

Recovery Education's Fall Semester 2026

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



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Recovery Education Program's Fall 2026 Semester

IMPORTANT DATES

Course Registration	Tuesday, August 11th - Thursday, August 28th
Confirmation Emails/Letters	Monday, August 31st
First Week of Classes/Activities	Tuesday, September 15th
Last Week of Classes/Activities	Thursday, December 10th
Thanksgiving Break: Center Closed, No Classes/Activities	Monday, November 23rd Friday, November 27th
Additional Days: Center Closed, No Classes/Activities	Monday, October 12th: Indigenous Peoples' 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 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

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

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

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

Registration Process Page 4

Class/Activities Schedule Page 5

In-Person Classes

Let's Keep Movin' and Groovin' Page 6

Walking for Wellness Page 6

Advanced Peer Support: Skills Page 6

Referral NOT Required: A Crash Course in Getting Your Health Needs Met Page 7

Navigating Families Page 7

Advanced Reiki Page 7

Creative Writing Skills Page 7

Community Chorus Page 8

Life Writing Seminar Page 8

Book Club Page 8

Laughter for the Health of It Page 9

Career Seminar: Choosing, Getting, Keeping Work Page 9

Hero's Journey Page 9

Embracing Loss Page 10

True Story Improv Page 10

Letting Go: Emotional Regulation Skills Page 10

Open Art Studio: Unleash Your Creative Rhythm Page 10

Drop-In Classes

Biweekly Peer Support Group Page 11

Crochet Corner Page 11

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

Recovery Education's Fall Semester 2026

Monday	Tuesday		Wednesday	Thursday			Friday
	9:00 - 9:30 Coffee & Conversation Downstairs Kitchen with Interns & Staff			9:00 - 9:30 Coffee & Conversation Downstairs Kitchen with Interns & Staff			
	9:30 - 10:30 Let's Keep Movin' and Groovin' with Derek & Ali			9:30 - 10:30 Book Club with Petra & Bill		9:30 - 10:30 Crochet Corner with Jaime & Stephanie	
	10:30 - 12:00 Walking for Wellness with Lenny, Petra, & Bill			10:30 - 12:00 Walking for Wellness with Lenny, Petra, & Bill			
10:45 - 12:00 Advanced Peer Support: Skills with Ali & Jade		11:00 - 12:00 Laughter for the Health of It with Deb & Kathryn	11:00 - 12:00 Career Seminar: Choosing, Getting, Keeping Work with Ali & Jade				
	12:00 - 1:00 Biweekly Peer Support Group with Jade, Lenny, & Petra			12:00 - 1:00 Staff Meeting			
	1:15 - 2:15 Referral NOT Required: A Crash Course in Getting Your Health Needs Met with Danielle & Rachel	1:15 - 2:15 Navigating Families with Gary & Deb		1:15 - 2:15 Hero's Journey with Gary & Petra	1:15 - 2:15 Embracing Loss with Derek & Jade		
	2:30 - 3:30 Advanced Reiki with Gary & Deb	2:30 - 3:30 Creative Writing with Jade & Derek		2:30 - 3:30 True Story Improv with Gary, Lenny, & Bill	2:30 - 3:30 Letting Go: Emotional Regulation Skills with Danielle & Kathryn		
	3:45 - 5:00 Community Chorus with Derek & David			3:45 - 5:00 Open Art Studio with Derek, Danielle, & Stephanie			

In-Person Classes/Activities

Let's Keep Movin' and Groovin'

Tuesdays 9:30 - 10:30 am
with Derek and Ali

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!"

Walking for Wellness

Tuesdays and Thursdays 10:30 am - 12:00 pm
with Lenny, Petra, and Bill

In this class, we will explore the beautiful surroundings around the center. Anyone who is interested in 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.

