



Stephanie Ewing, Administrative Manager  
Recovery Services Division  
940 Commonwealth Avenue West  
Boston, Massachusetts 02215  
T: 617-353-1124 F: 617-353-7700  
[cpr.bu.edu](http://cpr.bu.edu)

## Recovery Education Program's Spring 2022 Semester

### IMPORTANT DATES

Course Registration	December 6 – December 17
Student Schedules Letters Emailed	Tuesday, January 4
First Week of Classes/Activities	Tuesday, January 18 - 21
Last Week of Classes/Activities	April 11 – 15
Spring Break	March 7 – 11
Center Closed	Martin Luther King Day January 17 Presidents' Day February 21

### 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 practices that will enhance their readiness for personal change and role recovery. Our spring semester will be a combination of in-person and virtual classes.

## CONTENTS

Important Dates	Page 1
About Us	Page 1
Important Information	Page 3
Class & Activity List	Page 4
Class & Activity Schedule	Page 5
Class & Activity Descriptions	Page 6-15
How to Register	Page 16

## Important Information

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

**A:** You will need to complete a Student Application. The packet 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 receiving all forms, Stephanie will contact you to arrange a short meeting and tour of the Center. The application is available 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 in-person classes, virtual classes, and virtual drop-in activities?**

**A:** **In-Person Class:** is a recovery education class offered in person at the center. 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 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 will be class limits for in-person and virtual classes; all students are encouraged to register for drop-in activities.

**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.

# In-Person Classes, Virtual Classes & Virtual Drop-in Activities List

## In-Person Classes

Celebrations Around the World	Page 6
Connectedness	Page 6
Eat, Drink & Be Merry the Mindful & Healthy Way	Page 6
H.O.P.E.S	Page 6
Intermediate Computer Skills	Page 7
Mastering Microsoft Office Programs	Page 7
Open Art Studio	Page 7
Open Mic	Page 8
PhotoVoice	Page 8
Qigong Circles & Stretches	Page 8
Reiki 1	Page 9
Reiki 2	Page 9
Thinking Skills for Work & Wellness	Page 9
W.R.A.P	Page 9
Winter Escapes Inspiring Recovery	Page 10
World Music History, Race & You	Page 10
Wu Style Tai Chi	Page 10

## Virtual Classes

Achieving Your Goals SMART Way	Page 11
Book Club	Page 11
Children's Literature and Recovery	Page 11
Creative Journaling	Page 11
Exploring Modern Verse- Finding Your Voice	Page 12
Happiness 1	Page 12
Happiness 2	Page 12
Healthy Relationships	Page 12
History of Rock N 'Roll 2	Page 13
Lucid Dreaming & Dream Interpretation	Page 13
Morning Movement	Page 13
Radical Acceptance	Page 14
Story Telling	Page 14

## Virtual Classes

Breathing	Page 14
Chess for Beginners	Page 14
Current Events	Page 15
Laughter Yoga	Page 15
Let's Talk Winter Sports	Page 15
Recovery Support	Page 15

