

# Recovery Education's Summer Semester 2023

Boston University College of Health & Rehabilitation Sciences: Sargent College  
Center for Psychiatric Rehabilitation



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## Recovery Education Program's Summer 2023 Semester

### IMPORTANT DATES

Course Registration	Friday, April 14th – Monday, May 1st
Confirmation Emails/Letter	Friday, May 5th
First Week of Classes/Activities	Monday, May 15th
Last Week of Classes/Activities	Friday, August 11th
Summer Break: No Classes/Activities	Monday, July 3rd – Friday July 7th
Additional Days the Center is Closed No Classes/Activities	Monday May 29 <sup>th</sup> , Memorial Day Monday June 19 <sup>th</sup> , Juneteenth Tuesday July 4 <sup>th</sup> , Independence Day

### 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 skills, supports and practices that will enhance their readiness for personal change and role recovery. Our semesters are a combination of in-person and virtual classes.

## Recovery Education's Summer Semester 2023

### 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](mailto: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 mental health condition documentation, be willing to use an educational environment to foster their recovery, submit medical records and provide documentation of COVID 19 vaccines and boosters. We follow Boston University guidelines which students **must complete a COVID-19 initial vaccination series and a COVID-19 booster shot** for both "In-Person" and "Virtual" Classes.

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

**A:** **In-Person Classes** are classes where student and staff are physically at the Center. You will need to register for these classes. We ask that you make the commitment to be in that class weekly. **Virtual Classes** are classes where student and staff can join from the comfort of their own home or another environment. Zoom is the platform we use, and you will need to register for these classes. We ask that you make the commitment to be in that class weekly. Participants are expected to attend virtual classes with their camera on (unless they need to take a break) and dress as if attending physically at the Center.

**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](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 as well.

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

**A:** Contact your instructor, text/call James at (857) 337- 5303 or you can leave a message at the front desk (617) 353-3549.

**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, take the [Green B-Line](#) Outbound, and get off at the Babcock Street stop. If you drive, there is meter parking out in front of the Center, free parking further along Pleasant Street and a parking garage at The [Agganis Arena](#) that charges hourly.

# Recovery Education's Summer Semester 2023

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## Recovery Education's Summer Semester 2023

### 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](mailto: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 do not count against your selected classes and are offered through Zoom and in-person. You can drop into these activities at any point during the semester, but registration is STRONGLY suggested.

**In-Person Location:** Here at the Center, we have three primary classroom setting. The Large Conference Room (**LCR**) located on the 2<sup>nd</sup> floor, The Computer Classroom (**CC**) located on the 1<sup>st</sup> floor, and the Recovery Conference Classroom (**RCC**) also located on the first floor.

**Virtual Meeting ID:** Zoom Room information will be provided after you received confirmation for your virtual classes.

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)