Advanced Peer Support: Skills

Tuesdays 10:45 am - 12:00 pm
with Ali and Jade

Peer support can boost hope, strengthen connection, and play a meaningful role in resilience and recovery — and sharing our lived experience can be a powerful tool for supporting ourselves and others in a safe, respectful, and inclusive environment. In this class, we'll build on the skills we introduced in last semester's Peer Support course, such as active listening, responding with empathy, practicing cultural responsiveness, and strategic sharing. We will continue to explore strategies to cultivate hope, belonging, and empower those around us. **This course is offered to students who took Peer Support this past summer. Students can request to appeal if they have completed the Certified Peer Specialist Training.**

Together, on a biweekly basis, we will also apply the practical peer support skills we have covered - and will cover - in class. **As part of the course, students will attend and help facilitate the "Biweekly Peer Support Group" during the lunch hour, where they will have the opportunity to practice their peer support skills with fellow Recovery Education students. Please see the group's description in the "Drop-In Classes" section on page 11 for additional details and meeting dates.** We'll also focus on how to build authentic relationships, role model, and support others' visions and goals. This class is a space to learn, practice, and grow. We are excited to have you join us in mastering the skills of peer support!

In-Person Classes/Activities

Referral NOT Required:

A Crash Course in Getting Your Health Needs Met

**Tuesdays 1:15 - 2:15 pm
with Danielle and Rachel**

Stop Waiting for Permission. Take the Wheel!

Tired of fighting insurance traps, juggling doctors who do not communicate, and having your symptoms dismissed? You are the ultimate expert on your own mind and body. This weekly skills lab turns your everyday survival instincts into powerful advocacy tools, helping you master healthcare apps, build your ideal care team, crush medical gaslighting, and run your healthcare journey entirely on your own terms. Come to claim your choices and walk away with a customized **Personal Care Roadmap!**

Navigating Families

**Tuesdays 1:15 - 2:15 pm
with Gary and Deb**

Families can be an important source of connection, support, and belonging, but family relationships can also be complicated. In this class, we will explore the roles, expectations, communication patterns, and boundaries that shape how families interact.

Together, we will practice skills such as active listening, expressing our needs, responding with empathy, setting healthy boundaries, and working through disagreements. We will also identify the strengths and values we bring to our families and consider ways to build healthier, more satisfying relationships. Whether you are thinking about relatives, caregivers, partners, or chosen family, this class offers a supportive space to reflect, share, and develop practical tools for navigating family life.

Advanced Reiki

**Tuesdays 2:30 - 3:30 pm
with Gary & 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.**

Creative Writing Skills

**Tuesdays 2:30 - 3:30 pm
with Jade and Derek**

Join us as we learn new skills in writing fiction, poetry, and creative non-fiction. Each class will begin with a reading and discussion, followed by free-writing time. We will cover both revision and initial drafting. We will also explore how writing can help us be more resilient, tell our stories, and reflect on our experiences. Students will be encouraged and empowered to develop their writing practice outside of class with optional writing prompts and free readings. First-time writers are especially welcome!

In-Person Classes/Activities

Community Chorus

**Tuesdays 3:45 - 5:00 pm
with Derek and David**

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, safe environment where laughter and enjoyment are central to the learning process. Using our voices, bodies, and various musical instruments, we will explore the music that lives within us. 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 personal experience of these arts rather than on a performance for an audience.

A Life Writing Seminar

**Wednesdays 4:00 - 5:15 pm
with Jade and Derek**

This special creative writing seminar will take place over 6 Wednesdays in the fall from 4 - 5:15 pm. Facilitated by BU upperclass students, you will learn to write creatively about your own experiences, have the opportunity to converse with each other, share viewpoints, and deepen understanding of each other.

Please note that this class has a unique schedule and should be planned for accordingly. It will take place over 6 weeks on Wednesday from 4 pm - 5:15 pm.

Meeting dates:

- October 7
 - October 14
 - October 21
 - October 28
 - November 4
 - November 18
-

Book Club

**Thursdays 9:30 - 10:30 am
with Petra and Bill**

If you like to read or just want to get started reading for pleasure, join us for this class. We read a myriad of books across different genres throughout the semester, and once a week we discuss the assigned reading, usually 10-120 pages. Students are encouraged to offer their own books, which will be added to the list from which we vote. It's a fun and relaxing class where everyone's opinions and interpretations are valued and appreciated. Join us in the book world.