## Virtual Class & Virtual Drop-in Activity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breathing</b> 10:00 – 10:45 ZOOM Derek & Sydney	<b>W.R.A.P</b> LCR 10:00 - 11:00 Lenny, Kurt	<b>Breathing</b> 10:00 – 10:45 ZOOM Derek	<b>Book Club</b> 9:30 – 10:30 ZOOM Wendy & Marijane	<b>Breathing</b> 10:00 – 10:45 ZOOM Derek
<b>Achieving Your Goals SMART Way</b> 10:00 -11:00 ZOOM Louise	<b>Qigong Circles &amp; Stretches</b> 10:00 – 11:00 RCC Derek	<b>Recovery Support</b> 11:00 – 11:45 ZOOM Lenny, Bob, Viesia, Mike,	<b>Thinking Skills for Work &amp; Wellness</b> 10:00 - 11:00 CC Louise & Derek	<b>Goal Setting the SMART Way</b> 10:00 -11:00 ZOOM Louise
<b>History of Rock N 'Roll 2</b> 12:30 – 1:30 ZOOM Bob, Derek	<b>Wu Style Tai Chi</b> 11:00 – 12:00 RCC Derek	<b>Current Events</b> 12:00 – 12:45 ZOOM Mike & Petra	<b>Connectedness</b> 10:00 – 11:00 RCC Lenny & Garrett	<b>Exploring Modern Verse- Finding Your Voice</b> ZOOM 11:00 – 11:45 Mike
<b>Radical Acceptance</b> 1:30 -2:30 ZOOM Ioannis & Yas	<b>Celebrations Around the World</b> 11:30 – 12:30 LCR Louise	<b>Lucid Dreaming &amp; Dream Interpretation</b> 1:30 – 2:30 ZOOM Gary, Bob, Petra	<b>H.O.P.E.S</b> 10:00 – 11:00 LCR OT Interns	<b>Morning Movement</b> ZOOM 11:00 – 11:45 Garrett, Bob & Lenny
<b>Happiness 2</b> 2:00 – 3:00 ZOOM Gary & Petra	<b>Intermediate Computer Skills</b> 11:00 – 12:00 CC Eric	<b>Eat, Drink &amp; Be Merry the Mindful &amp; Healthy Way</b> 2:30 – 3:30 ZOOM Marjorie, Garrett, Deb	<b>Weekly Services Staff Check-in</b> 12:00 – 12:45 ZOOM	<b>Laughter Yoga</b> ZOOM 1:00 – 2:00 Deb
<b>Creative Journaling</b> 3:00 – 4:00 ZOOM Elynn	<b>Tech Support</b> 12:00 – 12:30 CC Eric	<b>Children's Literature and Recovery</b> 2:00 – 3:00 ZOOM Elynn	<b>Mastering Microsoft Office Programs</b> 1:00 – 2:00 CC Eric	<b>Lets Talk Winter Sports</b> 2:00 – 2:45 ZOOM Garrett
<b>Chess for Beginners</b> 3:30 – 4:30 ZOOM Gary, Mike & Petra	<b>Eat, Drink &amp; Be Merry the Mindful &amp; Healthy Way</b> 1:00 – 2:30 LCR Marjorie, Garrett, Deb	<b>Happiness 1</b> 3:00 – 4:00 ZOOM Gary	<b>Reiki 1</b> 1:00 – 2:00 RCC Gary, Bob, Deb,	<b>Story Telling</b> 3:00 – 3:45 ZOOM Gary, Eric, Bob, Petra
	<b>World Music History, Race &amp; You</b> 1:00 – 2:00 CC Derek & David B.		<b>Winter Escapes Inspiring Recovery</b> 1:30 – 2:30 LCR Marjorie, Garrett	
	<b>Open Art Studio</b> 2:30 – 3:30 RCC Derek		<b>Reiki 2</b> 2:15 – 3:15 RCC Gary, Bob, Deb	
	<b>Healthy Relationships</b> 3:30 - 4:30 ZOOM Gary		<b>PhotoVoice</b> 3:00 – 4:00 LCR Yas & Garrett	
			<b>Open Mic</b> 3:30 - 4:30 RCC Derek, Bob, David B.	

## In-Person Classes

### **Celebrations Around the World**

**Tuesday (LCR) 11:30 - 12:30**

Louise & Petra

In this class, we will learn about holidays & celebrations from around the world. The focus will be on celebrations from the countries in Africa, South America, the Middle East & Asia.

---

### **Connectedness**

**Thursday (RCC) 10:00 - 11:00**

Lenny & Garrett

Do you want to build and strengthen the relationships in your life? This class will engage you in dialogue and exploration about the importance of feeling connected to support your wellness and recovery. This class will explore four domains: connecting with self, connecting with others, connecting with our environment, and connecting with a larger meaning or purpose in life. We will look at our strengths and abilities and work at building positive and meaningful connections to support health and wellness.