## Recovery Education's Summer Semester 2023

Monday (Virtual)	Tuesday (In-Person)	Wednesday (Virtual)	Thursday (In-Person)	Friday (Virtual)
Breathing for Recovery <b>(Drop-In)</b> 9:30-10:30 (Zoom) Zoom with Derek	Circling Hands Qi Gong 9:30-10:30 LCR with Derek	Breathing for Recovery <b>(Drop-In)</b> 9:30-10:30 (Zoom) Zoom with Derek	Circling Hands Qi Gong 9:30-10:30 LCR with Derek	Ext. Breathing for Recovery <b>(Drop-In)</b> 9:30-10:30 (Zoom) Zoom with Derek
	Walking for Recovery 10:00-11:30 Lobby with Lenny & Bob		Support Fitness 10:30-11:45 GYMIT with Lenny, Bob	
Coffee & Conversation <b>(Drop-In)</b> 11:00-12:00 (Zoom) Zoom with Lenny & Mike	Navigating Dating & Relationships Recovery 10:45-11:45 LCR Ben & Louise	Storytelling in Recovery 1:00-2:00 (Zoom) Zoom with Gary & Mike	Achieving Wellness Goals 10:45-11:45 LCR with Garrett & Kathryn	Journaling and Self-Soothing 12:30-1:30 (Zoom) Zoom with Elynn
	Recovery Sources of Inspiration 10:45-11:45 RCC with Petra & Kathryn		Knitting, Crocheting & Mending for C&C 10:45-11:45 RCC with Louise & Petra	
Advanced Reiki 2 1:00-2:30 (Zoom) Zoom with Gary, Bob & Deb	Peer Support <b>(In-Person &amp; Drop-In)</b> 12:00-1:00 LCR with Lenny, Bob & Viesia	Rise Up Singing & Meditation 2:30-3:30 (Zoom) Zoom with Marjorie, Deb & Garrett	Beginner's Microsoft Word 10:45-11:45 CC with Derek & Bill	Laughter Yoga 1:30-2:30 (Zoom) Zoom with Deb
	Nutrition Know How 12:00-1:00 RCC with Garrett & Bill		Reiki 1 1:15-2:15 LCR with Gary, Bob & Deb	
Socializing with Chess <b>(Drop-In)</b> 2:30-3:30 (Zoom) Zoom with Mike & Petra	Support Fitness 1:15-2:30 GYMIT with Lenny, Bob		Hero's Journey 1:15-2:15 RCC with Elynn & Petra	Open Mic <b>(In-Person &amp; Drop-In)</b> 1:00-3:00 RCC with Derek & David
	Hero's Journey 1:15-2:30 RCC with Elynn & Petra		Peer Specialist Prep Course 1:15-2:15 CC with Garrett & Lenny	
	Rise Up 2:45-3:45 LCR with Marjorie, Deb & Garrett		Rise Up 2:30-3:45 LCR with Marjorie, Deb & Garrett	
	Financial Skill Building 2:45-3:45 CC with Louise & Danielle		Lucid Dreaming 2:45-3:45 CC with Gary & Bill	
	Open Studio <b>(In-Person &amp; Drop-In)</b> 3:30-5:00 RCC with Derek		Empowered Communication 2:45-3:45 RCC with Louise & Danielle	

# Recovery Education's Summer Semester 2023

## In-Person Classes/Activities

### **Achieving Wellness Goals** **Thursday 10:45-11:45 (LCR)** **Garrett & Kathryn**

Making a friend, getting on track financially, going to school or starting an occupation are some examples of important adult experiences and represent different domains of our wellbeing. Often these are recovery goals and require that we make change. Change comes in many forms and is something we can benefit from if done with purpose, support and skills. In this class, students will explore and declare a personalized recovery goal. Instructors will support students to proceed towards achieving their life's dreams by identifying what skills and supports they need to realize their goals. We will practice with each other to improve our skills and collaborate to find supports as we enact change in our lives.

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### **Beginner's Microsoft Word** **Thursday 10:45-11:45 (CC)** **Derek**

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. Some basic computer skills are required.

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### **(Canceled) 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.

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### **Circling Hands Qi Gong** **Tuesday 9:30-10:30 (LCR) & Thursday 9:30-10:30 (LCR)** **Derek**

**Students are encouraged to attend both Tuesday & Thursday classes but are not required.**

Circling Hands Qigong teaches us how to utilize all the essential circular movements, alignments and weight shifting contained within most Tai Chi Forms. The three Circling Hand movements are simple to learn and an ideal physical and energetic workout. They are an easy method of learning physical and energetic principles of all Qigong and Tai Chi.

The Circles, help us to develop circularity, and eliminate inertia, which enables us to move and change smoothly. Circularity relaxes the mind, allowing us to release physical tension, and to improve the circulation of Chi, Blood and Intratissue Fluid.

In time we may find that we are capable of swiftly creating positive change in our bodies and in our minds. This practice will support your recovery and assist you to thrive.

