

# Recovery Education's Summer Semester 2026

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



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## Recovery Education Program's Summer 2026 Semester

### IMPORTANT DATES

<b>Course Registration</b>	Tuesday, April 7th - Friday, May 1st
<b>Confirmation Emails/Letters</b>	Friday, May 8th
<b>First Week of Classes/Activities</b>	Tuesday, May 19th
<b>Last Week of Classes/Activities</b>	Thursday, August 13th
<b>4th of July Week: Center Closed, No Classes/Activities</b>	Monday, June 29th Friday, July 3rd
<b>Additional Days: Center Closed, No Classes/Activities</b>	Monday, May 25th: Memorial Day Holiday Friday, 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.

## Important Information

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

**A:** You will need to complete a [New Student Application](#). Please return the packet to Program Administrator Services Division, fax (617-353-7700) or email it to [klineha2@bu.edu](mailto: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, and be willing to consider participation in program evaluation research.

### **Q: Can you tell me more about the Recovery Education Program?**

**A:** Although we do everything in our ability to accept all interested individuals, enrollment is limited due to our space considerations. Classes are held on Tuesdays and Thursdays. Courses are offered on a trimester schedule: September – December (fall), January – April (spring), May – August (summer). For more information, please contact Kai Linehan at (617) 353-1124 or [klineha2@bu.edu](mailto:klineha2@bu.edu)

### **Q: How much does the Recovery Education Program cost?**

**A:** The courses offered at the Center are free to all of our students.

### **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  
Phone: (617) 353-1124  
Email: [klineha2@bu.edu](mailto:klineha2@bu.edu)

### **Q: Will there be a class limit for classes, activities, or workshops this semester?**

**A:** There will be class limits for classes; all students are encouraged to register for drop-in activities as well. Students are encouraged to register for no more than five classes.

### **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: Can I add and/or drop a course?**

**A:** Students may join the waitlist for classes that are already at capacity. Should a spot open up, you will receive an update to your class schedule. Students may drop classes by contacting their instructors and the administrative manager

### **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.

**Class List**

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## How to Register

### Registration for In-Person Classes



### [Registration form:](#)

1. Click the link above or scan our QR code to be directed to a form.
2. Fill out your contact information
3. Check the boxes of the in-person 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.

### **Class Limits:**

**In-Person Classes:** Students can select up to 5 classes, which will take place at the Center.

**Drop-In Activities:** These activities do not count against your selected classes. You can drop into these activities at any point during the semester, but registration is **STRONGLY** suggested in case classes reach capacity.

**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.

If you have questions or would like to register, please email Kai Linehan at [klineha2@bu.edu](mailto:klineha2@bu.edu)

