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## Recovery Education Program's Fall 2022 Semester

### IMPORTANT DATES

Course Registration	August 8 <sup>th</sup> (Monday) – August 26 <sup>th</sup> (Friday)
Student Schedules Letters Emailed	September 2 <sup>nd</sup> (Friday)
First Week of Classes/Activities	September 12 <sup>th</sup> (Monday)
Last Week of Classes/Activities	December 12 <sup>th</sup> (Monday)
Thanksgiving Break Center Closed	November 21 <sup>st</sup> (Monday) through November 25 <sup>th</sup> (Friday)
Additional Center Closed Days	Indigenous Peoples' Day: October 10 <sup>th</sup> (Monday)  Veterans Day: November 11 <sup>th</sup> (Friday)

### 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.

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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. The packet includes a Medical & Psychiatric Information Form, e-mail, mail, or fax the packet to James Fernandes at [Jamesf19@bu.edu](mailto:Jamesf19@bu.edu) or 617-353-7700 or 940 Commonwealth Ave. Boston, MA 02215. After receiving all forms, James 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.

**(Drop-In) In-Person Class:** is a recovery education class offered in person at the center. You can drop into these activities at any point during the semester.

**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.

**(Drop-in) Virtual 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 James Fernandes by email, text or call to register.

Email: [Jamesf19@bu.edu](mailto:Jamesf19@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/call James 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 & Drop-in Activities List

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## Class Schedule In-Person & Virtual

Monday	Tuesday	Wednesday	Thursday	Friday
Breathing for Recovery 9:30-10:30 <b>Zoom</b> Derek	Book Club ( <b>Drop-In</b> ) 9:30-10:30 <b>RCC</b> Marijane & Mike	Breathing for Recovery 9:30-10:30 <b>Zoom</b> Derek	Tai Chi Chuan 9:30-10:30 <b>RCC</b> Derek & Lenny	Ext. Breathing for Recovery 9:30-10:30 <b>Zoom</b> Derek
	The History of Rock & Roll 10:00-11:00 <b>CC</b> Derek, Bob & David		Taking Your Next Step 10:00-11:00 <b>LCR</b> Louise & Garrett	
Reiki 2 Advanced 1:00-2:30 <b>Zoom</b> Gary & Deb	Lucid Dreaming 10:30-11:30 <b>LCR</b> Gary, Petra	Story-Telling 11:00-12:00 <b>Zoom</b> Gary, Petra & Bob	The Beats 10:00-11:00 <b>CC</b> Bob & Mike	Chess for Beginners 10:30-11:30 <b>Zoom</b> Mike & Petra
Hero's Journey 1:00-2:30 <b>Zoom</b> JoAnn, Elynn & Petra	Support Fitness 11:00-12:00 <b>GYMIT</b> Lenny & Garret	Hero's Journey 1:00-2:30 <b>Zoom</b> JoAnn, Elynn & Petra	Humor & Comedy 11:00-12:00 <b>RCC</b> Gary, Deb & Mike	
	Facing Racism 11:45-12:45 <b>LCR</b> Louise & Petra	Singing & Meditating to Transform Anger (SMTA) 2:00-3:00 <b>Zoom</b> Marjorie, Garret & Deb	Staff Meeting 12:00-1:00 <b>LCR</b>	
	Peer Support ( <b>Drop-In</b> ) 12:15-1:15 <b>RCC</b> Lenny, Bob, Mike & Viesia		Embracing Loss 1:15-2:45 <b>RCC</b> Derek, Louise & Mike	
	Anger to Forgiveness 1:00-2:30 <b>LCR</b> Marjorie, Garrett & Deb		Anger to Forgiveness 1:15-2:45 <b>LCR</b> Marjorie, Garrett & Deb	
	Achieving Your Goal the (S.M.A.R.T) Way 2:00-3:30 <b>RCC</b> Louise, Petra & Danielle		Support Fitness 2:00-3:00 <b>GYMIT</b> Lenny & Bob	
	Developing an Agile Mindset 2:45-3:45 <b>LCR</b> Gary & Lenny		Strategic Decision Making 3:00-4:00 <b>LCR</b> Gary & Danielle	
	Creative Journaling 4:00-5:00 <b>LCR</b> Elynn & Interns		Community Singing ( <b>Drop-In</b> ) 4:00-5:00 <b>RCC</b> Derek & David	
	Open Art Studio ( <b>Drop-In</b> ) 4:00-5:00 <b>RCC</b> Derek & Louise			

## In-Person Classes

### **Achieving Your Goals, the (S.M.A.R.T) Way**

**Tuesday 2:00 - 3:30 (RCC)**

**Louise, Petra & Danielle**

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.