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# Recovery Education's Summer Semester 2023

## In-Person Classes/Activities

### Empowered Communication

Thursday 2:45-3:45 (RCC)

Louise & Danielle

To act in an assertive manner, is a choice of how to communicate with others. In order to make this choice, it is important to know what assertive communication means & what it looks like. This class will consist of exploring the ways we think, act and communicate through group discussion, role plays, and other activities. Assertive communication can support you as you strive to achieve your recovery goals by empowering you to communicate in healthy ways.

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### Financial Skill Building

Tuesday 2:45-3:45 (CC)

Louise & Danielle

Budgeting money is an important aspect of life; yet it is something many people don't do on a regular basis. Our financial wellness can be impacted by our recovery journey-often in negative ways. This class will focus on learning the skills needed to track our spending and budget our finances, which in turn, can provide us with economic security. This will help us achieve our recovery goals. We will also learn about financial planning, the emotional issues associated with money, and setting long term financial goals.

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### Hero's Journey: Path to Well-Being

Tuesday 1:15 – 2:30 (RCC) & Thursday 1:15 – 2:15 (RCC)

Elynn, Petra

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

This class is open to everyone!

Do you consider yourself a hero in your journey towards well-being? In stories about epic journeys (such as Star Wars, The Wizard of Oz, and Finding Nemo) the hero is often an ordinary person who answers the call to adventure, crosses the threshold from the known into the unknown, and meets mentors and allies. The hero discovers hidden inner strength by facing multiple challenges and goes through a transformation where a new self emerges.

"The Hero's Journey: Path to Well-Being" class will introduce you to the stages of the Hero's Journey narrative and offer a new way to understand, guide, and support your well-being journey. You will have an opportunity to befriend your Inner Hero, meet people who are on a similar journey, and develop support and connection.

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### (Canceled) Humor and Comedy

Tuesday 4:00-5:00 (LCR)

Gary & Danielle

Humor and comedy provide pleasure and entertainment as well as promote good health which is necessary for our recovery.

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 and use the skills of comedy individually or in a group setting, and share in a supportive, creative, nurturing environment.

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# Recovery Education's Summer Semester 2023

## In-Person Classes/Activities

### **Lucid Dreaming**

**Thursday 2:45-3:45 (CC)**

**Gary & Bill**

We spend about one-third (1/3) of our life sleeping and a large portion of sleep dreaming. Sleep is a critical activity in supporting our health and wellbeing and is especially important when living with a mental health condition.

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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### **Navigating Dating and Relationships in Recovery**

**Tuesday 10:45-11:45 (LCR)**

**Ben & Louise**

Relationships are part of our human experience. Many adults, including adults in recovery, are interested in dating or being in a healthy relationship. This class is for anyone who is either interested in dating or in a relationship, or just wants to explore the possibility of dating. Dating seems intimidating and complicated, especially when trying to prioritize our mental health, but it can also be extremely rewarding. In this course, we will go over concepts such as the benefits and challenges of relationships, how to make close and healthy connections with others, how to ask someone out on a date, and how to react to and cope with rejection (if you experience it). We will go over how to plan and have fun on a date, and how to better understand body language associated with flirting and intimate relationships. At the end of the course, we will discuss safe and consensual sexual activity.

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### **Nutrition Know How**

**Tuesday 12:00-1:00 (RCC)**

**Garrett & Bill**

Food is a form of medicine if we eat in ways that help us heal and thrive. Discovering a healthy eating style based on science tailored to you, is what this class will assist you to do. Using our senses and making informed choices that support our physical, mental, and social health and wellness will be taught and practiced. Field trips to a farmer's market and grocery stores will be included. This class is for beginners or pros and will add the power of nutrition know how to your wellness toolbox.

