021 Registration Form](#)

1. Click the link above, you will be directed to a google form.
2. Fill out your contact information
3. Confirm if you have received your COVID- 19 Vaccine (We are collecting this info to prepare for the Fall semester)
4. Simply check the boxes of the virtual classes or virtual drop-in activities or in-person making strides or any of the in-person social events you wish to take.
5. Click Submit. You will receive a copy of your registration form by email after you submit

**There are no class limits for Virtual Classes or Virtual Activities, but we strongly urge students to establish a balanced weekly schedule. Some classes will have class size limits. You will be notified if you are put on a waitlist.**

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)