# Recovery Education's Summer Semester 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	<p style="text-align: center;"><b>9:00 - 9:30</b> Coffee &amp; Conversation Downstairs Kitchen with Interns and Staff</p>		<p style="text-align: center;"><b>9:00 - 9:30</b> Coffee &amp; Conversation Downstairs Kitchen with Interns and Staff</p>	
	<p style="text-align: center;"><b>9:30 - 10:30</b> Journaling for Recovery LCR with Ali and Garrett</p>		<p style="text-align: center;"><b>9:30 - 10:30</b> Personal Growth and Recovery LCR with Petra, Kelly, and Lenny</p>	<p style="text-align: center;"><b>9:30 - 10:30</b> Taoist Qigong RCC with Derek and Garrett</p>
	<p style="text-align: center;"><b>10:45 - 12:00</b> Walking for Fitness Downstairs Lobby &amp; Outside with Lenny, Petra, Garrett, and Gary</p>	<p style="text-align: center;"><b>10:45 - 12:00</b> Empowered Choices: Sexual Health LCR with Sarah and Derek</p>	<p style="text-align: center;"><b>10:45 - 12:00</b> Brain Fitness Through Games LCR with Derek, Sarah, and Petra</p>	<p style="text-align: center;"><b>10:30 - 12:00</b> Hopeful and Healthy Living RCC with Gary, Kelly, Garrett, and Deb</p>
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	<p style="text-align: center;"><b>1:15 - 2:15</b> Self-Advocacy and Negotiating LCR with Louise, Kelly, Gary, and Lenny</p>	<p style="text-align: center;"><b>1:00 - 2:15</b> Book Club RCC with Petra, Jaime, and Bill</p>	<p style="text-align: center;"><b>1:15 - 2:15</b> "From Page to Stage": Group Playwriting LCR with Jaime, Bill, Garrett, and Danielle</p>	<p style="text-align: center;"><b>1:15 - 2:15</b> Learn How to be a Peer Supporter RCC with Gary, Lenny, and Ali</p>
	<p style="text-align: center;"><b>2:30 - 3:30</b> Let's Move and Groove LCR with Ali and Derek</p>	<p style="text-align: center;"><b>2:30 - 3:30</b> Spark Joy: Mindful Tidying for a Calmer Life RCC with Sarah, Louise, and Gary</p>	<p style="text-align: center;"><b>2:30 - 3:30</b> Clips and Chips CC with Petra, Jaime, and Bill</p>	
	<p style="text-align: center;"><b>2:30 - 3:30</b> True Story Improv LCR with Gary and Jaime</p>			
	<p style="text-align: center;"><b>3:45 - 5:00</b> Walk a Mile in My Shoes LCR with Danielle and Ali</p>	<p style="text-align: center;"><b>3:45 - 5:00</b> Community Chorus RCC with Derek, Kelly, David, and Deb</p>	<p style="text-align: center;"><b>2:30 - 3:30</b> Patterns of Peace LCR with Danielle and Derek</p>	

## **In-Person Classes/Activities**

### **Journaling for Recovery**

**Tuesdays 9:30 - 10:30 am**

**LCR with Ali and Garrett**

Research shows that journaling can reduce stress, improve mood, enhance self-awareness, and support both physical and emotional well-being. This morning journaling class is designed to help us start the day with purpose through reflection, creativity, and intention-setting. We will explore a variety of expressive practices - including writing, art, music, and open discussion - to connect with our thoughts, emotions, aspirations, and values. Together, we will cultivate a community of hope and empowerment, creating a welcoming space to process our lived and living experiences and embark on - or continue on - our recovery journeys. This class invites us to tune in to who we are, who we want to be, and how we can move toward that vision each day.

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### **Walking for Fitness**

**Tuesdays 10:45 am - 12:00 pm**

**Downstairs & Outside with Lenny, Petra, Garrett, and Gary**

In this class we will explore the beautiful surroundings around the center. Anyone who is interested in a walking for health and social interaction is encouraged to sign up. Walkers of any level are welcome. We have groups from slow walkers to fast ones, and the distance varies depending on students' abilities. We walk to the surrounding parks, Muddy River, Charles' River among others. It's a pleasant way to spend some time outside between classes with fellow students.

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### **Empowered Choices: Sexual Health**

**Tuesdays 10:45 am - 12:00 pm**

**LCR with Sarah and Derek**

This course provides a safe, non-judgmental space to explore sexual health as a vital component of overall well-being. Participants will learn about healthy relationships, consent, unplanned pregnancy and STI prevention, boundary setting, and the intersection of mental health and sexuality. The focus is on empowerment, self-care, and understanding personal values to enhance quality of life.

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## **In-Person Classes/Activities**

### **Self-Advocacy and Negotiating**

**Tuesdays 1:15 - 2:15 pm**  
**LCR with Louise, Kelly, Gary, and Lenny**

Learning to speak up for yourself, express your needs, and work through challenges with others can be an important part of recovery and self-direction. In this class, students will explore practical self-advocacy and negotiation skills that can be used in everyday life, including setting boundaries, asking for what you need, making informed choices, and handling conflict in productive ways. Through discussion, role play, and interactive activities, we will practice communication strategies that build confidence, strengthen problem-solving, and support greater independence and empowerment.

