



Learning & Growth  
for Mental Health

**Our Values**

- Collaboration • Integrity • Hope • Opportunity
- Inclusion • Respect • Enjoyment • Self-determination

South Eastern Sydney Recovery & Wellbeing College

# Course Guide 2024

We acknowledge the traditional owners of the land on which we meet: the Gadigal people of the Eora nation in the Eastern Suburbs, the Biddegal people of the Eora nation in St George and the Gweagal people of the Dharawal nation in Sutherland. We pay respect to their Elders past, present and emerging.

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# Welcome

## To the South Eastern Sydney Recovery & Wellbeing College 2024

The Recovery & Wellbeing College team hope you enjoy reviewing the 2024 Course Guide. This year we will continue facilitating some courses in a blended format, allowing students to choose to attend in person or online. We will continue to offer many courses face to face in venues across South Eastern Sydney. As always our courses are co-produced to ensure students benefit from a positive, welcoming and collaborative adult learning experience.

### Vision

Every person has access to the resources which supports their personal recovery and wellbeing. The Recovery & Wellbeing College enables this by facilitating co-produced, recovery oriented adult education and learning support.

### Values

The R&WC values demonstrate our commitment to high ethical standards that drive our priorities, behaviours, judgements and decisions.

- |                 |                      |
|-----------------|----------------------|
| ❖ Integrity     | ❖ Self-Determination |
| ❖ Respect       | ❖ Opportunity        |
| ❖ Hope          | ❖ Inclusion          |
| ❖ Collaboration | ❖ Enjoyment          |

All our courses are co-written and co-facilitated by two Recovery and Wellbeing Educators. One is a person with a lived experience of mental distress or suicidal crisis. The other is a health care worker, clinician or professional with suitable training and experience.

Whether you have a lived experience of mental distress, or suicidal crisis, support someone who does or work within the South Eastern Sydney Local Health District, we offer you the opportunity to learn about recovery, wellbeing and inspire people to lead hopeful and meaningful lives. All the courses are friendly and welcoming.

### Who can attend the Recovery & Wellbeing College?

The South Eastern Sydney Recovery & Wellbeing College is currently **FREE** of charge as funded by NSW Health and open to people 16 years of age and over:

- \* With a lived experience of mental distress, or suicidal crisis and live in the South Eastern Sydney Local Health District (SESLHD) catchment area.
- \* Their families, carers and support people.
- \* Other residents of South Eastern Sydney Local Health District catchment area.
- \* Staff, students and volunteers of the South Eastern Sydney Local Health District.
- \* Staff of the Recovery & Wellbeing College partner organisations.

Contact the Recovery & Wellbeing College if you require clarification.

### Course Timetable

Every term the Recovery & Wellbeing College publishes a timetable of course dates and venues. To obtain a copy please visit the website <https://www.seslhd.health.nsw.gov.au/recovery-wellbeing-college> or call 9113 2981 or email [seslhd-recoverycollege@health.nsw.gov.au](mailto:seslhd-recoverycollege@health.nsw.gov.au)

### What is the Recovery & Wellbeing College?

Recovery describes a personal journey that people with a lived experience of mental distress or suicidal crisis undertake to rebuild and live a purposeful and meaningful life. The Recovery & Wellbeing College provides education that promotes wellbeing and recovery. We aim for people to become experts in their healing, emotional wellbeing and achieve their goals and aspirations.

## Term Dates 2024

Term 1 – 29 January to 12 April  
Term 2 – 29 April to 5 July

Term 3 – 22 July to 27 September  
Term 4 – 14 October to 13 December

### How to enrol?

#### For **NEW** students

**Option 1:** Complete online enrolment form  
<https://www.seslhd.health.nsw.gov.au/recovery-wellbeing-college>

**Option 2:** Email SESLHD-RecoveryCollege@health.nsw.gov.au or phone 9113 2981 with your course preference/s

#### For **CURRENT** students

**Option 1:** Complete online enrolment form  
<https://www.seslhd.health.nsw.gov.au/recovery-wellbeing-college>

**Option 2:** Email SESLHD-RecoveryCollege@health.nsw.gov.au or phone 9113 2981 with your course preference/s

Staff of SESLHD must gain approval from your manager prior to enrolling in any of the courses.

Students who attend the Recovery and Wellbeing College agree to the Student Guidelines and Rights & Responsibilities set out by the College on the *inside back cover*.

### Learning Support: Student Learning Plans

Each student is offered an orientation to the college with a Peer Learning Advisor. During this meeting you can discuss your goals and what support you may need to attend the courses. For further information or to book an appointment, call the college.

### Course Streams

#### Stream 1: Understanding Mental Health, Drug & Alcohol Experiences & Treatment Options

These introductory courses are designed to provide information and generate discussion about different mental health, drug and alcohol experiences and common treatment options. The courses incorporate different ways of understanding mental distress. Courses about rights, current mental health legislation and the mental health system are also offered.

#### Stream 2: Rebuilding Your Life – Developing Knowledge & Skills

In these courses, students will share knowledge and ideas about what helps in recovery. Courses explore strategies to develop skills and knowledge to maintain health and wellbeing.

The courses aim to assist people to manage their own mental health and direct their own mental health care.

#### Stream 3: Recovery Supporting Practice & Getting involved in Mental Health Services

These courses provide information about the different ways that people with lived experience of mental health concerns, their families and carers can get involved in the mental health system as employees, volunteers or committee members. Courses also aim to educate mental health workers in approaches that support personal recovery and how to effectively work alongside and support people in consumer, carer or peer worker roles.

#### What happens if I can't attend the course?

We understand that there may be genuine reasons why on occasion people find it difficult to attend a course. The team is available to talk to you about any barriers to attending you might have and can suggest strategies to support you. We expect you to contact the College if you are unable to attend.

# Stream 1 - Understanding Mental Health, Drug & Alcohol Experiences & Treatment Options

## An Introduction to Recovery & the Strengths Approach

*Staff enrolment for this course is via My Health Learning.*

This course will introduce you to the concepts of recovery for individuals, families and mental health services and the strengths approach as a recovery supporting practice and philosophy.

Topics include:

- \* The meaning of recovery in mental health and the changing understanding over time
- \* Factors that can help or hinder recovery including the role of language
- \* The strengths approach as a philosophy that can support recovery
- \* The Strengths Model and how it is used in the South Eastern Sydney Mental Health Services to help people take control and build meaningful lives.

