

Recovery Education's Summer Semester 2025

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



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Recovery Education Program's Summer 2025 Semester

IMPORTANT DATES

Course Registration	Monday, April 14th - Friday, May 9th
Confirmation Emails/Letters	Tuesday, May 6th
First Week of Classes/Activities	Tuesday, May 20th
Last Week of Classes/Activities	Thursday, August 7th
4th of July Week: Center Closed, No Classes/Activities	Monday, June 30th Friday, July 4th
Additional Days: Center Closed, No Classes/Activities	Monday, May 26th: Memorial Day Holiday Thursday, June 19th: Juneteenth Holiday

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 students' knowledge of the physical, intellectual, emotional, and 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 a [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 klineha2@bu.edu

Q: What are the requirements for participating in the Recovery Education Program?

A: Interested individuals must apply to the program, provide documentation of their mental health condition, 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 require students **to 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 and virtual classes?

A: In-Person classes are classes where students and staff are physically at the Center. You will need to register for these classes. We ask that you commit to being 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 commit to being 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 Kai Linehan
Email: klineha2@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 cannot attend my class?

A: Contact your instructor or 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 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.

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

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In-Person Classes

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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 to be directed to a form.
2. Fill out your contact information
3. Check the boxes of the in-person, virtual, or drop-in activities you wish to take.
4. Click Submit. You will receive an email copy of your registration form after you submit it.
5. We follow Boston University guidelines for vaccination status, which is currently the initial shots and one booster. This is required of all students, regardless of whether the class is in-person or virtual.

Class Limits:

In-Person Classes: Students can select up to 5 "In-Person" classes, which 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: The center has three primary classrooms: the large conference room (**LCR**) on the 2nd floor, the computer classroom (**CC**) on the 1st floor, and the recovery conference classroom (**RCC**) on the 1st floor.

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

If you have questions or would like to register, please email Kai Linehan at klineha2@bu.edu

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Monday	Tuesday (In-Person)	Wednesday	Thursday (In-Person)	Friday
	<p style="text-align: center;">9:00 - 10:00 Taoist Yoga LCR with Derek and Petra</p>		<p style="text-align: center;">9:00 - 10:00 Book Club LCR with Petra and Kathryn</p>	
	<p style="text-align: center;">10:15 - 11:45 Walking for Wellness Outside with Lenny, Garrett, and Petra</p>		<p style="text-align: center;">10:15 - 11:45 Walking for Wellness Outside with Lenny, Garrett, and Petra</p>	<p style="text-align: center;">10:45 - 11:45 Reiki 1 LCR with Gary and Deb</p>
	<p style="text-align: center;">12:00 - 1:00 Lunch Hour</p>		<p style="text-align: center;">12:00 - 1:00 Staff Meeting</p>	
	<p style="text-align: center;">1:15 - 2:15 Nutrition RCC with Garrett, Ali, and Lenny</p>	<p style="text-align: center;">1:15 - 2:15 Theatre and Comedy for Enhanced Communication LCR with Gary and Derek</p>	<p style="text-align: center;">1:15 - 2:15 Hero's Journey: A Path to Recovery LCR with Elynn, Bill, and Ali</p>	<p style="text-align: center;">1:15 - 2:15 WRAP for Healthy Aging RCC with Derek, Deb, and Louise</p>
	<p style="text-align: center;">2:30 - 3:30 Resiliency Skills for Recovery LCR with Garrett and Ali</p>		<p style="text-align: center;">2:30 - 3:30 Developing a Resilient Mindset LCR with Gary, Elynn, and Danielle</p>	<p style="text-align: center;">2:30 - 3:30 Financial Literacy RCC with Louise, Bill, and Kathryn</p>
	<p style="text-align: center;">3:45 - 5:00 Hopeful & Healthy Living LCR with Gary, Derek, and Kathryn</p>		<p style="text-align: center;">3:45 - 5:00 Open Art Studio LCR with Derek and Danielle</p>	

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In-Person Classes/Activities

Taoist Yoga

Tuesdays 9:00 - 10:00 am

LCR with Derek and Petra

This course in Taoist Yoga is open to everyone and involves holding simple postures, which can be done while seated in a chair. Altogether it makes a unique practice allowing you to circulate fluids and build energy without over stretching your muscles and tendons. Over stretching can do more harm than good, when it creates tension in the body, whereas relaxation is essential for health and longevity. Taoist Yoga, incorporating Taoist Breathing, helps us to relax from inside the body rather than stretching outside with the muscles. An important difference that will produce health and longevity.