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### **Working Our Way: From Anger to Forgiveness**

**Tuesday 1:00 - 2:30 (LCR) & Thursday 1:15 - 2:45 (LCR)**

**Marjorie, Garrett & Deb**

A relative of stress, anger been around as long as humans have existed. Short-term anger can be constructive, but long-term it harms our health and relationships with others. Since the Covid pandemic, anger has gone viral and is called "pandanger." This course will take us on a mindfulness journey that begins with a "small" anger each person identifies to work on and transform it into a narrative of compassion and forgiveness for oneself and/or another person. With the support of each other, we will practice ways to calm our mind/body and work on telling a new narrative that empowers us.

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### **Creative Journaling**

**Tuesday 4:00 - 5:00 (LCR)**

**Elynn & Interns**

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! 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.

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### **Developing an Agile Mindset**

**Tuesday 2:45 - 3 :45 (LCR)**

**Gary & Lenny**

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

## In-Person Classes

**Embracing Loss**  
**Thursday 1:15 - 2:45 (RCC)**  
**Derek, Louise & Mike**

We experience loss in many ways, when we lose opportunities, lose our dreams, break up with partners, lose touch with friends and family lose loved possessions and lose family and friends when they pass away. This course is designed to support you in developing your skills when experiencing 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 as a way to cope, and finding meaning in loss.

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**Facing Racism**  
**Tuesday 11:45 - 12:45 (LCR)**  
**Louise & Petra**

Join us in this class to increase our awareness of racism, as it occurs within ourselves and our communities. We will achieve this by looking at our beliefs, the history of racism, language and our own experiences. This class will include discussion, activities, videos, and learning about other cultures. This class will be a safe and tolerant place to discuss their own thoughts and feelings on this topic.

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**Humor & Comedy**  
**Thursday 11:00 - 12:00 (RCC)**  
**Gary, Deb & Mike**

Humor and comedy provide pleasure and entertainment as well as promote good health. This class will explore what makes statements or situations funny. Different comedic styles (such as slapstick, impersonations, observational humor, and late night tv personalities will be viewed and discussed). Performances from popular past and present comedians and scenes from humorous shows will be critiqued. Students will have an opportunity to create comedy individually or in a group setting, and share in a supportive, creative, nurturing environment.

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**Lucid Dreaming**  
**Tuesday 10:30 - 11:30 (LCR)**  
**Gary, 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 to trigger them. Students are welcome to share their dreams and discuss the meaning behind them in a safe and supportive environment.

## In-Person Classes

### **Strategic Decision Making Thursday 3:00 - 4:00 (LCR) Gary & Danielle**

It is estimated that the average adult makes more than 35,000 decisions each day. Most of these decisions are not critical, but over time the course of our lives may turn on the larger decisions we make. These decisions are based on logic, reason, emotion, bias and randomness. This class will examine strategies for making the best decisions possible given all of the available information. Emphasis shall also be placed on avoiding faulty reasoning and hasty judgments which lead to poor decision-making. Real-life decision-making examples will be used in class to develop this essential life skill.

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### **Support Fitness Tuesday 11:00 - 12:00 (GYMIT) & Thursday 2:00 - 3:00 (GYMIT) Lenny, Garret & Bob**

Being Fit plays an important in building and maintaining our physical health. Our physical health is an important foundation in our recovery. This class will take place at GYMIT-the small gym right around the corner from the Center twice a week. People in the class will have access to the gym on Tuesdays and Thursdays. You will have the opportunity to use the fitness equipment such as treadmills, bikes, rowers and stair climbers as well as the weights and stretching area. This will be a “start at your own pace” and you will exercise independently with supportive staff exercising alongside of you!!Come join us to build your strength, cardiovascular fitness and flexibility.