**Duration: 1 day**

- Term 1
- Term 2
- Term 3
- Term 4



## Explanatory Frameworks for Mental Distress

This course, facilitated by inside out and associates, explores differing explanatory frameworks for mental distress and the evidence base for these. The course considers the ways in which acknowledging the distinct ways people make sense of their experiences can open up opportunities for more helpful, hopeful and creative responses. Aligned with recovery-based approaches, this workshop has relevance for individuals who experience distress, networks of support, service providers and the wider community.

**Duration: 4 hours**

- Term 1
- Term 2
- Term 4

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## Exploring Alcohol, Gambling, Drug Use, & Wellbeing

Students will explore how and why people use alcohol and drugs or spend too much time gambling, and the impact that use can have on a person's health and wellbeing. The course will explore treatment options, strategies to cope with lapse or relapse and resources and information about services that are available to support and improve health outcomes.

**Duration: 3 hours**

- Term 2
- Term 4

## Exploring Anxiety

This course will explore the experience of anxiety from a range of perspectives.

Topics include:

- \* Definitions of anxiety and different ways of understanding anxiety
- \* Ways to deal with anxiety, treatment options and supports available
- \* Information about how to support a person you care for with anxiety.

Duration: 3 hours

Term 1

Term 3

Term 4

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## Exploring Bipolar

Students will explore different ways of making sense of bipolar, treatment options and supports available. The course will also outline strategies for carers to support a person who is experiencing distress associated with mood changes.

Duration: 3 hours

Term 2

Term 4

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## Exploring Depression

This course will explore the experience of depression from a range of different perspectives. The educators will work with students to develop strategies for identifying positive coping strategies for recovery from depression and provide information about support options.

Duration: 3 hours

Term 2

Term 4

## Exploring Eating Distress & Recovery

In this introductory course, students will explore their attitudes toward eating distress, stereotypes about 'eating disorders' and what recovery from eating distress means. Students will gain knowledge about different approaches to recovery and develop skills to support their own recovery from eating distress.

Duration: 4 hours

Term 4

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## Exploring the Experience of Personality Disorders

This course will examine the impacts, challenges and benefits of receiving a 'personality disorder' diagnosis. It will also explore ways of looking after yourself and your emotions and a range of approaches to support recovery.

Students will develop skills to navigate their recovery journey, support their loved one or work with someone who has been given this diagnosis.

Duration: 3 hours

Term 2

Term 4

## Exploring the Impact of Chronic Pain, Illness & Mental Distress

Long-term physical health conditions and pain can interfere with your everyday activities, leading to social isolation, low self-esteem and dealing with the impact of stigma and discrimination.

This course will explore the interface of pain, long term physical conditions and mental distress. Students will explore a number of ways to cope with the challenges, look at what services are available to support their recovery, identify self-help strategies and professional treatment options.

**Duration: 4 hours**

Term 4

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## Exploring Grief & Loss

Grief and loss is a part of life. We all will experience it in some way. This course explores the various expressions of grief and loss in life and how they relate to our mental health and wellbeing.

The course highlights the diversity of grief and loss experiences associated with various lifespan stages, different cultural perspectives and specific life events including the grief and loss experienced by carers. It includes practical coping strategies and information about community resources available.

**Duration: 4 hours**

Term 1

Term 3

## Exploring Grief & Loss in Greek

Αν θέλετε να επικοινωνήσετε μαζί μας τηλεφωνικά, καλέστε την Υπηρεσία Διερμηνέων και Μεταφραστών στο 131 450

**Duration: 2 hours x 2 weeks**

Term 2

Term 4

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## Exploring Intellectual Disability & Mental Health

This course will provide students with information about the intersection between intellectual disability and mental health concerns. Students will gain an understanding of strategies and services that can help them or the person they care for through their recovery and discovery experience.

**Duration: 3 hours**

Term 3

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## Exploring Psychosis

When people see, hear or sense things that others can't, this experience may be described as psychosis. This course will explore commonalities in the ways people experience and make meaning of this.

Topics include:

- \* Different explanations of psychosis
- \* Diagnosis related to psychosis, including Schizophrenia
- \* Approaches and supports available
- \* Ways of managing the experience of psychosis to support personal recovery.

Students may like to continue their learning after this by attending the *Life Beyond Psychosis* course.

**Duration: 3 hours**

Term 1

Term 3



## Exploring the Impact of Trauma

This course explores the impact of trauma on wellbeing, relationships and communities. Students will develop skills to recognise what trauma is and how to cope better with trauma in their own lives and gain knowledge of strategies to assist in their recovery journey.

Topics include:

- \* What are the different types of trauma?
- \* How trauma impacts on wellbeing, relationships and communities
- \* Drug and alcohol use as a response to trauma
- \* Finding hope after the experience of trauma.

Duration: 4 hours

Term 2

Term 4

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## Exploring Trauma for Women

This course, specifically for women, aims to provide a safe and supportive environment to explore the topic of trauma.

Students will explore the nature and impacts of trauma experienced by women, the possibility of healing and post traumatic growth and gain an understanding of trauma-informed services within and beyond the mental health sector.

Duration: 3 hours

Term 1

Term 3

## LGBTIQ+ Mental Health

People from lesbian, gay, bisexual, transgender, intersex and queer communities (LGBTIQ+) often experience prejudice and discrimination, which can impact significantly on their mental health. This course explores the impact of systemic oppression and minority stress for the LGBTIQ+ population and offers strategies for staying well and ideas for creating change.

This course is designed for everyone – whether you identify as being LGBTIQ+, have an interest in the issues, or wish to expand your skills and knowledge

Duration: 3 hours

Term 1

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## Medical Treatments for Mental Distress

This course gives an overview of medical treatments for mental distress including medications and electro-convulsive therapy. We will discuss the purpose of these treatments and their potential adverse effects. Students will explore the role of medical treatments in supporting recovery.

Duration: 4 hours

Term 1

Term 3

## Men's Wellbeing

In this course, men will explore some of the issues facing men today and learn from one another ways to cope with life's challenges.

This course is for men with an interest in learning new knowledge and skills on how to look after their own wellbeing, build a sense of connection and camaraderie as well as gain confidence in supporting other men to seek help.

