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Recovery Education Program's Spring 2023 Semester

IMPORTANT DATES

Course Registration	December 5 th (Monday) – December 16 th (Friday)
Student Schedules Letters Emailed	January 6 th (Friday)
First Week of Classes/Activities	January 16 th (Monday)
Last Week of Classes/Activities	April 14 th (Friday)
Spring Break	March 6 th (Monday) through March 10 th (Friday)
Additional Days the Center is <u>Closed</u>	Martin Luther King, Jr. Day: January 16 th (Monday) Presidents' Day: February 20 th (Monday)

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 [New Student Application](#) that includes a Medical/Psychiatric Information Form. Please return the packet to James Fernandes either by e-mail Jamesf19@bu.edu, fax (617-353-7700) or mail it to 940 Commonwealth Ave. Boston, MA 02215. You can arrange a meeting and tour of the Center by contacting James (1-857-337-5303).

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?

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. In-Person classes labeled as “**Drop-In**”, have a flexible attendance policy.

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 classes labeled as “**Drop-In**”, have a flexible attendance policy.

Q: How do I register for classes or activities?

A: You must have submitted a [New Student Application](#) to attend the Recovery Education Program. After you have enrolled, you will need to complete a class registration form, which is located on our website as well as the last page of the catalog. If you need assistance registering for classes, please call or email James.

Email: 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 as well.

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.

Q: Where is the Center located?

A: The Center is located at 940 Commonwealth Ave. Boston 02215, but our entrance is located on Pleasant Street. If you are taking public transportation, it would be the Green B-Line, and you would get off at the Babcock Street stop. If you are taking a vehicle, there are meter parking out front of the Center, free parking further along Pleasant Street and a parking garage across the street at The Agganis Arena.

Q: Do I need to be Vaccinated?

A: Yes, we follow Boston University guidelines for vaccination status, which is currently the initial shots and one booster for both “In-Person” and “Virtual” Classes. Submission of Vaccination is located on page 14 of the catalog.

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

In-Person Classes

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Monday	Tuesday	Wednesday	Thursday	Friday
Breathing for Recovery (Drop-In) 9:30-10:30 Zoom Derek	Book Club 9:30-10:30 RCC Marijane & Wendy	Breathing for Recovery (Drop-In) 9:30-10:30 Zoom Derek	Improv Your Life 10:00-11:30 LCR Derek, David & Mike	Ext. Breathing for Rec. (Drop-In) 9:30-10:30 Zoom Derek
Coffee & Conversation (Drop-In) 11:00-12:00 Zoom Lenny, Bill & Bob	Build Your Calm 10:00-11:00 LCR Derek & Matt		To Work or Not To 11:00-12:00 RCC Louise & Garrett	Chess for Beginners (Drop-In) 10:30-11:30 Zoom Mike & Petra
	Support Fitness 11:00-12:15 GYMIT Lenny, Bob & Matt		Support Fitness 10:30-11:45 GYMIT Lenny, Bob & Matt	
	Building a Social life in Recovery 11:30-12:30 LCR OT Interns			
Recovery Through Poetry 12:00-1:00 Zoom Mike & Petra	Peer Support (Drop-In) 12:30-1:30 Kitchen Lenny, Bob, Bill, Mike & Viesia	Mantra Singing & Meditation 2:00-3:00 Zoom Marjorie, Garrett & Deb		Healthy Eating for Recovery 12:00-1:00 Zoom Lenny & Garrett
Reiki 2 1:00-2:30 Zoom Gary, Deb & Bob	Hero's Journey 1:00-2:30 RCC Elynn, Petra & Matt	Storytelling 3:30-4:30 Zoom Gary, Bill & Bob	Hero's Journey 1:30-3:00 RCC Elynn, Petra & Matt	Creative Journaling 1:00-2:00 Zoom Elynn
	Buddhist Psych: (MPR) 1:00-2:30 LCR Marjorie, Garrett & Deb		Buddhist Psych (MbCT) 1:30-3:00 LCR Marjorie, Garrett & Deb	Laughter Yoga 1:30-2:30 Zoom Deb
	Microsoft Word 1:30-2:30 CC Derek, Lenny & Bill		Developing an Agile Mindset 3:00-4:00 LCR Gary, Louise & Lenny	
	Strategic Decision Making 2:30-3:30 RCC Gary, Bill, Danielle & Matt			
	Healing Through the Lens (4-week workshop) 3:00-5:00 SCR Garrett & Sarah			
	Thriving When Overwhelmed 3:30-4:30 LCR Louise, Petra & Danielle			
	Open Arts Studio (Drop-In) 3:30-5:00 RCC Derek			

- Represent Drop-in Virtual Classes
- Represent Register Virtual Classes
- Represent In-Person Classes

In-Person Classes Tuesdays

Book Club

Tuesday 9:30 - 10:30 (RCC)

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.

