

Recovery Education's Summer Semester 2024

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



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Recovery Education Program's Summer 2024 Semester

IMPORTANT DATES

Course Registration	Monday, April 8th– Wednesday May 15 th
Confirmation Emails/Letter	Monday April 22nd- Friday May 17 th
First Week of Classes/Activities	Tuesday, May 21st
Last Week of Classes/Activities	Friday, August 9th
Summer Break: Center Closed, No Classes/Activities	Monday, July 1st- Friday, July 5th
Additional Days: Center Closed, No Classes/Activities	Monday, May 27th- Memorial Day Wednesday June 19th- Juneteenth

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.

Important Information

Recovery Education's Summer Semester 2024

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

A: You will need to complete the New Student Application that includes a Medical/Psychiatric Information Form. Please return the packet to Program Administrator Services Division, fax (617-353-7700) or email it to amiras@bu.edu

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. If you need assistance registering for classes, please call or email Amira Sheikh
Email: amiras@bu.edu

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, 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.

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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 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 of if the class is "In-Person" or "Virtual"

Class Limits:

In-Person Classes: Students can select up to 5 "In-Person" classes. These classes will take place at the Center.

Virtual 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 classrooms setting. The Large Conference Room (**LCR**) located on the 2nd floor, The Computer Classroom (**CC**) located on the 1st 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, please email Amira Sheikh at amiras@bu.edu

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<u>Monday (Virtual)</u>	<u>Tuesday (In-Person)</u>	<u>Wednesday (Virtual)</u>	<u>Thursday (In-Person)</u>	<u>Friday (Virtual)</u>
	Coffee & Conversation: Peer Support 9:30-10:45 LCR with Lenny, Charles, and Viesia		Book Club 9:30-10:30 LCR with Mike and Petra	
	Tai Chi: Miniform 9:30-10:45 RCC with Derek and Bill		Crystal Wrapping July 16th- August 6th 9:30- 10:30 RCC with Kathryn and Louise	
	HOPES: Dating and Social Skills May 21st-July 9th 11:00- 12:30 LCR with Ben and Alexa		Financial Skills 10:45- 11:45 RCC with Louise and Kathryn	
			HOPES: Dating and Social Skills May 21st-July 9th 10:45- 11:55 LCR with Ben and Alexa	
Chess 12:00-1:00 Zoom with Petra and Mike	Walking for Wellness 11:00- 12:15 Outside with Lenny and Garrett		Mini Walk for Wellness 11:00-11:30 Outside with Lenny and Garrett	
Reiki 1:15-2:15 Zoom with Gary and Deb	Lunch 12:15-1:00		Staff Meeting 12:00-1:00 LCR (Staff)	A Healthy D.O.S.E for Recovery 12:30-1:30 Zoom with Elynn and Bill
	The Positive Power of Poetry 1:00-2:15 LCR with Marjorie, Deb, and Charles		Mindfulness to Empower Ourselves 1:15-2:15 LCR with Marjorie and Deb	
	Happiness 1:00-2:15 RCC with Gary and Danielle		Spirituality 1:15-2:15 RCC with Gary, Mike, and Lenny	
	Thinking Skills for Recovery 2:30-3:45 CC with Derek, Louise, and Bill	Singing and Meditation 2:30-3:30 Zoom with Marjorie and Deb	Wisdom in Recovery 2:30-3:45 LCR with Derek, Garrett, Danielle, and Charles	
	Theater for Enhanced Communication 2:30-3:45 RCC with Jaime and Gary		Textiles 2:30-3:45 RCC with Louise and Kathryn	
	Wellness: Lessons from Sports 4:00-5:00 LCR with Garrett and Petra		Flourishing Families 4:00-5:00 LCR with Gary and Elynn	
	Art 4:00-5:00 RCC with Derek and Kathryn		Music: Open Mic 4:00-5:00 RCC with Derek and David	

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In-Person Classes/Activities

Coffee & Conversation: Peer Support

Tuesdays 9:30-10:45

LCR with Lenny, Charles, and Viesia

In this get together we will experience peer support as well as discuss diverse topics. Communicating with others can have a powerful impact on growth and development. We find out who we are when we talk to others and share our ideas. This class will provide peer support to increase our hope, wellness, and inspire change. Diverse topics such as what goes on in our daily lives and current events will also be discussed. Bring your coffee or grab a cup here and join us, it's a great way to start a summer day!

Tai Chi: Miniform

Tuesdays 9:30-10:45

RCC with Derek and Bill

Tai Chi is probably the best known of the Internal Arts of China, where it has been practiced by millions of people, over the centuries, for its health benefits. Learn these soft and graceful, choreographed movements coupled with some breathing and relaxation, that will enable you to improve your health, reduce stress, and gain greater resilience. The goals of this course are for you to develop the skills of calming the body, mind, and emotions.