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### **Tai Chi Chuan (Wu Style) Thursday 9:30 - 10:30 (RCC) Derek & Lenny**

Learn these five slow, graceful, choreographed movements of Wu Style Tai Chi, coupled with some of the deep internal work, that enables you to improve your health, reduce stress, and gain greater resilience. Tai Chi Chuan is one of the Internal Arts of China, where it has been practiced by millions of people for its health benefits, over the centuries. The goals of this course are to enable you to develop the skills of relaxation, calming the body and mind; balancing your emotions, thinking and your physical body and enliven your spirit. With practice between classes, anybody can benefit from “one of the great ancient gifts to the modern world.” The regular practice of Tai Chi Chuan changes the physiology of the body, thereby helping to remove many of the unconscious triggers that predispose us to experience emotional and mental issues. Among other things, the practice of Wu Style Tai Chi Chuan improves one’s posture, range of motion and physical balance, it strengthens the internal organs, and aids the prevention and healing of cardiovascular conditions, as well as alleviating neck, shoulder, back and joint pain. This course is open to everybody.



## In-Person Classes

**Taking Your Next Step**  
**Thursday 10:00 - 11:00 (LCR)**  
**Louise & Garrett**

Feeling anxious & fearful are normal when making a change in our lives – even desired changes. Yet, these thoughts and feelings can stop us from taking our next steps such as pursuing a hobby, taking a class, volunteering, or working. In this class, we will learn strategies to challenge our unhelpful thinking and learn thinking skills such as organization & time management to help us move on and succeed at our next step.

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**The Beats**  
**Thursday 10:00 - 11:00 (CC)**  
**Bob & Mike**

Join us for this class that introduces the Beat Generation of writers who broke away from the conventional literary scene and lay the foundation for writers of the 60s and 70s social revolution. The teachers and students will read novel excerpts and poems aloud--taking turns during the class--and then discussing them. Short videos will also be shown. The class relates to recovery as it involves an expressive therapy—writing, and especially poetry. Some of the Beat writers themselves needed “recovery” and turned to their pens to express their feelings about life, the world, themselves, and their inner experiences. Reading their work together and talking about it connects us to these writers and their words and thoughts—words and thought that offering support and community in the way of shared “inner feelings” experiences. It is hoped students will also try their hand at penning “Beat-inspired” poems or short pieces and bring their writing to class to share—adding to the community feeling that’s so supportive in recovery and that expressive therapies promote.

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**The History of Rock & Roll**  
**Tuesday 10:00 - 11:00 (CC)**  
**Derek, Bob & David**

Are you interested in Rock ‘N Roll and History? And how the two subjects interconnect and overlap? We will be listening to the music of bands and artists and thinking about where that music came from who made it and why. We’ll consider both music and lyrics. We all have music that we deeply connect with and appreciate.

Analyzing our favorite music and songs provide an opportunity to identify lyrics that match our own experiences. Music has powerful effects on the mind and different styles of music can have different and significant effects on one's mood and emotions very quickly. Through music we can experience a wide range of emotions, such as happiness, excitement, sadness, anger, calmness, and thoughtfulness. Working with music and songs can help improve our moods and therefore our confidence and perhaps much else. What do you think? Come and find out!

## (Drop-In) In-Person Classes

**Book Club**  
**Tuesday 9:30 - 10:30 (RCC)**  
**Marijane & Mike**

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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**Community Singing**  
**Thursday 4:00 - 5:00 (RCC)**  
**Derek & David**

Music and Song can be a powerful tool of communication and human beings have sung songs, and they have played drums and other musical instruments for 1,000s of years. Come join us on Thursday afternoons most weeks because we are going to be making some music. If you are an aspiring musician, singer, songwriter, or someone who wants to try those things, we want you to bring your ideas, to share and play. Bring your own and other peoples' songs, poems, and performance pieces. We shall be conducting various sessions for students to join in using drums, percussion, guitars, piano, and any instruments that you have.

## (Drop-In) In-Person Classes

### **Open Art Studio Tuesday 4:00 - 5:00 (RCC) Derek & Louise**

The Art part of these sessions are an opportunity to experience the Open Studio environment for artists and those who “would be artists”. An environment where people can work together, share ideas, and give 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 from to expand our own ideas. An art subject, such as portrait, landscape, color, perspective, abstract and so on, will be suggested each week. This class will take place mainly in the Recovery Center Classroom (RCC) but also in the kitchen, it is open to all and will be run by Derek.