---

### **Eat, Drink & Be Merry the Mindful & Healthy Way**

**Tuesday (LCR) 1:00 - 2:30**

**Wednesday (ZOOM) 2:30 - 3:30**

Marjorie, Garrett & Deb

You will have an opportunity to experience the delight of eating without guilt and learn the basics of nutritious foods that promote physical and mental health. We will also uncover the environmental influences on our food choices that lead to junk food consumption, overeating, and guilt. We will also share our food-related challenges. In a non-judgmental environment, we will explore our eating habits and relationship with food as steps to bring awareness to why, what, when, where, and how we eat.

This course meets twice a week, Tuesday's in-person, and Wednesday on Zoom. We will practice mindful eating of a small snack on Wednesdays or drink a warm beverage.

---

### **H.O.P.E. S**

**Thursday (LCR) 10:00 – 11:00**

OT Interns

This skills training class focuses on a range of skills and experiences essential to adults ages 40 and older. In this class, students will learn how to communicate their needs better, make and keep more relationships, and incorporate healthy living practices into their lifestyles. This class will provide a fun and safe opportunity to practice these skills. We will meet weekly to practice with the possibility of going on a field trip to practice a skill in the community. As a class, we will decide what skills are most important to us to learn and grow. The goal of this class is to help you to continue aging with grace!

## In-Person Classes

### Intermediate Computer Skills

Tuesday 11:30 - 12:30 (CC)

Eric

Computers can be incredibly useful devices, so much so that many of us have our own personal computers or are considering getting such a device. This class is intended to help students further develop their computer skills beyond the basics so that they can then be ready to use their own personal computers and so that they can be ready to further customize that computer and their usage of it to fit their needs. Among the topics addressed will be:

- The differences among types of personal computers and how to select the personal computer that fits the individual's needs and budget.
  - The different parts of computers and which parts matter in what circumstances.
- Maintenance of computer hardware and software.
- improving user efficiency through shortcut keys and shortcuts
- Multitasking (running multiple programs/windows simultaneously)
- user customizations (shortcuts, bookmarks, history, etc.)
- privacy concerns
- common web applications like Facebook

Prospective students should have a good foundation with basic computer skills (such as those practiced and taught in our basic computer skills course) as well as working proficiency with touch typing and an e-mail address.

---

### Mastering Microsoft Office Programs

Thursday (CC) 1:00 - 2:00

Eric

The various programs of Microsoft Office Suite, particularly Word, PowerPoint, and Excel, are vital to most people's computer experience. Additionally, many jobs and classes require a working knowledge of these programs. Even for one's own personal use, you can increase the number of things you can do with a computer by learning how to use aspects of the Microsoft Office Suite. We will do so by learning aspects of the programs in a safe and supportive environment as well as by practicing what we have learned through lots of in class exercises. Prior knowledge of Microsoft Office programs is not necessary for taking this course but is certainly helpful.

---

### Open Art Studio

Tuesday (RCC) 2:30 – 3:30

Derek & Intern

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!

## In-Person Classes

### Open Mic

Thursday 3:30 – 4:30

Derek, David & Bob

Welcome to Open Mic! Anyone who wishes to perform a song, a poem, or a piece of music can come along and join. This group is for anyone who wants to give performing a try 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 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."

---

### PhotoVoice

Thursday (LCR) 3:00 - 4:00

Yas & Garrett

In Photovoice, we will use digital photography as a form of self-expression to communicate our thoughts, feelings, and perspective. This course is all about tapping into your creativity and sharing your unique view each week. We will take pictures and create short narratives to go alongside our images. Every few weeks, we will cover a different topic and take photos about that topic- topics this semester will include identity, community, and more. We will also cover the basics of photography. No past photography experience is required.