HOPES: Dating and Social Skills

May 21st-July 9th

Tuesdays 11:00- 12:30 and Thursdays 10:45-11:55

LCR with Ben and Alexa

This class is for anyone who is interested in exploring dating, is already dating, or is in a relationship but would like to learn some new skills to improve relationships. In this class, we will explore the benefits and challenges of relationships and practice forming close connections with others, asking someone on a date, and reacting to and coping with the disappointment or hurt of rejection. We will also learn how to plan and have fun on dates, and how to understand flirting, and building intimate relationships. While this course will focus on social skills as they pertain to dating, many of the skills covered can also be used to help improve other relationships in your life, such as those with family and friends.

Walking for Wellness

Tuesdays: 11:00- 12:15 and Thursdays: 11:00-11:30

Outside with Lenny and Garrett

Walking is an excellent form of exercise which contributes to a healthy mind, body, and heart. By having a physically active lifestyle it creates a longer and more productive life as well as lower stress and a better quality of life. In this class we will be walking in the community with peers. The class is for everyone who would like to walk with having the opportunity to walk at their own pace. Everyone is encouraged to bring water bottles, sneakers, a hat, and light clothing. Make sure to apply your sunscreen!

The Positive Power of Poetry

Tuesdays 1:00-2:15

LCR with Marjorie, Deb, and Charles

In this course we will support each other in reading, discussing, and writing poetry that lifts our spirits. In class and at home, we will work on revising our poems to empower ourselves. Taking photos may be a springboard inspiring a poem, the start of something energizing and challenging.

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In-Person Classes/Activities

Happiness

Tuesdays 1:00-2:15

RCC with Gary and Danielle

Our quality of life and well-being are primarily determined by the degree to which we experience Happiness. This course will explore why Happiness is important, why we don't spend more time focusing on achieving Happiness, what are the components of Happiness for each of us, what are the different types of Happiness, and what to do about those aspects of life that prevent happiness. Different views of Happiness will be examined so that students will have the opportunity to think about Happiness in different ways and discover which views most strongly resonate with them. This survey of Happiness perspectives will serve as a foundation for each student to create strategies to maximize their level of Happiness for the rest of their life.

Thinking Skills for Recovery

Tuesdays 2:30-3:45

CC with Derek, Louise, and Bill

Thinking skills, such as our attention, memory, planning, and organization are critical in our daily lives and valued roles. This class will use computer games and old-fashioned activities (such as crossword puzzles) to help enhance your thinking skills so you can work, play, socialize, and live optimally.

Theater for Enhanced Communication

Tuesdays 2:30-3:45

RCC with Jaime and Gary

Theater is communication in dramatic form. At its core, theater is about connection, teamwork, and empathy. The goal of this class is to use acting and voice exercises to enhance communication skills for use in everyday life, whether that be ordering a drink at a coffee shop or participating in a job interview.

Regardless of your previous experience with theater, this class offers the opportunity to build self-confidence, uncover different parts of yourself, and connect with fellow students. We will work as a team to write our own short play. We will collaboratively decide how we want to perform our play, whether just for ourselves or for others. Together, we will create a brave, supportive, and judgment-free environment in which to discover all that theater has to offer.

Wellness: Lessons from Sports

Tuesdays 4:00-5:00

LCR with Garrett and Petra

Wellness is a foundation for thriving and living well. There are many domains of wellness that need our attention to support our daily life. In this class we will examine the lessons that can be learned from sports in regard to our emotional, physical and social domains of wellness. We will explore topics related to identity, gender, agism, sponsorships, and how these issues are relevant. We will alternate topics with classes that teach strategies that promote our wellness.

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In-Person Classes/Activities

Art

Tuesdays 4:00-5:00

RCC with Derek and Kathryn

These sessions are an opportunity to experience an Open Art Studio environment where people work in each other's company, share ideas, give and accept 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 and expand our own ideas. Subjects, such as portrait, landscape, color, perspective, abstract and so on, will be suggested from time to time. This class is open to all.

Book Club

Thursdays 9:30-10:30

LCR with Mike and 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.

"No friend as loyal as a book." - Ernest Hemingway

Crystal Wrapping

July 16th- August 6th

Thursdays 9:30-10:30

RCC with Kathryn and Louise

In this class you will learn techniques for wrapping semiprecious crystals and gemstones with wire to create necklaces and/or earrings. You will have time to make several of your own pieces. It is suitable for both men and women. We will also learn about how crystals and gemstones can be helpful to mental health. You don't need to believe in the healing power of crystals to take this class. Just come with an open mind

Financial Skills

Thursdays 10:45- 11:45

RCC with Louise and Kathryn

Our recovery journey can be impacted by our financial wellness - in positive and negative ways. This class will focus on learning & practicing the skills needed to manage our finances, financial planning, the emotional issues associated with money, and setting long term financial goals to help students become as economically self-sufficient as desired.