**Duration: 3 hours**

Term 1

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## Navigating Mental Health & Other Services

In this course, Students will develop skills and knowledge to make informed choices about using and working with public, private and community managed mental health as well as primary health care and other community services and the National Disability Insurance Scheme (NDIS).

The course will introduce students to the structure of mental health services in South Eastern Sydney Local Health District, the roles of the different professions, and gain knowledge of consumer and carer rights and responsibilities.

**Duration: 5 hours**

Term 1

Term 3

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## Navigating Mental Health & Other Services in Mandarin

如果您想电话联系，可以致电131450 笔译和口译服务处 (Translating & Interpreting Service, TIS)

**Duration: 5 hours**

Term 3

## **NEW** Neurodiversity & Mental Distress

Neurodiversity is a term used to describe having a brain that works differently from the average or "neurotypical" person and may include conditions such as autism & ADHD. Neurodivergent people can face significant mental distress due to stigma, discrimination, and the practical difficulties of living in a world designed for neurotypical people.

This course will explore the interactions between neurodiversity and mental distress.

Topics include:

- \* What it means to be neurodiverse
- \* The effects neurodiversity can have on people's identities
- \* How to create a more inclusive environment for neurodiverse people
- \* Services, resources and strategies to support neurodiverse people

**Duration: 4 hours**

Term 3

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## Squalor, Hoarding & Recovery

Living in situations of squalor and hoarding can have a big impact, affecting relationships and health. People may be fearful of eviction and increasing levels of anxiety often go hand-in-hand. An urge to acquire may stem from efforts to manage overwhelming fear, grief or trauma.

In this course, students will develop an understanding of how squalor and hoarding impacts people and what services and other supports are available to assist in recovery from this experience. Students will explore ways to manage strong emotions associated with squalor and hoarding.

**Duration: 4 hours**

Term 2

## Suicide: Recovery & Hope

For many people who experience mental distress or have an alcohol or other drug dependence, suicidal thinking or behaviour can be a relentless aspect of their lived experience.

This course will offer students the skills to speak honestly about suicide, recognise potential signs of and respond to escalating distress. Students will also gain an understanding of the support available and the opportunity to challenge myths and stereotypes about suicide.

**Duration: 4.5 hours**

Term 1

Term 3

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## Supporting Recovery & Looking After Yourself as a Carer

This course will explore how to support the person you care for in their recovery as well as looking after your own emotional health and wellbeing. You will come away with information, skills and tips about caring for your own needs so that you can continue to support your loved one and maintain hope in their recovery.

Topics include: benefits of mindfulness, where to get help, maintaining healthy relationships, coping during difficult times, communication tips and supporting recovery.

**Duration: 2 hours x 2 weeks**

Term 2

Term 4

## Understanding the Mental Health Act

This useful introductory course will give students a basic understanding of the NSW Mental Health Act 2007, which governs involuntary treatment such as scheduling and Community Treatment Orders (CTOs).

The course looks at how the Act can be used to help and protect people experiencing mental distress and provides important information for family members and carers.

Students will develop skills to learn how to appeal a decision for involuntary treatment and how to request a meeting with an Official Visitor.

**Duration: 4 hours**

Term 4



## Wellbeing for Aboriginal & Torres Strait Islander People

This course is designed specifically for Aboriginal & Torres Strait Islander people to help them identify the things that will both strengthen and weaken their social and emotional wellbeing.

The course will assist participants to develop their own wellbeing plans, looking at ways to stay strong and places they can go for support.

**Duration: 3 hours**

Term 2

# Stream 2 - Rebuilding Your Life - Developing Knowledge & Skills

## Communication – Finding Your Voice

Students will have fun in this course while learning about communication and how it supports recovery. Topics include what is communication and how do we communicate; aggressive, passive and assertive communication styles; how to get my message across; saying “no” is okay and what to say after you say “hi”; initiating casual conversations and how to read body language.

**Duration: 2 hours x 4 weeks**

Term 2

Term 4

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## Complementary Approaches to Healing

This course will begin by eliciting students’ perspectives on healing, then introduce and explore a wide array of modalities of healing, change and growth. Students will consider how emerging themes can inform personal recovery and develop skills to better decide on suitable healing approaches for themselves and those whom they are supporting.

**Duration: 5 hours**

Term 1

Term 3

## Coping with Strong Emotions

Many people who experience mental distress and those with drug and alcohol dependence have had times of overwhelming emotions. This can impact us individually, our relationships with family, friends and the broader community.

Topics include the different core emotions; the effects of emotions on the body; strategies to cope with strong emotions; the concept of ‘emotional regulation’ and treatment approaches such as Dialectical Behaviour Therapy.

**Duration: 3 hours x 2 weeks**

Term 1

Term 3

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## Creativity for Recovery

Over five weeks, students will use varying approaches to get in touch with creativity, and learn how to integrate these approaches into their everyday lives.

Exploring different creative mediums such as creative writing, poetry, music, drama and the visual arts will form the basis of a practical and engaging look at the role of creativity in mental health recovery and wellbeing.

**Duration: 2 hours x 5 weeks**

Term 1

Term 2

Term 3

## Getting a Good Night's Sleep

Many people have problems sleeping. People with lived experience of mental distress and those who live with or care for them may have their sleep disrupted. This interactive course will explore the nature of sleep, the relationship between mental health and sleep, and offer practical strategies for getting a good night's sleep.

**Duration: 3 hours**

Term 2

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## Getting Into Volunteer Work

The benefits of volunteering include contributing to your community, meeting new people and developing skills for employment. In this course you will learn:

- \* Information about different volunteering roles and opportunities
- \* Skills in how to find and apply for volunteer work that is fun and fulfilling
- \* How volunteering can impact on your social connections and wellbeing
- \* All you need to know to get started as a volunteer.

**Duration: 3 hours**

Term 1

Term 3

## **NEW** Healthy and Respectful Relationships

Healthy / Respectful relationships allow us to share the joys and challenges of life and can support our mental health & wellbeing. All relationships go through hard times, but no matter what, we have the right to feel safe, valued and cared about in our relationships.

This course will explore the difference between healthy and unhealthy relationships. Students will explore what respect means in a relationship, explore their own personal boundaries and ways to communicate these within relationships, how to recognise when safety is an issue and where to get information and support.