If you have any questions about accessing a camera or need additional tech support around using your smartphone, don't hesitate to contact Yas ([Yasaman.Salon@tufts.edu](mailto:Yasaman.Salon@tufts.edu)) or Garrett ([gtd@bu.edu](mailto:gtd@bu.edu))

---

### Qigong Circles & Stretches

Tuesday (RCC) 10:00 - 11:00

Derek

The exercises will get your blood circulating and can be used as a stand-alone practice or may be used as "warm-ups" for your regular Qigong and Tai Chi. They will help to build stamina and eradicate physical imbalances. They will strengthen your core, as well as your arms and legs, and help unify your body and mind. These warm-ups, stretches, circles, and unification exercises use fundamental principles for healing the body from injury and imbalances and allowing you to recognize and increase your comfort zone. Also, circularity is very important in Qigong, but things can get complicated when learning Qigong or Tai Chi. We can lose track of our circles and our relaxation. Without circularity, our movements become disconnected, and the smoothness of movement is lost, which reduces the positive effects. Circularity produces smooth, gentle, and continuous motions.

**The class is open to new and returning students.**

## In-Person Classes

### Reiki 1

Thursday (RCC) 1:00 - 2:00

Gary, Deb & Bob

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 settings 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.

---

### Reiki 2

Thursday (RCC) 2:15 - 3:15

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)

---

### Thinking Skills for Work & Wellness

Thursday 10:00 - 11:00 (CC)

Louise & Derek

The goal of this class is to explore ways to nurture our wellness in the following areas of our lives: Emotional, Mental, Environmental, Financial, Intellectual, Occupational, Physical, Social and Spiritual. Topics will include Strengths, Unhelpful Thinking and Organizational Skills. Please come along if you are interested in starting or continuing new meaningful activities such as vocational, leisure or social pursuits. We shall be using handouts from "Thinking Skills for Work Program" by Kim Mueser and Susan McGurk.

---

### W.R.A.P

Tuesday (LCR) 10:00 - 11:00

Lenny & Kurt

In this class, we will create our WRAP with the help of classmates and facilitators. WRAP was started in 1997 by Mary Ellen Copeland and a group of people at a workshop on mental health recovery. At its most basic level, WRAP is a plan created by you to help you stay well. Each week, we will talk about a new chapter in our WRAP book, building our program and basing it off on the universal values of Hope, Personal Responsibility, Education, Self-Advocacy, and Support. By semester's end, we will all have our unique plan to help us on our wellness journey.

## In-Person Classes

### Winter Escapes Inspiring Recovery

Thursday (LCR) 1:30 - 2:30

Marjorie & Garrett

If you get down in the dark days of winter or feel like you need a break from the snow and cold weather, join us each week in Winter Escapes Inspiring Recovery. We will use videos, music, and our imaginations to spend time in magnificent and peaceful nature places. We will learn to create our sanctuary to retreat to find safety, security, and a clear, calm mind that builds stress resilience.

---

### World Music History, Race & You

Tuesday 1:00 - 2:00 (CC)

Derek & David

In our modern cities, music has become ubiquitous. It is everywhere. "Once upon a time" music was for special occasions, celebrations, and festivities. Throughout our days in the form of "work songs" spontaneously composed to make daily labor more enjoyable. This semester, we will focus on the roots and development of music from different continents and countries. It used to be played and sung and how it is played and sung now. We will explore more pieces from Argentina, Chile and Peru, Cambodia and Vietnam, Scotland and Germany and Australia. Each week you will receive a packet with information from various sources, including links to continue listening and watching music and videos.

---

### Wu Style Tai Chi

Tuesday (RCC) 11:00 - 12:00

Derek

If you learn and practice Tai Chi, it can transform your life, so you feel better connected to your body, mind, and spirit. Tai Chi is one of the best practices for long-term health and is known for helping to heal various injuries with virtually no downsides. Tai Chi releases chronic stress and builds your energy. Tai Chi can rewire your nervous system. And you may find that once you learn tai chi, you will not have to force yourself to exercise every day. You will want to do tai chi every day because it makes them feel good. Students will be studying the Wu Style Tai Chi Chuan Short Form, which takes only 5 minutes to perform once learned. The regular performance of Wu Style Tai Chi changes the physiology of the body, thereby helping to remove many of the unconscious triggers that predispose one to experience emotional highs and lows.