Mindfulness to Empower Ourselves

Thursdays 1:15-2:15

LCR with Marjorie and Deb

In Practicing Mindfulness to Empower Ourselves, we will explore and experience what mindfulness is and how its 6 areas of practice improve our mental, physical, emotional, social, and spiritual health. During class we will practice mindful listening, positive/hopeful thinking, mindful speaking, walking meditation, silent singing, and seated meditation.

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In-Person Classes/Activities

Spirituality

Thursdays 1:15-2:15

RCC with Gary, Mike, and Lenny

Do you sometimes feel a connection to the physical world around you? Does that sensation make you feel grounded and secure, and give you a sense of purpose? Spirituality entails seeking a meaningful connection with something bigger than yourself. It can become a key component to recovery because of the positive thoughts and emotional health that is fostered. This course will explore the four domains of spirituality, what spiritual experiences feel like, the benefits derived from these feelings of transcendence of self, and how we can effectively evoke these experiences for ourselves to promote a sense of inner peace and well-being. The intersection between spirituality and religion will be discussed in a tolerant and supportive environment.

Wisdom in Recovery

Thursdays 2:30-3:45

LCR with Derek, Garrett, Danielle, and Charles

This new class will seek to understand the connection between our physical, emotional, social, and spiritual lives, whether pleasurable or painful, to our thoughts, behaviors, and actions. This knowledge provides powerful wisdom that can assist us and others in Recovery. In this class we will discuss what we have learned from our experiences and then explore a variety of lessons and tools for healing in our physical, emotional, social, cognitive, and spiritual wellbeing.

Textiles

Thursdays 2:30-3:45

Kitchen with Louise and Kathryn

Knitting, crocheting, weaving etc. are all known as skilled activities that benefit 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. These activities also help 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.

Flourishing Families

Thursdays 4:00-5:00

LCR with Gary and Elynn

Managing our relationships with family, whether they are siblings, parents, cousins, aunts, or uncles is an important component of recovery. We rely on family members to provide us with emotional support, guidance, financial assistance and a sense of belonging. This course will teach critical skills in communication, conflict resolution, seeking resources, reframing situations in a way to destress, and identifying ways to bond. Class time will also be devoted towards addressing specific, individual goals to foster the development and maintenance of healthy family relationships.

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In-Person Classes/Activities

Music: Open Mic

Thursdays 4:00-5:00

RCC with Derek and David

Welcome to the Center's own Open Mic, hosted live in the Recovery Center Classroom this summer at 4 P.M. on Thursdays! All styles, genres, and performance types are welcome. Come sing a song, read a poem, or dance a jig in front of a small, supportive audience of your peers. Performing can be scary, but you are brave, and we foster a safe, encouraging environment for everyone to shine. Not sure you want to put yourself out there? Come enjoy the show as a supportive audience member and you may yet have a change of heart!

Virtual Classes/Activities

Chess

Mondays 12:00-1:00

Zoom with Petra and Mike

Chess is a great way to socialize, meet new friends, and think logically. This class is open to students of all abilities. Students call the moves, and the instructors provide constructive feedback on them. Beginners will learn the names of the pieces, the way they move, and how to call the moves. The more advanced students will learn the names of different moves and the strategies behind them. In each class the students are divided into 2 teams and play each other.

Reiki

Mondays 1:15-2:15

Zoom with Gary and Deb

This advanced Reiki class will allow students to apply the skills learned in Reiki 2 (empowering, addressing emotional issues, distance healing) to promote calmness, decreased physical discomfort, and an overall sense of well-being for themselves and others. Related healing modalities will also be practiced. Completion of Reiki 1 and Reiki 2 training is a prerequisite of this course

Singing and Meditation

Wednesday 2:30-3:30

Zoom with Marjorie and Deb

Singing & meditation are 2 research-based practices known to improve health and further recovery. Each week in Singing & Meditation, we will listen to and discuss the lyrics of a song that inspires hope and reduces stress.

We will practice vocal warm-ups, sing songs, and meditate on a mantra to calm ourselves and widen our perspective. We will encourage each other to meditate and sing at home.

A Healthy D.O.S.E for Recovery

Fridays 12:30-1:30

Zoom with Elynn and Bill

D.O.S.E. refers to: Dopamine, Oxytocin, Serotonin, and Endorphins. We'll learn about the science of building neural pathways through Music, Singing, Nature Images, Movement, Humor, Kindness, Writing, and Art. We'll enjoy fun methods to increase these healthy proteins in our day-to-day lives to enhance our well-being and recovery. No experience necessary.

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