**Duration: 4 hours**

Term 2

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## Improving Self-Esteem & Challenging Stigma

Self-esteem is important for our quality of life and sense of wellbeing. Having low self-esteem can lead to mental distress and an increase in substance use or poor mental health.

In this course students will learn how self-esteem develops and is negatively impacted by stigma. Students will develop skills in how to challenge stigma, take hold of your own self-worth and improve your self-esteem.

**Duration: 4 hours**

Term 2

Term 4

## Life Beyond Anxiety

Many people experience anxiety and live a meaningful and purposeful life. In this course students will learn about a number of strategies and resources to support living life to the full beyond the experience of anxiety, including relaxation practices. This course extends learning from *Exploring Anxiety*.

**Duration: 3 hours**

Term 1

Term 3

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## Life Beyond Depression

Students will have the opportunity to use a range of tools, skills and strategies to enhance resilience and improve wellbeing. Students will gain knowledge about a variety of internal and external resources available to support and assist recovery from depression, including the use of a wellness plan to assist with their recovery journey. This course complements and builds upon the *Exploring Depression* course.

**Duration: 3 hours**

Term 2

Term 4

## Life Beyond Psychosis

This course aims to provide students with the opportunity to use a range of tools, skills and strategies to enhance resilience and improve wellbeing in the context of voices and visions. The course introduces wellness planning and relaxation exercises to assist with the recovery journey from the experience of psychosis.

This course expands upon *Exploring Psychosis*.

**Duration: 2 hours x 4 weeks**

Term 1

Term 3

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## Life Beyond Trauma

The experience of trauma, including complex trauma, is challenging and impacts on how a person views themselves and the world around them. In this course, students will learn about strategies to establish safety, make meaning and connect with others after trauma, as well as the services and supports available. The course will explore how to not only 'survive' after trauma, but how to reclaim a life of hope and meaning.

**Duration: 2 hours x 3 weeks**

Term 2

Term 4

## Making & Keeping Connections

This course focuses on the art of making new connections and also maintaining and nurturing relationships over time.

Over four weeks, this course will explore:

- \* Gaining confidence and moving through fear of judgement
- \* Establishing and maintaining friendships
- \* Establishing and maintaining intimate relationships.
- \* Setting boundaries and dealing with conflict

Duration: 2 hours x 4 weeks

Term 1

Term 3



## Navigating the Legal System & Understanding Your Rights

Would you like to be more prepared when it comes to legal issues and feel more empowered if faced with discrimination? Do you want to understand your legal rights and responsibilities? This course is co-facilitated by lawyers from Legal Aid NSW. It will provide students with information on a range of legal issues that impact on people's everyday life like debts, fines, tenancy issues, Centrelink, employment, financial and family law, Mental health Law, The Role of the Tribunal and Rights will be explored. Purposeful storytelling and lived experience related to navigating the legal system and getting positive outcomes is included throughout the course.

Duration: 3 hours x 2 weeks

Term 3

## Recovery Stories

This course will support students to process, create and distribute their individual recovery stories into a book format. Students will explore and reflect on their journey through inspiring mediums such as poetry, photography, art, visual journey boards and creative writing. This course is for anyone who would like their narrative, expressive and visionary skills to come alive on the page.

Duration: 2 hours x 4 weeks

Term 2

Term 4

## Resilience

This course explores resilience in the context of change and life challenges.

It will help students understand the factors that make us resilient, identify ways of coping that they currently use and learn new skills they can access to survive and thrive in times of change and difficulty.

Duration: 2 hours x 4 weeks

Term 1

Term 3

## Spirituality & Wellbeing

This course is for anyone, whether you believe in a specific religion, have some understanding of the role of spirituality in your own life, or have not thought about spirituality before, and would simply like to learn more. You will meet other people and hear and understand what spirituality means for them, as well as explore new ways of being spiritual and how this impacts on your wellbeing.

Duration: 3 hours x 2 weeks

Term 2

Term 4



## Empowerment, Autonomy & Growth

This workshop has a strong practical focus on approaches, resources and tools for personal empowerment, autonomy and growth. Students will explore the following in the context of their own experiences and/or supporting others:

- \* A framework for exploring and supporting self-management
- \* Discovering ourselves and supporting others in self-discovery
- \* Hope-inspiring people and practices
- \* Honouring identity and personal meaning
- \* Understanding and exercising personal agency and personal control
- \* Enhancing personal networks and finding or creating a sense of belonging.

**Duration: 4 hours**

Term 4

## Taking Control of Your Life

This course takes people on a journey to explore the themes of recovery and understand its meaning to their lives and to the services they provide. Students will explore their values, reflect on their road to recovery and build upon their strengths and sense of capacity to set goals for themselves.

**Duration: 2 hours x 4 weeks**

Term 1

Term 3

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## Trauma & Your Body

Trauma impacts on the mind, body and brain. We know from the latest neuroscience that the body holds memories of trauma that might not be accessible in narrative form. In this exciting new course, students will explore the role of embodiment practices such as yoga in healing from these experiences.

**Duration: 5.5 hours**

Term 2

Term 4





## Understanding & Working with Voices

Facilitated by the Melissa Roberts Foundation, this course will provide students with information about the worldwide Hearing Voices movement and local self-help groups. Students will develop a better understanding of the voice hearing experience and ways of working with voice hearers.

**Duration: 4 hours**

Term 2

Term 4

## Yoga for Recovery

Yoga is increasingly being recognised as an activity to support people with their recovery and wellbeing. During this introductory course, students will learn yoga shapes and poses for all bodies, breathing and relaxation techniques as well as exploring the evidence for yoga as an adjunct to other treatments. The course also provides an overview of the different types of yoga practices and how to find a class to suit your needs.

*We recommend students wear comfortable clothing to this course.*

**Duration: 1.5 hours x 4 weeks**

Term 1

Term 3

“

Thank you so much for a wonderful course and opening my mind to the world of yoga and mental health recovery.

”

## Stream 2: Mindfulness Courses in English & Community Languages

### Mindfulness Workshop

Have you heard about mindfulness and wondered what it is?

In this short, friendly session you will hear about what mindfulness is and how it can be a part of your wellbeing. You will have a chance to take part in some brief mindfulness activities and learn about other courses available at the Recovery & Wellbeing College and in the community.