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# Recovery Education's Summer Semester 2023

## In-Person Classes/Activities

### Peer Specialist Prep Course

Thursday 1:15-2:15 (CC)

Garrett & Lenny

Meaningful work provides both success and satisfaction in our lives. Many people in recovery are seeking meaningful work where their life experiences can contribute in positive ways to others. A Peer Specialist is a person who works in the mental health system who has lived experience and helping others on their recovery journey. Is this a career path in which you are interested? If so, taking this course will introduce you to the concepts taught in the Massachusetts Certified Peer Specialist training. This class is taught by CPS's, some of which have worked on Community Support teams helping adults in their recovery. This class will prepare you to apply to a peer support certification training program.

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### (Canceled) Pen Pal Group

Tuesday 4:00-5:00 (CC)

Elynn

Connection is a critical component of our wellness and connection to others comes in many ways. In this class, we will learn the skills of how to write simple pen pal letters to one another as a way to build connection. We'll work with the format of a letter, as well as brief content such as: What is your favorite season and why? Would you rather be a bluebird or an owl? We'll print by hand or paste from the computer onto an actual card. Students will write to one other member of the class and will leave with a pen pal letter each time. Use of color, creativity, and stickers will be encouraged.

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### Recovery Sources of Inspiration

10:45-11:45 (RCC)

Petra & Kathryn

Mental health conditions do not discriminate. People from all walks of life, from all corners of the globe, from all races and ethnicities have experienced mental health conditions since the beginning of time. And many people with mental health conditions have contributed to our world in wonderful ways. In this class we will explore achievements of some great figures in history while they lived with serious mental health conditions. These will include people in politics, arts, music, literature, science, and sports. We will examine their strengths, their contributions, and their impact as a way to reduce our own internal biases, to inspire our hope, and to prepare to take actions in our own recovery journey.

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### Reiki 1

Thursday 1:15-2:15 (LCR)

Gary, Deb & Bob

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

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# Recovery Education's Summer Semester 2023

## In-Person Classes/Activities

### Rise Up

Tuesday 2:45-3:45 (LCR) & Thursday 2:30-3:45 (LCR)

Marjorie, Deb & Garrett

**Students are encouraged to attend both Tuesday & Thursday classes but are not required.**

Recovery for many people involves finding a variety of creative ways to express one's feelings, thoughts and experiences. Writing poetry, is a skill that brings new wellness opportunities. It is also empowering. Reading, taking photographs, and writing and revising poems about recovery may just be the start of something energizing, up-lifting, challenging, and life-changing that will assist you in your journey of recovery. In this course we will support each other in reading, discussing, writing, and revising our poetry. Taking photos may be a springboard inspiring a poem.

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### Supported Fitness

Tuesday 1:15-2:30 (GYMIT) & Thursday 10:30 – 11:45 (GYMIT)

Lenny, Bob

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

Being fit plays an important in building and maintaining our physical health. Our physical health is a critical foundation in our recovery, especially as we age. 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.

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### Walking for Recovery

10:00-11:30 (1<sup>st</sup> floor Lobby)

Lenny & Bob

Tired of all that snow and chilly days? Who isn't! Join the Walking for Recovery Class to improve your fitness and explore your local community like never before! Want some exercise, enjoy nature, want to hang out with others to build community, or explore different walking routes? Then this class is for you!

This class will teach you how to walk for fitness so that you become stronger and leaner. Each week we will set goals for distance, destination, and speed. We plan to walk to and from some great destinations! We will walk rain or shine. Both conversation and silence are welcome, and all levels of fitness are welcome! We will progress together!

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# Recovery Education's Summer Semester 2023

## Drop-In & In-Person Classes/Activities

**Open Mic (Drop-In & In-Person)**  
**Friday 1:00-3:00 (RCC)**  
**Derek & David**

Welcome to Open Mic on Zoom! Creative expressions of music and poetry bring joy to us individually and as a community. Joy is essential to our wellbeing! 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. Bring your instruments; bring your ideas and your enthusiasm!!!

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**Open Studio (Drop-In & In-Person)**  
**Tuesday 3:30 - 5:00 (RCC)**  
**Derek**

Art is healing and in this open studio we provide an environment where people can work together, share ideas, and give feedback. When we share our work with others and hear their positive observations, it encourages us to look at our work from a different perspective and realize our strengths. We gain ideas from other people's work, and we gain connections by creating art together. An art subject, such as portrait, landscape, color, perspective, abstract 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!

