

Recovery Education's Fall Semester 2024

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



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Recovery Education Program's Fall 2024 Semester

IMPORTANT DATES

Course Registration	Monday, August 5th – Friday, August 23 rd
Confirmation Emails/Letter	Friday, September 6th
First Week of Classes/Activities	Monday, September 16th
Last Week of Classes/Activities	Friday, December 13th
Thanksgiving Break: Center Closed, No Classes/Activities	Monday, November 25th- Friday, November 29th
Additional Days: Center Closed, No Classes/Activities	Monday, October 14th: Indigenous Peoples' Day Monday, November 11th: Veterans 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.

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Important Information

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

A: You will need to complete [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 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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Monday (Virtual)	Tuesday (In-Person)	Wednesday (Virtual)	Thursday (In-Person)	Friday (Virtual)
			9:30-10:30 Book Club LCR with Mike and Petra	
	9:30-10:30 Choosing Work and Volunteering LCR with Louise and Kathryn		9:30-10:30 Textiles RCC with Louise	
	9:30-10:30 Poetry Jam RCC with Derek, Mike, and Charles		10:45-11:45 Healthy Home Environments LCR with Louise and Danielle	
	10:45-11:45 Brain Fitness CC with Derek and Charles		10:45-11:45 Social Media CC with Derek and Charles	
11:00-12:00 Chess Zoom with Petra and Mike	10:45-11:45 Supported Fitness GymIt with Lenny, Garrett, and Petra		10:45-11:45 Supported Fitness GymIt with Lenny, Garrett, and Petra	
	12:00-1:00 Lunch Slot	12:00- 1:00 Cooking/ Nutrition Zoom with Garrett and Louise	12:00-1:00 Lunch Slot	12:30-1:30 Short Stories and Journaling Zoom with Elynn and Bill
1:15-2:15 Advanced Reiki 2 Zoom with Gary and Deb	1:00- 2:00 Developing Healthy Relationships to Promote Flourishing Families LCR with Gary, Kathryn, and Yoonjin	1:15-2:15 Laughter Yoga Zoom with Deb	1:15- 2:15 Aging with Presence LCR with Derek, Garrett, and Kathryn	
	2:15- 3:15 Healthy DOSE for Recovery LCR with Elynn and Bill		1:15- 2:15 Happiness RCC with Gary and Danielle	
	2:15- 3:15 Theater for Enhanced Communication RCC with Gary and Jamie		2:30- 3:30 Spirituality in Recovery LCR with Gary and Lenny	
	3:30- 5:00 Reiki 1 LCR with Gary and Deb		2:30- 3:30 Yoga and Meditation RCC with Ali T. and Amira	
	3:30- 5:00 Music/ Open Mic RCC with Derek and David		3:45- 5:00 Peer Support LCR with Lenny and Viesia	
			3:45- 5:00 Open Art Studio RCC with Derek and Amira	

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In-Person Classes

Choosing Work and Volunteering

Tuesdays 9:30 -10:30 (LCR)

Louise and Kathryn

This class is for students who are considering the possibility of working - both volunteer and paid. Some topics that will be discussed include: the pros/cons of working, volunteer vs. paid work, how government subsidies are affected by getting paid and exploring various fields of work. By the end of the semester, students will decide whether or to pursue work.

Poetry Jam

Tuesdays 9:30- 10:30 (RCC)

Derek, Mike, and Charles

These sessions are designed to give students a space to share their favorite poetry and their own compositions and other writings. You can think of it as being an Open Mic for poetry. It is going to be a friendly, non-judgmental and supportive environment in which you can take the floor, do some reading for the group, and ask for comments and feedback if you wish.

Brain Fitness

Tuesdays 10:45- 11:45 (CC)

Derek and Charles

Come enhance your wellness and have some fun. Recovery and wellness involve attending to our mind, body, and spirit. Many things can impact how we think, how we remember, how we pay attention and how we learn. This class will teach skills and strategies that assist us to improve these functions of our mind and support our overall wellness. Activities such as crosswords, Sudoku, other languages, reading, memory improvement techniques, brain games and brain teasers, will be used to enhance our thinking capacities and as resources for our recovery. Brain Fitness or Cognitive Remediation can be thought of as the techniques we use to improve our mental abilities such as paying attention to and remembering details, working memory, flexibility, and planning, organizing, strategizing, and executive functioning all of which can help us function more successfully at home, school and work.

Supported Fitness

Tuesdays and Thursdays 10:45- 11:45 (GymIt)

Lenny, Garrett, and Petra

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

Being fit plays an important role 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.