Walking for Wellness

Tuesdays 10:15 - 11:45 am

Outside with Lenny, Garrett, and Petra

Walking is an excellent form of exercise that contributes to a healthy mind, body, and heart. A physically active lifestyle creates a longer and more productive life, lowers stress, and provides 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 while 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!

Students have the option to select the Tuesday Walking for Wellness, the Thursday Walking for Wellness, or both

Nutrition

Tuesdays 1:15 - 2:15 pm

RCC with Garrett, Ali, and Lenny

Nutrition is a powerful tool for us. Food is medicine. There is growing evidence that what we eat greatly impacts our mental health. We can practice making choices on what food will benefit us in a way that can make us feel well, strong, lean and healthy. Having support is also monumental in recovery and making nutritional changes. That's why this class might be for you. We will share knowledge and tried and true empirically tested methods for making good decisions during our day when it comes to what we put in our body.

Theatre and Comedy for Enhanced Communication

Tuesdays 1:15 - 2:15 pm

LCR with Gary and Derek

Theater is communication in dramatic form. At its core, theater is about connection, teamwork, and empathy. This class aims to use acting and voice exercises to enhance communication skills for use in everyday life. 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.

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In-Person Classes/Activities

Resiliency Skill for Recovery

Tuesdays 2:30 - 3:30 pm

LCR with Garrett and Ali

Recovery is a journey that requires strength, self-awareness, and support. This class teaches some of the tools of used in Dialectical Behavior Therapy (DBT) to help us build resiliency skills that will build connection, lessen distress in relationships and help us weather the challenges that life can throw at us. Together, we will explore practical techniques like mindfulness, emotion regulation, distress tolerance, and healthy communication skills. Through group discussions and hands-on activities and skill practice, we'll learn how to respond to life's challenges with greater balance and confidence. This class is open to everyone, whether you have tried these approaches before or looking to refresh and strengthen your resiliency skills.

Hopeful & Healthy Living

Tuesdays 3:45 - 5:00 pm

RCC with Gary, Derek, and Kathryn

The Hopeful and Healthy Living class was designed for people over 50 to promote healthy aging. It focuses on building new social skills and thinking strategies to promote social connections, participation in healthy living activities like eating, exercising, and sleeping, and participation in healthy leisure activities. This interactive class provides support for you to develop your own healthy aging goals and opportunities to practice new skills through games, role plays, and group discussion.

Book Club

Thursday 9:00 - 10:00 am

LCR with Petra and Kathryn

If you love to read or just want to get started reading for pleasure, this class is for you. We read a myriad of books throughout the semester and once a week we get together and discuss them. Students are encouraged to offer their own books that will be put on the list and voted on. This is a fun and relaxing class where everyone's opinion and interpretation of the book is valued and appreciated.

Reiki 1

Thursday 10:45 - 11:45 am

LCR with Gary and Deb

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 settings 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 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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In-Person Classes/Activities

Hero's Journey: A Path to Recovery

Thursday 1:15 - 2:15 pm
LCR with Elynn, Bill, and Ali

With our inner hero and Joseph Campbell as our guide, we will explore our own unique journeys toward recovery. In stories, movies, and poetry about epic journeys (such as Star Wars, Harry Potter, and Schitt's Creek), the hero is often an ordinary person who answers the call to adventure, meets mentors and allies, and discovers hidden strengths and rewards as they face challenges along the way. Open to everyone.

WRAP for Healthy Aging

Thursday 1:15 - 2:15 pm
RCC with Derek, Deb, and Louise

This course uses the Wellness Recovery Action Plan (WRAP), a simple and powerful tool for creating a personalized approach to maintaining wellness and handling life's challenges. In this class, we will explore how WRAP can support healthy aging by helping us identify what keeps us well, recognize early warning signs, and develop effective action plans. This class is open to anyone interested in building structure, purpose, and resilience in their daily life. No previous experience with WRAP is necessary.

Developing a Resilient Mindset

Thursday 2:30 - 3:30 am
LCR with Gary, Elynn, and Danielle

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. A resilient 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 learn ways to adopt mindsets which allow us to deal with difficult life situations with calmness, strength, and resiliency.

Financial Literacy

Thursday 2:30 - 3:30 pm
RCC with Louise, Bill, and Kathryn

Our recovery journey can be impacted by our financial wellness - in positive and negative ways. This class is designed for people in recovery to empower us to make an investment in our futures. Better financial wellness will boost all of our other wellness dimensions. This class will focus on learning & practicing the evidenced-based skills through workbook exercises, needed to manage our finances and financial planning, the emotional issues associated with money, and setting long term financial goals.

Open Art Studio

Thursday 3:45 - 5:00 pm
LCR with Derek and Danielle

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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