In-Person Classes/Activities

Laughter for the Health of It

Thursdays 11:00 am - 12:00 pm
with Deb and Kathryn

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

Career Seminar: Choosing, Getting, Keeping Work

Thursdays 11:00 am - 12:00 pm
with Ali and Jade

In this class, students will explore the process of choosing, getting, and keeping work that fits their interests, strengths, values, and goals. Students will develop practical employment skills through discussions, activities, and hands-on practice related to career exploration, job searching, applications, interviews, workplace communication, and professional expectations. The course will also address strategies for navigating workplace challenges, requesting support, building confidence, and maintaining employment over time. Whether you are entering the workforce, returning after time away, or considering a career change, this class will help you identify your next steps and develop tools for a successful and satisfying work life.

Hero's Journey

Thursdays 1:15 - 2:15 pm
with Gary and Petra

Do you consider yourself a hero in your journey towards well-being? The Hero's Journey 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 on a similar journey, and build support and connection. 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 undergoes a transformation in which a new self emerges. This course will help identify how these universal heroic themes apply to our own lives. We hope to facilitate sharing of journeys that students have already accomplished and are proud of — as well as those we're working on at present.

Let's take the journey together!

In-Person Classes/Activities

Embracing Loss

Thursdays 1:15 - 2:15 pm
with Derek and Jade

Everyone goes through loss. We can learn to live with loss, build up our resiliency, and thrive. It's okay to take time to grieve. We will learn more about our different grieving styles and have a chance to find new meaning in our changed lives. We will use Mindfulness and Breathing Meditations to be able to sit with our loss, understand what we feel, and, hopefully, begin to see all the colors of life again.

True Story Improv

Thursdays 2:30 - 3:30 pm
with Gary, Lenny, and Bill

In this class, students take part in action-oriented, experiential, true story improv settings. Students volunteer to share challenging parts of their lives. 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 healthy new behaviors, exercise empathy, foster emotional healing, and promote wellness in a respectful atmosphere.

Letting Go: Emotional Regulation Skills

Thursdays 2:30 - 3:30 pm
with Danielle and Kathryn

Tired of feeling weighed down by old emotional loops, overthinking, shame, or fear? You have the power to release what no longer serves you. This sensory-friendly weekly turns gentle grounding and self-soothing practices into immediate survival tools, helping you name tough emotions, calm your nervous system, and use symbolic release to clear mental clutter on your own terms. Come exactly as you are, claim your peace, and walk away with a personal **Emotional First-Aid Kit** built for your recovery journey!

Open Art Studio: Unleash Your Creative Rhythm

Thursdays 3:45 - 5:00 pm
with Derek, Danielle, and Stephanie H

Open Art Studio is your personal, pressure-free space to unwind, experiment, and recharge. Each week features a fresh and optional **creative prompt** to spark inspiration — but you always hold the brush, choosing your own tools from vibrant paints, markers, to collage, oil pastels. There are no mistakes, no critiques, and absolutely no prior experience required. Come claim your seat, connect with a supportive community, and discover the powerful, relaxing rhythm of creating purely for yourself.

Drop-In Classes

Biweekly Peer Support Group

Tuesdays 12:00 - 1:00 pm
with Jade, Lenny, and Petra

Join fellow Recovery Education students for connection, encouragement, and mutual support during the lunch hour. On select dates throughout the semester, this drop-in group offers a welcoming, respectful, and inclusive space where students can share experiences, discuss challenges and successes, explore their recovery goals, and receive support from others with lived experience.

The group will be facilitated by students enrolled in Advanced Peer Support: Skills as part of their hands-on peer support practice.

All Recovery Education students are welcome to attend. No registration or previous peer support experience is required.

Meeting dates:

- September 22
- October 6
- October 20
- November 3
- November 17
- December 8

Crochet Corner

Thursdays 9:30 - 10:30 am
with Jaime and Stephanie H

Join us for our drop-in class to relax, chill, and chat while doing your favorite crafting activity. Whether you crochet, knit, embroider, or draw, all are welcome; no experience necessary! Yarn and hooks will be provided, but feel free to bring your own projects and materials that work best for you.

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