Build Your Calm

Tuesday 10:00 - 11:00 (LCR)

Derek & Matt

We live in very interesting times, and they sometimes leave us feeling anxious, stressed, drained, and overtired... if we let them. People have sought methods of relaxation since the beginning of time. In this class we shall be exploring a variety of calming strategies and methods, including natural sounds, color, breathing, exercise, diet, listening and playing music, relaxation exercises, meditation, and sleep, and more.

Support Fitness

Tuesday 11:00 - 12:15 (GYMIT)

Lenny, Bob & Matt

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. 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.

Students have the option to select the Tuesday Support Fitness, the Thursday Support Fitness or both!

Building a Social life in Recovery

Tuesday 11:30 - 12:30 LCR

OT Interns

This skills training class focuses on a range of skills and experiences especially important to adults. In this class, students will learn how to communicate their needs better, make and keep more relationships, and incorporate healthy living practices into their lifestyle. 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 as a group and work together to learn and grow

Register In-Person Classes Tuesdays

Peer Support (Drop-In)
Tuesday 12:30 - 1:30 (Kitchen)
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.

Hero's Journey
Tuesday 1:00 – 2:30 (RCC) & Thursday 1:30 – 3:00 (RCC)
Elynn, Petra & Matt

This class requires students to attend both the Tuesday and Thursday Hero's Journey.

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, 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!

Buddhist Psych: (MPR) The Mindfulness Path of Recovery
Tuesdays 1:00 - 2:30 LCR
Marjorie, Garret & Deb

Buddhist psychology, a growing field in the Western world, is devoted to the alleviation of our suffering, distress, and dissatisfaction using various mindfulness practices, such as gratitude. These are based on research and clinical practice. In this course we will explore the basic teachings and practices of the Buddha, the first psychologist, to help people to experience mental health recovery, become stress resilient, and feel joyful.

Students are strongly encouraged to attend both Tuesday Buddhist Psych (MPR) & Thursday Buddhist Psych: (MbCT).

Microsoft Word
Tuesday 1:30 - 2:30 (CC)
Derek, Lenny & Bill

Microsoft Word is a computer program that allows people to communicate through their writing. Many jobs, classes and other activities require a working knowledge of this program. In this class, we will learn aspects Microsoft Word 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 Word is not necessary for taking this course but is certainly helpful. Some computer basic computer skills are required.

In-Person Classes Tuesdays

Strategic Decision Making

Tuesday 2:30 - 3:30 (RCC)

Gary, Bill, Danielle & Matt

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 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.

Healing Through The Lens (4-week workshop)

Tuesday 3:00 - 5:00 (SCR)

Garrett & Sarah

Photography is an expressive art that can be very grounding. Photos tell us a story of that moment, a story that matters to us, a story that can often heal us. This workshop will provide you with an opportunity to take photos with your phone or camera, and to learn to tell a story with that photo that brings your voice and supports your healing journey. This workshop will also incorporate mindfulness exercises to help guide us through the process. No experience needed! Just bring your phone or a camera, and your curiosity!

This workshop will meet 2hrs each week for 4 weeks. **January 17, 24, 31, and February 7th** in the Small Conference room, 2-4 pm.

Thriving When Overwhelmed

Tuesday 3:30-4:30 (LCR)

Louise, Petra & Danielle

In this course, we will learn how to thrive when the world is overwhelming us. We will explore our sensitivities and learn ways to cope with them. A variety of modalities such as discussion & activities will be used in this class.

Open Art Studio (Drop-In)

Tuesday 3:30 - 5:00 (RCC)

Derek

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.

In-Person Classes Thursdays

Improv Your Life
Thursday 10:00 - 11:30 (LCR)
Derek, David & Mike

The class “Improv Your Life”, as the name suggests, is about making up, improvising, your life, or creating our own lives as we go along. It is designed to liberate us from our old stuck habitual responses. This class will build your confidence through various exercises, to live your life more fully, with intention and with greater contentment. We shall play with listening skills, with our honesty and with our anxiety. Through creative work and teamwork, we shall discover new ways to respond in different situations and new ways to communicate. This class will reveal enjoyable paths to new ways of being, all of which will be useful in many of life’s circumstances.

To Work or Not To Work?
Thursday 11:00 - 12:00 (RCC)
Louise & Garrett

This class is for anyone who has considered getting a job whether it’s volunteer, paid, part time, full time, temporary, permanent. We will explore what it means to work as well as how to decide what type of job to get. Other topics of discussion will include ways to get and keep a job.
(This course will encourage students to expand their lives by entering the world of work thus addressing the principle of community participation. It will also address the principle of financial independence for those who decide to get paid work.)