**The class is open to new and returning students.**

## Virtual Classes

### Achieving Your Goals, the SMART Way

Monday & Friday 10:00 – 11:00

Louise & Intern

In this class, we will learn the S.M.A.R.T. technique of setting and accomplishing goals.

Each person will set a goal using this technique which they will work towards throughout the semester. Possible areas of goals include exercising, nutrition, socializing, cleaning.

---

### Book Club

Thursday 9:30 – 10:30

Marijane, Wendy & Petra

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.

---

### Creative Journaling

Monday 3:00 - 4:00

Elynn

Writing in a journal is fun, relaxing, healing, and creative. With different topics or prompts, like "*What do you think about when you look at the night stars?*" Or "*What is something fun a new friend doesn't know about you?*" as well as ideas from class members, we'll practice writing in our journals. We'll spend 5- 10 minutes of each class for free writing, drawing, and doodling. And we'll be able to write at home and share together. Creative journaling can be a paragraph, a poem, a drawing, or even a small collage -- it's an expression of who we are and its's uniquely our creation.

---

### Children's Literature and Recovery

Wednesday 2:00 - 3:00

Elynn

Would you like to read fun books written for kids? This book club will include our discussions together of beautiful and fun children's literature. We will read short pieces including: "*The Girl Who Never Made Mistakes*", "*The Invisible String*", "*Harry and the Purple Crayon*", as well as light and short chapter books like "*Tuck Everlasting*". For some classes, we'll read together 10-minute plays that are written for fun. This book group invites everyone to participate in discussions, and space is made so everyone to share or listen. (The books will be provided by the Recovery Center.) And short plays will be shared through email and during class. Any student who loves to read or hear stories, no matter what your pace or interest, is encouraged to join.

## Virtual Classes

### Exploring Modern Verse- Finding Your Voice

Friday 11:00 – 11:45

Mike

This class will explore a wide range of contemporary poetry. Did you know that poetry provides another form of expression that is a powerful tool in healing? It offers an opportunity for readers and writers to feel both heard and understood. A wide range of contemporary poetry will be examined and discussed together as a group. Different schools, movements, and nationalities will be represented. Using audio clips, we will hear the original readings. We'll shed light on the concerns of the last two centuries in verse. Any level can participate, all are welcome. Part of the class will involve students reading from their own work.

---

### Happiness 2

Monday 2:00 – 3:00

Gary

This advanced course in Happiness will introduce new ways to increase our level of contentment and make periods of joy more frequent. Additional sources of Happiness will be identified through "Flow Theory" and groundbreaking research. Focus again will be on incorporating this information into daily life to enhance overall enjoyment.

**Completion of Happiness 1 is a prerequisite for this class.**

---

### Happiness 1

Wednesday 3:00 - 4:00

Gary

Our quality of life and well-being is primarily determined by the degree to which we are happy. Happiness is a state of mind that fills us with feelings of pleasure, joy, and contentment. We will discuss different views on how to bring about short-term and lasting happiness and develop individual strategies that we can implement immediately to achieve this worthwhile goal.

---

### Healthy Relationships

Tuesday 3:30 – 4:30

Gary & Intern

Relationships, Personality, and Conflict Resolution provide 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!

## Virtual Classes

### History of Rock N' Roll 2

Monday 12:30 – 1:30

Bob & Derek

Are you interested in the History of Rock N' Roll? While actively listening to some of the most legendary bands and artists, we will analyze the lyrics. We all have a song that we deeply connect to and appreciate—lyric analysis provides an opportunity for us to identify song lyrics that may correlate with our own experiences. Music has powerful effects on the mind. Different styles of music can have a significant effect on one's mood very quickly, and it can help one experience and process a wide range of emotions, from happiness to excitement, sadness, calmness, and thoughtfulness. It can help improve confidence, communication skills, independence, self-awareness, awareness of others, and concentration and attention skills.