**Duration: 1 hour**

Term 1

Term 3

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### Introduction to Mindfulness

Does life sometimes feel out of control and overwhelming? Do you want to improve your quality of life? Mindfulness meditation is an effective approach to support mental health recovery and improve overall wellbeing.

During this five week course, students will be introduced to the principles of mindfulness and a range of exercises that will assist in reducing stress levels, improving concentration and accepting emotions.

**Duration: 2 hours x 5 weeks**

Term 1

Term 3

### Making Mindfulness Your Own

This five week course will build on the practices taught in the Introduction to Mindfulness course. To enrol in this course, students will need to have completed the Introduction to Mindfulness course or have prior experience with mindfulness.

Students will gain knowledge of the benefits of mindfulness practice in the context of Dialectical Behaviour Therapy (DBT) and develop skills to practice the qualities of single-pointedness, awareness, compassion, equanimity, self-acceptance and interpersonal effectiveness. Students will be encouraged to reflect upon their practice through the use of a mindfulness journal.

**Duration: 2 hours x 5 weeks**

Term 2

Term 4

## Mindfulness in Community Languages

### Introduction to Mindfulness in Arabic, Greek, Macedonian, Mandarin and Nepali

These courses will be co-facilitated by a Bilingual Peer Educator and a Bilingual Counsellor. Mindfulness meditation is proven to be an effective approach for people to support mental health recovery and improve overall wellbeing. Students will be introduced to the principles of mindfulness and a range of exercises that will assist in reducing stress levels, improved concentration and the acceptance of emotions.

#### Introduction to Mindfulness in Arabic

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131 450 لغ ل ل اب فظوم ل ل غ ل ب | م قر ل ل ل ع ل ف ي ف ا ه ل ل

Duration: 2 hours x 5 weeks

Term TBA

#### Introduction to Mindfulness in Greek

Αν θέλετε να επικοινωνήσετε μαζί μας τηλεφωνικά,  
καλέστε την Υπηρεσία Διερμηνέων και Μεταφραστών  
στο 131 450

Duration: 2 hours x 5 weeks

Term 1

#### Introduction to Mindfulness in Macedonian

Αко сакате да ни се обратите преку телефон јавете  
се во Преведувачката служба на 131 450

Duration: 2 hours x 5 weeks

Term TBA

#### Introduction to Mindfulness in Mandarin

如果您想打电话联系我们，可以致电131450 笔译和  
口译服务处 (Translating & Interpreting Service, TIS)

Duration: 2 hours x 5 weeks

Term 3

## Introduction to Mindfulness in Nepali

यदी हामीलाई टेलीफोनबाट सम्पर्क गर्न चाहानुहुन्छ भने ट्रान्सलेटिग  
एंड इन्टरपरेटिग सर्भिसि (टिआइएस) को १३१ ४५० मा फोन गर्नुहोस

Duration: 2 hours x 5 weeks

Term 4

### Making Mindfulness Your Own in Greek

These courses will be co-facilitated by a Bilingual Peer Educator and a Bilingual Counsellor.

This five week course will build on the practices taught in the Introduction to Mindfulness course. To enrol in this course, students will need to have completed the Introduction to Mindfulness course OR have prior experience with mindfulness.

Students will gain knowledge of the benefits of mindfulness practice in the context of Dialectical Behaviour Therapy (DBT) and develop skills to practice the qualities of single-pointedness, awareness, compassion, equanimity, self-acceptance and interpersonal effectiveness. Students will be encouraged to reflect upon their practice through the use of a mindfulness journal.

Αν θέλετε να επικοινωνήσετε μαζί μας τηλεφωνικά,  
καλέστε την Υπηρεσία Διερμηνέων και Μεταφραστών  
στο 131 450

Duration: 2 hours x 5 weeks

Term 3

## Stream 2: Physical Health Courses in Collaboration with Keeping the Body in Mind (KBIM)



### Getting Into Exercise

This new course will address your questions about getting into exercise. It will include how to overcome your barriers to exercise, bust common exercise myths, build your confidence to start exercise and give you some practical tips & tricks to succeed.

Duration: 2 hours

Term 2

Term 4

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### Nutrition for Good Health

In this course, you will gain an understanding of the basics of nutrition and how good food can positively impact your health and recovery.

You will learn how to develop healthy eating behaviours and have an opportunity to analyse your own diet. We also explore diet fads, healthy takeaway, how to eat well on a budget and where to go to for ongoing nutrition support and advice.

Duration: 2 hours x 2 weeks

Term 2

Term 4

### Physical Health & Wellbeing

This course examines the relationship between mental health and physical health. It will be beneficial for anyone wanting to develop a healthy and balanced lifestyle to support good mental health and wellbeing. Students will develop skills to make healthier lifestyle choices in the domains of exercise and nutrition whilst learning to recognise and manage barriers to motivation.

Duration: 2 hours x 4 weeks

Term 1

Term 3

“ I loved the informal and friendly environment of the course with no judgment on anyone’s abilities. ”

## Stream 3: Recovery Supporting Practice & getting involved in Mental Health Services

### Beyond Co-design

Co-design is a term used to describe consumers, carers, families and health workers together to plan services. But beyond co-design, people with a lived experience are increasingly involved in co-producing and leading mental health services. This includes program delivery, policy development and evaluating services. In this course students will explore:

- \* The history, theory & practice of co-design & co-production
- \* How co-design & co-production can transform individuals and systems
- \* Using co-design & co-production in your context and workplace.

Duration: 4 hours

Term 2

Term 4

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### Building LGBTIQ+ Inclusive Mental Health Services

This course aligns with the NSW LGBTIQ+ Health Strategy 2022-2027 and supports staff to embrace diversity and build their capacity to deliver effective person-centred care to all LGBTIQ+ community members. This course explores how homophobia and transphobia impacts on mental health and wellbeing and strategies for making mental health services more inclusive of people who are gender, sex and sexuality diverse. Students will gain knowledge and skills in responding to people who are lesbian, gay, bisexual, transgender, intersex and/or queer (LGBTIQ+) and their communities.

Duration: 1 day

Term 2

### Challenging Stigma & Discrimination

Many people with a lived experience of mental distress are faced with not only recovering from this experience, but also from stigma and discrimination. This interactive course will explore the impact of stigma and discrimination. Students will develop some practical strategies for challenging stigma and discrimination in their communities.