Support Fitness
Thursday 10:30 – 11:45 (GYMIT)
Lenny, Bob & Matt

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. 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.

Students have the option to select the Tuesday Support Fitness, the Thursday Support Fitness or both!

In-Person Classes Thursdays

Hero's Journey

Tuesday 1:00 – 2:30 (RCC) & Thursday 1:30 – 3:00 (RCC)

Elynn, Petra & Matt

This class requires students to attend both the Tuesday and Thursday Hero's Journey.

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, 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!

Buddhist Psychology: (MbCT) Mindfulness-based Cognitive Transformation

Thursdays 1:30 - 3:00

Marjorie, Garrett & Deb

Buddhist Psychology: Mindfulness-based Cognitive Transformation (MbCT) Support Group classes will focus on building community within the classroom and developing our mindful thinking, listening, and speaking skills and gratitude. We will be working on recognizing and transforming our automatic negative and distressed thoughts that make us unhappy and contribute to our suffering. During our meetings, we will together listen to music, meditate, and work in large and small groups to challenge and widen our perspectives in order to promote accurate, hopeful, grateful thoughts using mindful understanding, listening and speaking skills that lead us forward on the recovery path.

Students are strongly encouraged to attend both Thursday Buddhist Psych: MbCT & Tuesday Buddhist Psych (MPR).

Developing an Agile Mindset

Thursday 3:00 – 4:00 (LCR)

Gary, Louise & 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.

Register Virtual Classes

Recovery Through Poetry **Monday 12:00 - 1:00 (Zoom)** **Mike & Petra**

How can writing verse assist in recovery? This course will focus on the benefits of poetry in the healing process. Personal struggles and resolutions, catharsis, expression of inner self and personal points of view will be explored. We will write and share our own work as well as do Readings from works of other poets. Come learn to write poetry and create dialogue about each other's recovery.

Reiki 2 **Monday 1:00 - 2:30 (Zoom)** **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. Completion of Reiki 1 training is a prerequisite to registering for this class.

Mantra Singing & Meditation **Wednesdays, 2:00 - 3:00 (Zoom)** **Marjorie, Garrett & Deb**

During the semester we will together raise our voices and spirits to support each other within our zoom room. Each week we will listen to uplifting songs, discuss their positive lyrics, and sing. In each class, we will warm-up our body and voice with a few stretches and vocal warm-ups. Afterwards, we will practice mantra meditation and provide feedback.

Storytelling **Wednesday 3:30 – 4:30 (Zoom)** **Gary, Bill & 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.

Register Virtual Classes

Healthy Eating for Recovery Friday 12:00 - 1:00 (Zoom) Lenny & Garrett

Unsure of how to make that dish you've been dreaming of cooking? In Healthy Dishes we will take a look at some ways we can make perfectly proportioned healthy meals. How can we make the best tasting food, at the lowest cost, with the most amount of nutrition? We will look at recipes and discuss foods from across the globe that we can get right at your local supermarket. Tell us what you like, and we can find a way to make it Yummy and Good For You ❤️!

Creative Journaling Friday 1:00 - 2:00 (Zoom) Elynn

Chat and laugh while exercising your creative skills. When we set aside this time, it allows 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. We'll use different prompts, like "What do you think about when you daydream? Or "What is a fun fact we don't know about you? We'll listen to our favorite songs and then write for a few minutes. We may gaze at a picture of the Grand Canyon, for example. Along with topics 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 is 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.

Laughter Yoga Friday 1:30 - 2:30 (Zoom) 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. This activity will teach you the techniques of laughter yoga and how to use this practice to support your wellbeing. "Laughter is America's most important export." – Walt Disney

Drop-In Virtual Activities

Breathing for Recovery (Drop-In) 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.

Coffee & Conversation (Drop-In) Monday 11:00 - 12:00 (Zoom)

Lenny, Bill & Bob

This is an informal gathering where you can chat, connect, and enjoy each other before starting your week. Come join us in zoom with a drink of your choice (coffee, tea, coco), we look forward to seeing you

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.

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.

How to Register

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

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. We follow Boston University guidelines for vaccination status, which is currently the initial shots and one booster. This is required by all students, regardless if the class is “In-Person” or “Virtual”. You can upload a picture of your COVID-19 Vaccine Card to this [link](#) or email a copy to James (Jamesf19@bu.edu) or bring it in person for James to make a copy.

Class Limits:

In-Person Classes: Students can select up to 3 “In-Person” classes. These classes will take place at the Center.

Virtual Classes: Students can select up to 3 “Register” classes. These classes will take place virtually on Zoom, login information will be provided with email confirmation.

Drop-In Activities: These activities are offered through Zoom and in-person. 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