The Knitting part of these sessions is for all knitters – If you are a beginner or an expert knitter. Knitting in community has so many benefits from developing friendships, reducing anxiety and depression, problem- solving, developing patience and persistence and an increased sense of wellbeing. We will gather, teach, and support each other as we knit our way to finished products. This class will take place mainly in the kitchen but also in the Recovery Center Classroom (RCC), it is open to all and will be run by Louise.

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### **Peer Support Tuesday 12:15 - 1:15 (RCC) Lenny, Bob, Mike & Viesia**

This an opportunity for people to come together inclusively as humans, as we navigate our way through our lives, our recovery and healing journeys and our experiences as citizens. We will listen deeply to one another, respond empathetically, and articulate our goals for healing and wellness. Peer support is a powerful way to mentor each other.

## Virtual Classes

**Hero's Journey**  
**Monday 1:00 - 2:30 (Zoom) & Wednesday 1:00 - 2:30 (Zoom)**  
**JoAnn, Elynn & Petra**

Do you consider yourself a hero in your journey towards well-being? In stories about epic journeys both old and new (ie. King Arthur, Star Wars, Finding Nemo) the hero often is an ordinary person who answers the call to adventure, crosses the threshold from the known into the unknown, meets mentors and allies, discovers hidden inner strength through facing multiple challenges, and goes through a transformation where a new self emerges. The Hero's Journey: Path to Well-being zoom class will introduce you to the stages of the Hero's Journey narrative and give you a new way to understand, articulate, guide and support your well-being journey. You will have an opportunity to befriend your Inner Hero, integrate a new, more empowering and affirming narrative into your life, meet people who are on a similar journey and develop support and connection.

Please bring your **INNER HERO** to this Class!

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**Reiki 2 Advanced**  
**Monday 1:00 - 2:30 (Zoom)**  
**Gary & Deb**

This course will reinforce the Reiki 2 skills of empowering energy, sending healing from a distance, and addressing emotional issues. Moreover, particular Reiki topics of interest, such as chakras and the Five Principles, will be explored in greater depth. Other healing modalities shall be introduced throughout the course. Students must have completed Reiki Level 1 training and Reiki Level 2 training to register for this course.

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**Singing & Meditating to Transform Anger (SMTA)**  
**Wednesday 2:00 - 3:00 (Zoom)**  
**Marjorie, Garret & Deb**

In Singing & Meditating to Transform Anger, we will have an opportunity to de-stress and use mindful singing and meditation to cultivate compassion for ourselves and those who trigger anger within us. These two mindfulness practices will help us widen our perspectives to feel peace, kindness, and self-forgiveness. You do not have to be taking in-person classes to participate.

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**Story Telling**  
**Wednesday 11:00 - 12:00 (Zoom)**  
**Gary, Petra & Bob**

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.

## (Drop-In) Virtual Activities

### **Breathing** **Monday & Wednesday 9:30 - 10:30 (Zoom)** **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. Breathing also affects how you feel; shallow upper chest breathing relates to anxiety, frustration, and anger; deep abdominal breathing relates to relaxation, contentment, and peacefulness. Our focus will be on the latter method of breathing in order to foster a more stable emotional life. Developing a daily practice is the best to achieve these results.

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### **Chess for Beginners** **Friday 10:30 - 11:30 (Zoom)** **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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### **Extended Breathing for Recovery** **Friday 9:30 - 10:30 (Zoom)** **Derek**

This Friday class is for students who wish to have a more complete experience of the Breathing Meditation. We shall begin each session with a few minutes simple Qigong warmup exercises, designed to aid focus and posture. This will be followed by an extended Breathing Meditation of up to 40 minutes in length and then, finally, a Centering exercise to bring us back into a fully embodied and grounded state. The class will be 1 hour and 15 minutes long.

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.

## How to Register

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

**Registration form:** [Fall 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 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, which must include your initial vaccination and one booster.

### **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.

**(Drop-In) In-Person Classes:** Choose up to 4 classes. You can drop into these activities at any point during the semester, but registration is STRONGLY suggested.

**Virtual Classes:** Choose up to 3 classes. These classes will take place virtually on Zoom, login information will be provided with email confirmation.

**(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.

If you have questions or would like to register by phone, text, or email, please contact James Fernandes at 857-337-5303 or [jamesf19@bu.edu](mailto:jamesf19@bu.edu)