Duration: 4 hours

Term 1

Term 3

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### Committee Work

This practical course aims to provide students with an understanding of the purpose of committee work and how to participate effectively. Students will explore roles within committees and how to deal with challenging situations, as well as strategies to overcome these. We will also explore examples of local, state and national mental health committees and look at ways to get involved.

Duration: 4 hours

Term 1

## Consumer & Peer Worker Roles within Mental Health

This course provides an overview of the history, the evidence base, roles and skills of Consumer Representatives and Peer Workers.

It is essential training for any mental health staff working alongside Peer Workers and consumer representatives. It is also suitable for new Peer Workers and consumers wanting to move into Consumer Representative and Peer Worker roles including training pathways available.

**Duration: 1 Day**

Term 2

Term 4

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## Public Speaking

Many people find the thought of public speaking daunting. This course will assist students to develop skills and confidence to speak publicly in a range of forums, including meetings and training.

Topics include:

- \* Developing confidence and combating feelings of fear and anxiety
- \* Engaging the audience
- \* Planning presentations.

**Duration: 3 hours**

Term 2

## Racism and the Impact on Mental Health

The impact of systematic and inter-personal racism is known to effect individual's wellbeing and health outcomes. In Australia, Aboriginal and Torres Strait Islander communities have been particularly impacted by historical discriminatory social policy. Current and past policies and practices have disrupted the wellbeing of culturally and Linguistically Diverse Communities.

In this course we explore the origins, history and present-day impact of systemic racism and biases on mental health and service provision.

**Duration: 5 hours**

Term 1

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## Study Pathways - Certificate IV in Peer Work

This information session is for those who are interested in looking at study as a pathway into mental health peer work.

The session is facilitated in partnership with the Mental Health Coordinating Council (MHCC) and other tertiary providers who will be providing information about the course they are running in 2024. Topics will be covered in and entry requirements.

**Duration: 1 hour**

Term 2

## Suicide Prevention for Peer Workers

This two day course is for Peer Workers who are working, or wish to work in roles supporting people who are experiencing suicidality.

This course will develop skills in using lived experience to understand suicidality and to offer support, safely fostering space to promote hope and recovery.

Topics include:

- \* Strategic framework for suicide prevention in NSW
- \* Reframing suicide from the lived experience
- \* Holding the space & navigating uncomfortable conversations
- \* Boundaries and purposeful storytelling
- \* Safety & Wellbeing Planning
- \* Self-care and resilience.

Duration: 2 days

Term 2

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## Systemic Advocacy

This course will provide students with information, skills and confidence to engage in systemic advocacy. Students will gain knowledge of the human rights framework informing systemic advocacy in mental health, the psychiatric survivor movement and develop skills in applying social justice principles to mental health advocacy

Students will leave with strategies and connections to work towards positive change in services, policy, law, communities and attitudes.

Duration: 4 hours x 2 weeks

Term 2

Term 4

## Telling Your Story in a Public Forum

In this course, students will learn how to make meaning of their lived experience and tell their story using recovery principles. They will also learn about boundaries and keeping safe, confidentiality of others in their story, how to deal with curly questions and how to manage nerves. The course will also explore how students can tailor their story to the needs of different audiences.

Duration: 4 hours

Term 3

## Stream 3: Recovery & Wellbeing College Educators' Training Program

If you are a Recovery and Wellbeing Educator or are interested in becoming one, these courses will provide you with the skills and knowledge for this role.

To discuss your particular learning needs and the relevance of these courses for you, please contact us at the College.

### Educating for Recovery: Foundations

This course will provide you with an orientation to important foundational concepts of recovery and their application to the Educator role within the Recovery & Wellbeing College. Students will learn about the Recovery & Wellbeing College processes for course co-writing and co-facilitating. Information will also be provided about how recovery principles and co-production are embedded into all aspects of the college curriculum.

**Duration: 4 hours**

Term 1

Term 3



### Educating for Recovery: In Practice

This course facilitated by inside out and associates will focus on:

- \* Maintaining congruency between recovery concepts and educational delivery
- \* Competencies for recovery educators
- \* Co-production principles and approaches
- \* Addressing common challenges to delivering recovery education and promote transformative learning
- \* What recovery means for development and delivery of workshops.

**Duration: 1 day**

Term 2

Term 4



## How to Co-write a Course

Successfully co-writing a course requires careful planning and collaboration. Students will learn about the Recovery and Wellbeing College quality assurance processes, including our Course Development Agreement.

Topics include:

- \* How to determine the course learning outcomes
- \* How to use the session plan to ensure that the course achieves the learning outcomes
- \* How to work in a team as well as collaborating with others, in the spirit of co-production, about the course content and process
- \* How to address the educational needs of diverse students who will attend the course.

Duration: 4 hours

Term 3

## Skills for Co-Facilitation

This course forms part of the Recovery & Wellbeing College Educators' Training Program. It will provide you with core knowledge and skills required to effectively co-facilitate courses with the Recovery & Wellbeing College.

Topics include:

- \* The principles of adult learning and dealing with different student needs
- \* Qualities and skills of an effective adult educator
- \* Organisational skills for Facilitators
- \* Enhancers and distractions in the learning environment
- \* Working effectively as co-facilitators
- \* Troubleshooting in the learning environment.

Duration: 1 day

Term 1

Term 3

“

This course has made me feel very confident to take the next step in my recovery and facilitate courses at the college.

”

## Stream 3: Peer Recovery & Wellbeing Educators' Training Program

### Developing Your Story

This course follows on from Purposeful Storytelling. Students will have an opportunity to practice developing purposeful stories about their own lived experience. Recovery principles such as hope, empowerment, identity and meaning and purpose will be drawn upon.

Students will be assisted to develop their own stories relevant to the situation. There will be opportunities to practice delivering their stories in a safe environment.

**Duration: 4 hours**

Term 2

Term 4



### Purposeful Storytelling

Purposeful Storytelling is a unique skill set used by lived experience workers. This course is for current Peer Educators or for those seeking to become Peer Recovery and Wellbeing Educators.

The session is facilitated by inside out and associates and provides Peer Recovery and Wellbeing Educators with the skills and knowledge to effectively and purposefully tell aspects of their own recovery story in an education program, in public speaking and in any peer or consumer work settings.

This course also helps people with lived experience to make decisions about personal disclosures in any situation. The course addresses safe disclosure, personal boundaries, tailoring your story to the setting and aligning it with recovery-oriented and trauma-informed principles.