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### **Book Club**

**Tuesdays 1:00 - 2:15 pm**  
**RCC with Petra, Jaime, and Bill**

If you like to read or just wanted to get started reading for pleasure, join us for this class. We read a myriad of books of different genres through out the semester, and once a week we discuss the assigned reading, usually 10-120 pages per week. Student's are encouraged to offer their own books that will be put on the list from which we vote on. It's a fun and relaxing class where everyone's opinion and interpretation is valued and appreciate it. Join us in the book world.

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### **Let's Move and Groove**

**Tuesdays 2:30 - 3:30 pm**  
**LCR with Ali and Derek**

Moving our bodies can boost mood, reduce stress, improve physical health, and support overall recovery. In this class, we invite you to explore the joy of movement in a fun, supportive, and inclusive environment. Together, we'll learn how to move in ways that feel good, express ourselves creatively, and build a sense of community through shared activity. Through dance, stretching, zumba, cardio kickboxing, and other creative forms of movement, you will discover ways to connect with your body at your own pace and ability level. Exercise can be both empowering and enjoyable. No experience is required, all that we ask is that you come prepared to "move and groove!"

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## In-Person Classes/Activities

### Spark Joy: Mindful Tidying for a Calmer Life

**Tuesdays 2:30 - 3:30 pm**  
**RCC with Sarah, Louise, and Gary**

This course provides actionable strategies to declutter your home and focus on creating a space that enhances your mental health. Learn how to start small, organize, and maintain a restful space that supports your overall wellness. We will focus on mindfulness, self-compassion, and celebrating small victories to reduce overwhelming environments and foster a sense of accomplishment and calm.

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### Clips and Chips

**Tuesdays 2:30 - 3:30 pm**  
**CC with Petra, Jaime, and Bill**

Movies and television bring us together. We all have hopefully had experiences watching a movie or show that make us feel a range of emotions and maybe even relate to the message shared on the screen. Join us in the computer classroom as we explore different themes and human experiences by watching a variety of movies and TV clips. Practice your critical thinking skills, sharing ideas and accepting other perspectives, and connect with one another through on-screen entertainment.

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### Walk a Mile in My Shoes

**Tuesdays 3:45 - 5:00 pm**  
**LCR with Danielle and Ali**

Walk a Mile in My Shoes is a class uses empathy and social-cognition training. The class uses guided perspective-taking, reflective art, and lived-experience exploration to help participants understand themselves and others more deeply. Through structured activities that build empathy, flexible thinking, and interpersonal awareness, students strengthen the social and emotional skills that support recovery, communication, and community participation.

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## In-Person Classes/Activities

### Community Chorus

**Tuesdays 3:45 - 5:00 pm**  
**RCC with Derek, Kelly, and Deb**

In Community Chorus we shall recognize the power of using our voices, making music and moving our bodies, individually and together. Through singing, music, movement and fun activities, we will encourage, support and empower each other, while providing a trusting and safe environment where laughter and enjoyment are most important to the learning process. Using the voice, the body, and various musical instruments, we will explore the music that lives within ourselves. In this class we will aim to build a community that values the feelings, emotions, talents, and backgrounds of each member. This class focuses on the process of the personal experience of these arts rather than on a performance for an audience.

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### Personal Growth and Recovery

**Thursdays 9:30 - 10:30 am**  
**LCR with Petra, Kelly, and Lenny**

In this class we will focus on personal growth, recovery and self-direction. The course focuses on building practical skills that support students in defining their own recovery journey, strengthening resilience, and developing tools for wellness, purpose, and community participation. Students will engage in discussions, reflective exercises, and practical skills-building that encourage self-awareness, goal setting, and empowerment. The class emphasizes that recovery is a personal process of growth rather than a fixed destination.