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**Peer Support (Drop-In & In-Person)**  
**Tuesday 12:00 - 1:00 (LCR)**  
**Lenny, Bob & 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. In each class, we will discuss and practice a method to help deal with feelings and behaviors that may be in our way.

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**Drop-In Knitting, Crocheting & Mending for Calmness and Community**  
**Thursday 10:45-11:45 (RCC)**  
**Louise & Petra**

Knitting is known as a skilled activity that benefits our mind and hearts. It has been shown to reduce depression, anxiety, trauma related symptoms and chronic pain-all important health goals in our recovery. Knitting also helps keep our cognitive skills and social skills sharp! This course will be individualized, self-paced and for all skill levels. Students will have the opportunity to learn how to knit, crochet, and do hand mending such as sewing on buttons depending on each person's interests. Come join us to learn how to knit yourself calm and connect with others!

# Recovery Education's Summer Semester 2023

## Virtual Classes/Activities

### Advanced Reiki 2

Monday 1:00 - 2:30 (Zoom)

Gary, Deb & Bob

**Students must have completed Reiki 1 before attending this class.**

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.

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### Rise Up Singing & Meditation

Wednesday 2:30-3:30 (Zoom)

Marjorie, Deb & Garrett

Singing and meditation are tools we can learn to do and use as part of our wellness toolbox. Each week we will listen to and discuss the lyrics of a song that lifts our spirits and inspires hope. We will practice vocal warm-ups, sing songs/mantras, and meditate to calm ourselves, improve our mood, and widen our perspectives. We will have the opportunity to sing some songs in Spanish and encourage each other to make meditation and singing 2 practices that further recovery. We will explore our challenges to practicing singing and meditation at home and support each other to practice outside of the zoom room.

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### Storytelling in Recovery

Wednesday 1:00-2:00 (Zoom)

Gary & Mike

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.

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### Journaling and Self-Soothing

Friday 12:30-1:30 (Zoom)

Elynn

Self-soothing skills can assist us in our healing and recovery. It is very empowering to learn we can exert control over the situations, environments and people who create stress in our lives. Let's learn from the book, 50 Ways to Self-Soothe Without Food by Dr. Susan Albers. We will learn new and creative skill techniques: 2-minute meditations, music, and enjoyable grounding exercises. Journaling and freewriting will be taught as valuable skill strategies as well. These alternative skills and behaviors may become satisfying options as we emphasize ways to feel calmer and in control.

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### Laughter Yoga

Friday 1:30 - 2:30 (Zoom)

Deb

Laughter is fun, playful, and provides a way to connect socially, while uplifting your mood. Laughter is also an exercise: this class will teach you skills of laughter yoga and provide time to practice breathing exercises, stretching, and dancing to fun songs. These skills will support your overall wellbeing.

“Laughter is America's most important export.” – Walt Disney

# Recovery Education's Summer Semester 2023

## Drop-In & Virtual Classes/Activities

### Breathing for Recovery (Drop-In & Virtual)

Monday 9:30 - 10:30 (Zoom) & 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. This class will teach you the skills of deep abdominal breathing which relates to relaxation, contentment, and peacefulness to foster a more stable emotional life. We will work to Develop a daily practice as part of your wellness regimen.

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### Coffee & Conversation (Drop-In & Virtual)

Monday 11:00 - 12:00 (Zoom)

Lenny & Mike

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!

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### Extended Breathing for Recovery (Drop-In & Virtual)

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 well can dramatically affect your health and well-being in positive ways.

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### Socializing with Chess (Drop-In & Virtual)

Monday 2:30-3:30 (Zoom)

Mike & Petra

Having fun often gets overlooked in our recovery. The game of chess is a great game to learn to play to build more fun into your life. 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 skills and rules 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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