**Duration: 1 day**

Term 1

Term 3

“

I now know what purposeful storytelling is and the difference between trauma-informed and traumatising. I learned how to set boundaries and promoting safety and triggers. It was a fascinating discussion.

”

# Frequently Asked Questions

## What happens after I complete the enrolment form?

A team member will contact you and arrange a time to meet for an orientation and discuss your individual learning needs. Prior to commencing any courses, we will work through a Student Learning Plan with you which will build on your strengths to identify a set of learning goals for recovery.

## Do I need to be referred by the mental health team?

No. You do not need to be referred. As a student you simply complete the enrolment form and a staff member will talk to you about what courses you want to attend.

## How many other students will be at the courses?

The class sizes are kept small so you can have the best environment for learning. The sizes will vary depending on the nature of the course, with the average around 8-15 students.

## Who will teach the courses?

All our courses are co-written and co-facilitated by two Recovery & Wellbeing Educators. One is a person with a lived experience of mental distress concerns. The other a health care worker, clinician or professional with suitable training and experience.

## What do courses cost?

All courses are currently free of charge as long as you meet the eligibility criteria on page 1.

## Do you supply food and refreshments?

Where possible, we provide tea, coffee and biscuits. Please bring along your own lunch and other snacks.

## Can I bring a support person?

You are welcome to bring a support person to the course. This person also needs to complete the enrolment form and participate as a student in the same course.

## What if I wish to provide compliments, feedback or make a complaint?

If you have any suggestions for new courses or any other ways we can improve please contact the Recovery & Wellbeing College on Ph. 9113 2981 or email: [seslhd-recoverycollege@health.nsw.gov.au](mailto:seslhd-recoverycollege@health.nsw.gov.au).

If you have any concerns or compliments we also encourage you to talk to a Recovery & Wellbeing College team member by phoning 9113 2981. You can also discuss these issues with the Manager so they can work with you to find a solution.

If you don't feel comfortable discussing your concerns with the Recovery & Wellbeing College team members or Manager, you can contact the District Executive Unit with your concern Ph. (02) 9540 7756, Fax. (02) 9540 8757 or email: [seslhd-mail@health.nsw.gov.au](mailto:seslhd-mail@health.nsw.gov.au)  
Postal address: District Executive Unit, Lock Bag 21, Taren Point NSW 2229.

*If you do not get any satisfaction from the above steps or don't wish to contact the Health Service directly you can contact the Health Care Complaints Commission*

**Health Care Complaints Commission (HCCC)**  
Ph.1800 043 159. For more information visit [www.hccc.nsw.gov.au](http://www.hccc.nsw.gov.au)

## What happens if I can't attend the course?

We understand that there may be genuine reasons why on occasion people find it difficult to attend a course. The team is available to talk to you about any barriers to attending you might have and can suggest strategies to support you. We expect you to contact the College if you are unable to attend.

# Do you need an interpreter?

If you wish to contact us by telephone call the Translating and Interpreting Service (TIS) on 131 450. Tell the operator what language you speak, and then ask the interpreter to set up a telephone conversation between you, an interpreter and the health service contact listed below.

## Arabic

### هل انت بحاجة الى مترجم؟

إن كنت ترغب بالإتصال بنا هاتفياً، إتصل بخدمة الترجمة الهاتفية على الرقم 131 450. إبلاغ الموظف باللغة التي تتكلمها، ثم اطلب من المترجم إعداد مكالمة هاتفية تجمع بينك وبين المترجم ومقدم الرعاية الصحية المدرج أدناه

## 您需要一位口译员吗？ Simplified Chinese

如果您想打电话联系我们，可以致电131450 笔译和口译服务处 (Translating and Interpreting Service, TIS)。告知接线员您所说的语言，然后请口译员建立一个在您、口译员和下列医疗服务处之间的对话。

## 您需要一位傳譯員嗎？ Traditional Chinese

如果您想打電話聯絡我們，可以致電131450筆譯和傳譯服務處 (Translating and Interpreting Service, TIS)。告知接線員您所說的語言，然後請傳譯員建立一個在您、傳譯員和下列醫療服務處之間的對話。

## Χρειάζεστε διερμηνέα; Greek

Αν θέλετε να επικοινωνήσετε μαζί μας τηλεφωνικά, καλέστε την Υπηρεσία Διερμηνέων και Μεταφραστών (TIS) στο 131 450. Να πείτε στον τηλεφωνητή ποια γλώσσα μιλάτε και στη συνέχεια ζητήστε από τον διερμηνέα να δημιουργήσει μια τηλεφωνική συνομιλία ανάμεσα σε εσάς, τον διερμηνέα και τις υγειονομικές υπηρεσίες που αναφέρονται παρακάτω.

## Ви треба преведувач? Macedonian

Ако сакате да ни се обратите преку телефон јавете се во Преведувачката служба (Translating and Interpreting Service (TIS) на 131 450. Кажете и/му на телефонистот на кој јазик зборувате, а потоа побарајте од преведувачот да се воспостави телефонски разговор меѓу вас, преведувачот и лицето од здравствената служба наведена подолу.

## Вам нужен переводчик? Russian

Если вы хотите связаться с нами по телефону, позвоните в Службу Письменных и Устных Переводов (TIS) по телефону 131 450. Скажите оператору на каком языке вы говорите, а затем попросите переводчика организовать телефонный разговор между вами, переводчиком и представителем службы здравоохранения из перечисленного ниже списка.

## के तपाईंलाई दोभासे अनुवादक चाहन्छ ? Nepali

यदी हामीलाई टेलीफोनबाट सम्पर्क गर्न चाहानुहुन्छ भने ट्रान्सलेटिग एंड इन्टरपरेटिग सर्भिस (टिआइ एस) को १३१ ४५० मा फोन गर्नुहोस . ओपरेटर लाई तपाईं कुन भाषा बोलनुहुन्छ भन्नुहोस, अनि दोभासे तपाईं र तल उल्लेखित स्वस्थ सेवा बीच सम्पर्क मिलाउन लगाउनुस .