Developing Healthy Relationships to Promote Flourishing Families

Tuesdays 1:00- 2:00 (LCR)

Gary, Kathryn, and Yoonjin

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

A Healthy D.O.S.E for Recovery

Tuesdays 2:15- 3:15 (LCR)

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.

Theater for Enhanced Communication

Tuesdays 2:15- 3:15 (RCC)

Gary and Jamie

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.

Reiki 1

Tuesdays 3:30-5:00 (LCR)

Gary and Deb

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

Music/ Open Mic

Tuesdays 3:30-5:00 (RCC)

Derek and David

Music and Song can be a powerful tool for connection and communication and human beings have sung songs together, played drums, and other instruments for thousands of years. Singing together helps us bond with the members of our community. Building and having a community is now known to have numerous health benefits. So come and be a part of our harmonious community because we are going to be singing together and making sweet music.

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In-Person Classes

Book Club

Thursdays 9:30- 11:30 (LCR)

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

Recovery through Textiles

Thursdays 9:30- 10:30 (RCC)

Louise

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.

Healthy Home Environments

Thursdays 10:45- 11:45 (LCR)

Louise and Danielle

Our home environments are important to our physical and emotional health. Therefore, this class will focus on ways to create a healthy home environment such as decluttering, keeping the space clean, and how the 5 senses are involved in having a healthy space. By the end of the semester, students will know how and begin taking steps to make their specific space healthy and pleasant to be in.

Social Media

Thursdays 10:45- 11:45 (CC)

Derek and Charles

Many of us feel overwhelmed by the speed of technological innovation and the variety of technologies and tools that exist today. Yet, these technologies are becoming increasingly accessible and user-friendly, even to the most techno-phobic of people. People of all ages, from 9 to 99, are online and exploring the world of digital communication. We are also aware of the "problems" with Social Media, So, how can we use it safely? Some of the more popular characteristics of social media are how connections can be made and information shared with greater ease than ever before. Many of us network and share ideas with old and new friends and family. Others are using the internet for support through Facebook, Instagram, live online chats, and other technologies. Blogging, podcasting, and sharing digital videos via YouTube are other ways that we can connect with our families, friends, and colleagues. Come to our Computers and Social Media class and we can learn how to connect, network, and safely enjoy all this together.

Aging with Presence

Thursdays 1:15- 2:15 (LCR)

Derek, Garrett, and Kathryn

Aging with Presence is not merely accepting the changes that are part of growing older, it is relishing and loving those changes. This doesn't mean that we deny the sometimes-challenging aspects of getting older, we simply focus on realizing the many positive aspects. Living with presence means living in this present moment, where we appreciate everything, we taste, hear, see, smell and touch, where we think and talk, converse and argue... where we live. In this class we shall explore the numerous skills of being present which include meditative breathing, doing art, writing, and exercising with presence and other activities.

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In-Person Classes

Happiness **Thursdays 1:15- 2:15 (RCC)** **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.

Spirituality in Recovery **Thursdays 2:30- 3:30 (LCR)** **Gary 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.

Yoga and Meditation **Thursdays 2:30- 3:30 (RCC)** **Ali T. and Amira**

This course offers a nurturing approach to yoga and meditation, focusing on enhancing mental clarity, emotional balance, and overall relaxation. Each session blends gentle yoga postures with mindfulness meditation techniques, tailored to accommodate varying levels of physical ability and personal comfort. Participants will engage in slow, deliberate movements and breathing exercises that promote relaxation and body awareness. Guided meditations will help cultivate a sense of inner peace, reduce stress, and support emotional healing.

Peer Support **Thursdays 3:45- 5:00 (LCR)** **Lenny 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.

Open Art Studio **Thursdays 3:45- 5:00 (RCC)** **Derek and Amira**

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.

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Virtual Classes

Chess

Mondays 11:00-12:00 Zoom

Petra and Mike

Chess is a great way to socialize 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.

Advanced Reiki 2

Mondays 1:15- 2:15 Zoom

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.

Cooking and Nutrition

Wednesdays 12:00- 1:00 Zoom

Garrett and Louise

We will put our culinary skills to work, making a healthy meal every few weeks that is cost efficient and tastes great. On the weeks where we are meeting and not cooking, we will learn about the food groups and what makes a balanced meal plan. We will support one another to hear everyone's story of food and lifestyles and encourage each other to try new things and make food our friend.

Laughter Yoga

Wednesdays 1:15- 2:15 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

Short Stories and Journaling

Fridays 12:30-1:30 Zoom

Elynn and Bill

We'll read and analyze thought-provoking short stories and respond in writing and drawing to engaging prompts. Students will have a chance to play-act scenes, share responses, and select stories for us to read together.