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### Taoist Qigong

**Thursdays 9:30 - 10:30 am**  
**RCC with Derek and Garrett**

This course in Taoist Qigong is open to everyone and marries meditation with simple Circling Hands Qigong exercises, some of which may be done while seated. Taoist Qigong and Meditation make a unique practice allowing us to relax, center ourselves, and exercise to build energy without overstretching or overextending. This program of stillness and movement can help us to embody the circularity that deeply massages the soft tissues, circulates the body's fluids, which then enables us to relax more and to move through life's changes more smoothly.

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## **In-Person Classes/Activities**

### **Brain Fitness Through Games**

**Thursdays 10:45 am - 12:00 pm**  
**LCR with Derek, Sarah, and Petra**

Come enhance your wellness and have some fun. Recovery and wellness involve attending to our mind, body and spirit. Often, our personal history has had an impact on how we think, how we remember, how we pay attention and how we learn. This class will teach skills and strategies that assist us in improving these functions of our mind and support our overall wellness. Activities such as crosswords, Sudoku, languages, board and card games, brain games, reading, memory improvement techniques, will be used to enhance our thinking capacities and as resources for our recovery. We may also experiment with some computer based tools to enhance memory and attention skills.

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### **Hopeful and Healthy Living**

**Thursdays 10:45 am - 12:00 pm**  
**RCC with Gary, Kelly, Garrett, and Deb**

The Hopeful and Healthy Living class focuses on building new social skills and thinking strategies to help you connect with others, set goals, and create habits and routines that include healthy eating, exercise, sleep, and leisure activities. This interactive class includes opportunities to practice new skills through games, role plays, and group discussion. As this class is part of a program development project, students will be asked to complete a brief self-reflection about their social connections, thinking strategies, and daily habits at the beginning and end of class.

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### **"From Page to Stage": Group Playwriting**

**Thursdays 1:15 - 2:15 pm**  
**LCR with Jaime, Bill, Garrett, and Danielle**

In this class, we will explore creativity, self-expression, and teamwork to write and perform our own short play. We will learn about empathy by creating and playing your own original character and practicing sharing ideas and collaborating with others. Once the play is written, we will rehearse and hold an optional performance for community members at the Center. Regardless of your experience with writing, theatre, or performing, this is your chance to build your confidence, have fun, and create a unique and beautiful story.

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## **In-Person Classes/Activities**

### **Learn to be a Peer Supporter**

**Thursdays 1:15 - 2:15 pm**  
**RCC with Gary, Lenny, and Ali**

Peer support can boost hope, strengthen connection, and play a meaningful role in resilience and recovery. In this class, we'll discover how shared lived experience can be a powerful tool for supporting ourselves and others in a safe, respectful, and inclusive environment. Together, we'll explore practical peer support skills such as active listening, responding with empathy, and strategic sharing. We'll also focus on how to inspire hope, build authentic relationships, role model, and support another's visions and goals. This class is a space to learn, practice, and grow: no prior experience needed. Come as you are and join us in mastering the skills of peer support!

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### **True Story Improv**

**Thursdays 2:30 - 3:30 pm**  
**LCR with Gary and Jaime**

In this class students take part in action-oriented, experiential, true story improv settings. Students volunteer to share challenging parts of their life. Classmates listen carefully, and scenes are created allowing the storyteller's voice to be heard. Role-playing will explore difficult relationships and situations in a safe, supportive group setting. Students gain insight; practice new, healthy behaviors; exercise empathy; foster emotional healing; and promote wellness in a respectful atmosphere.

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### **Patterns of Peace**

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

Patterns of Peace is a class that uses mindfulness and sensory-regulation practices delivered through Zentangle and mandala work to strengthen emotional regulation, focus, and self-awareness. Students learn how structured pattern-making supports nervous system calming, reduces rumination, and builds cognitive skills like attention and flexible thinking. Through guided creative exercises, reflection, and discussion, the group practices coping strategies, explores identity, and develops tools that support recovery.

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