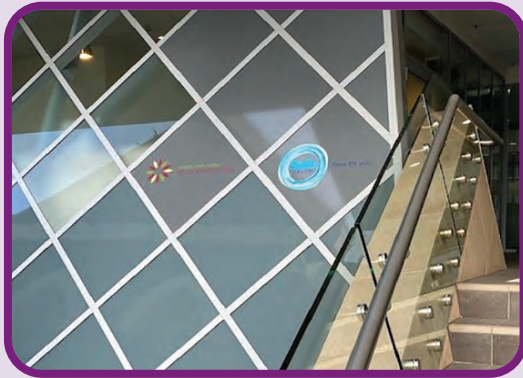
## ¿Necesita un intérprete? Spanish

Si usted necesita usar un intérprete para comunicarse con su servicio de salud, por favor, utilice el Servicio de Traducción e Intérprete (TIS). Por favor llame al 131 450 y decirle al operador el idioma que usted habla y el nombre y número de teléfono del servicio que desea contactar. Este es un país libre, 24 horas al día, 7 días a la semana el servicio.

# Our Locations

Venue maps will be sent with your confirmation of enrolment email. The following list of venues may change and additional venues may be added. Please refer to the timetable published each term for information on venues.

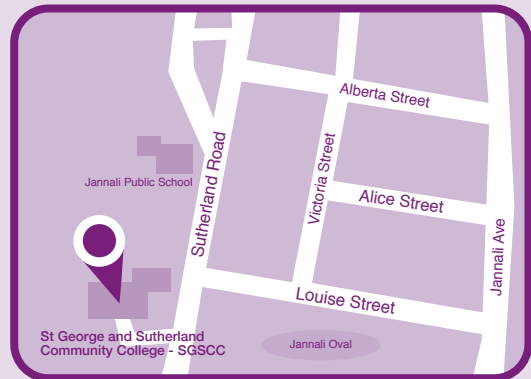
We deliver the courses at a variety of locations across South Eastern Sydney district including:



**Recovery & Wellbeing College & Keeping the Body in Mind Gym - (02) 9113 2981**  
Unit 2, Ground Floor, Kirk Place, 15 Kensington St, Kogarah 2217  
*Wheelchair accessible*

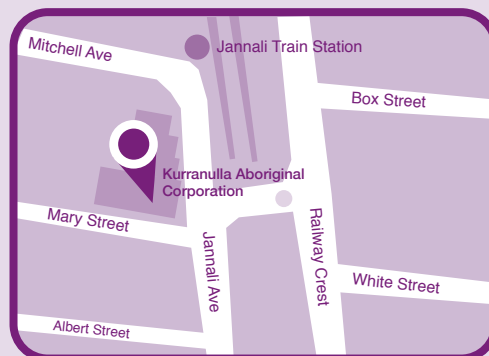


**headspace, Bondi Junction - (02) 9366 8800**  
20 Bronte Road, Bondi Junction 2022  
*Wheelchair accessible*



**St George and Sutherland Community College SGSCC - (02) 8543 7424**  
127-129 Sutherland Road, Jannali NSW 2226  
*Wheelchair accessible*

## Our Locations (continued)



**Kurranulla Aboriginal Corporation - (02) 9528 0287**  
15 Jannali Avenue, Jannali NSW 2226 *Wheelchair accessible*

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**The Maroubra Centre - (02) 9366 8711**  
130 Garden Street, Maroubra NSW 2035 *Wheelchair accessible*

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**City East Community College - (02) 9387 7400**  
98 Bondi Road, Bondi Junction NSW 2022 *Wheelchair accessible*

# Students Rights & Responsibilities

## Students have the right to:

- \* Be treated fairly and with respect by Recovery & Wellbeing College staff and students
- \* Be treated in a warm and professional manner
- \* Privacy, dignity and confidentiality
- \* Quality provision of courses that provide hope, opportunity, personal control and appreciate individual needs and learning styles
- \* Provide feedback, complaints or compliments through appropriate channels
- \* Be protected from all forms of harassment and discrimination
- \* Know about policies referring to them
- \* A safe and clean learning environment
- \* Have enquiries dealt with in an efficient manner
- \* Information, guidance and advice on courses
- \* Support for specific learning needs if you tell us about a disability or learning difficulty
- \* Have your personal beliefs, religious and cultural practices respected
- \* Express your views and be involved in developing the College

## Students have the responsibility to:

- \* Treat other students and staff with respect and fairness
- \* Behave in an acceptable and appropriate manner towards other students and staff and to respect the property of the College and host community colleges
- \* Refrain from swearing in classrooms and other learning areas
- \* Not behave in any way that could offend, embarrass or threaten others
- \* Be respectful of personal space and boundaries
- \* Provide accurate information about themselves and advise of any changes
- \* Follow normal safety practices (eg: following both written and verbal directions given by Recovery & Wellbeing College or host staff)
- \* Ask for clarification about anything you are not sure about

# Student Guidelines

## Students should:

- \* Act in a responsible manner and foster mutual respect and understanding between students
- \* Respect the rights, beliefs and opinions of others
- \* Not act in a way that may be considered threatening or disruptive, or likely to cause physical or emotional harm
- \* Refrain from the use of alcohol or illegal drugs when using the College

## The College considers the following examples to constitute misconduct and subject to disciplinary procedures:

- \* Prevention or disruption of learning or other activities
- \* Violent, indecent, threatening or offensive behaviour or language
- \* Use of alcohol or illegal drugs on the premises
- \* Theft, damage or misuse of college or host organisations property, or the property of staff, students or visitors
- \* Action likely to cause injury or impair safety on College or host organisations premises
- \* Any act which constitutes a criminal offence
- \* Sexual, racial or other harassment of any staff member, student or visitor to the College
- \* Unwarranted and inappropriate touching.

**By enrolling in the College students agree to the above Student Guidelines and Rights and Responsibilities.**

## Our contact details



P: (02) 9113 2981 E: [seslhd-recoverycollege@health.nsw.gov.au](mailto:seslhd-recoverycollege@health.nsw.gov.au)  
A: Unit 2, Ground Floor, Kirk Place, 15 Kensington Street Kogarah NSW 2217

Visit our website: [www.seslhd.health.nsw.gov.au/recovery-wellbeing-college](http://www.seslhd.health.nsw.gov.au/recovery-wellbeing-college)  
Visit our Facebook Page: [www.facebook.com/SESLHDSupporters](http://www.facebook.com/SESLHDSupporters)

### Principal Supporters



### Supporters