---

### Lucid Dreaming & Dream Interpretation

Wednesday 1:30 – 2:30

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.

---

### 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 benefit you physically and help keep you mentally focused and your mood elevated. Join us on Friday morning for stretching/yoga with strength and mobility exercises. Everyone is welcomed, and there is excellent peer support for your wellness. **Open to all levels of fitness!**

## Virtual Classes

### Radical Acceptance

Monday 1:30 - 2:30

Ioannis & Yas

In this class we will be exploring the concept of radical acceptance, that is the ability to non-judgmentally accept situations or behaviors that are outside of one's control. This is a skill meant to help reduce suffering and make everyday life happier by becoming nonattached to things that would otherwise hurt or burden us. We will be exploring this both from a Buddhist perspective, where this concept originates from, as well as a Western approach. In other words, in this class we will work on learning how to be ok with things we cannot control!

---

### Story Telling

Friday 3:00 – 3:45

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 Drop-In Activities

### Breathing

Monday, Wednesday, Friday 10:00 – 10:45

Derek

Breathing is one of the most straightforward ways to gain access to your inner world, where you can develop calmness and relaxation. Breathing well can dramatically affect your health and well-being. It involves 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. Come along on any of the days to learn how to improve your overall health and deeply relax.

---

### Chess for Beginners

Monday 3:30 – 4:30

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.

## Virtual Drop-In Activities

### Current Events

**Wednesday 12:00 - 12:45**

Mike & Petra

The pandemic and political climate have fostered awareness and opportunities to learn about current events. Cable news, social media, and the older forms(newsprint) are primary tools for gathering information. Your personal decisions and viewpoints are very important- as a voter, as a citizen in your community and as spokesperson for exchange of ideas. Recovery involves engaging in our community and current events. This Class will explore current events and how they impact us on a personal and community level. Respect is the key here- within reason, no topic or is out of bounds.

---

### Laughter Yoga

**Friday 1:00 – 2:00**

Deb & Intern

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

---

### Let’s Talk Winter Sports

**Friday 2:00 - 2:45**

Garrett

We will talk about the winter sports that bring us together during the cold months of January and February and into the hope filled days of Spring. As a community we will support each other in telling stories about the sports we love. Also, special attention will be paid to the Beijing Winter Olympics.

---

### 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.

## How to Register

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

**Registration form:** [Spring Registration Form](#)

1. Click the link above; you will be directed to a google form.
2. Fill out your contact information
3. Check the boxes of the in-person classes, virtual classes, or virtual 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. Upload a picture of your COVID-19 Vaccine Card if you have received your booster or our coming to the center for in person classes for first time by January 12<sup>th</sup>

### **Class Limits:**

**In-Person Classes:** Choose your TOP 3 CLASSES. These classes will take place at the Center. All Students who wish to participate in in-person programming at the center must be vaccinated and upload their vaccine card.

**Virtual Classes:** Choose your TOP 3 CLASSES. These classes will take place virtually on Zoom.

**Drop-In Virtual Activities:** These activities are offered through zoom. You can drop into these activities at any point during the semester, but registration is STRONGLY suggested.

- **When does the Fall semester end?** December 12 – 17
- **When is the first week of the Spring Semester?** January 18, 2022
- **What is the last day of registration?** Registration is December 7 - 17. We have plenty of time/flexibility before the semester to change your class choices or have current or new students register.
- **Boston University Intersession** December 22 – January 2 Boston University and the Center will be closed for the holidays and intersession.
- **Will there be activities during the break?** There will be a few activities for students to stay connected during the break starting after January 3, 2022. A schedule will be emailed on December 17.

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)