

# TERM <sup>1</sup> TIMETABLE

3 February – 11 April 2025

Learning & Growth  
for Mental Health

## Our Values

- \* Collaboration \* Integrity \* Hope \* Opportunity
- \* Inclusion \* Respect \* Enjoyment \* Self-determination

South Eastern Sydney  
Recovery & Wellbeing College

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 and present.

## Vision

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

## Values

The South Eastern Sydney Recovery & Wellbeing College values demonstrate our commitment to high ethical standards that drive our priorities, behaviours, judgements and decisions.

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

## 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 is 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.

## 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](mailto: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](mailto: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*.

Courses are in date order and the page number listed corresponds with the course descriptions in the course guide.

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

## FACE-TO-FACE COURSES

<b>Exploring Anxiety: 3 Hours (p4)</b>		
Tuesday 4 February	10:00am – 1:00pm	Recovery & Wellbeing College, Kogarah
<b>Exploring the Impact of Trauma: 4 Hours (p6)</b>		
Wednesday 5 February	10:00am – 2:00pm	Recovery & Wellbeing College, Kogarah
<b>Neurodiversity &amp; Mental Distress: 4 Hours (p7)</b>		
Friday 7 February	10:00am – 2:00pm	headspace, Bondi Junction
<b>An Introduction to Recovery &amp; the Strengths Approach: 1 Day (p3)</b>		
Tuesday 11 February	9:00am – 4:30pm	Recovery & Wellbeing College, Kogarah
<b>Exploring Psychosis: 3 Hours (p5)</b>		
Friday 14 February	10:00am – 1:00pm	SGSCC, Jannali
<b>Explanatory Frameworks for Mental Distress: 4 Hours (p3)</b>		
Friday 21 February	10:00am – 2:00pm	Recovery & Wellbeing College, Kogarah
<b>Exploring Grief &amp; Loss: 4 Hours (p5)</b>		
Monday 24 February	10:00am – 2:00pm	Sydney East Community College, Bondi Junction
<b>Suicide: Recovery &amp; Hope: 4.5 Hours (p8)</b>		
Friday 28 February	10:00am – 2:30pm	SGSCC, Jannali
<b>LGBTIQ+ Mental Health: 3 Hours (p.6)</b>		
Monday 3 March	10:00am – 1:00pm	Sydney East Community College, Bondi Junction
<b>Men's Wellbeing: 3 Hours (p7)</b>		
Thursday 12 March	5:30pm – 8:30pm	Recovery & Wellbeing College, Kogarah
<b>Navigating Mental Health &amp; Other Services: 5 Hours (p7)</b>		
Thursday 20 March	10:00am – 3:00pm	Recovery & Wellbeing College, Kogarah
<b>Medical Treatments for Mental Distress: 4 Hours (p6)</b>		
Thursday 27 March	10:00am – 2:00pm	Recovery & Wellbeing College, Kogarah

Course area locations key |  Kogarah  Jannali  Bondi Junction  Kogarah and Online

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

## FACE-TO-FACE COURSES

### Complementary Approaches to Healing: 5 Hours (p9)

Monday 3 February 10:00am – 3:00pm Sydney East Community College, Bondi Junction

### Getting Into Volunteer Work 3 Hours (p11)

Thursday 6 February 10:00am – 1:00pm Recovery & Wellbeing College, Kogarah

### Coping with Strong Emotions: 3 Hours x 2 Weeks (p9)

Monday 10 February 10:00am – 1:00pm Sydney East Community College, Bondi Junction  
Monday 17 February

### Life Beyond Anxiety: 3 Hours (p12)

Wednesday 12 February 10:00am – 1:00pm Recovery & Wellbeing College, Kogarah

### Life Beyond Trauma: 2 Hours x 3 Weeks (p12)

Thursday 13 February 10:00am – 12:00pm Recovery & Wellbeing College, Kogarah  
Thursday 20 February  
Thursday 27 February

### Making & Keeping Connections: 2 Hours x 4 Weeks (p12)

Tuesday 18 February 11:00am – 1:00pm Recovery & Wellbeing College, Kogarah  
Tuesday 25 February  
Tuesday 4 March  
Tuesday 11 March

### Life Beyond Psychosis: 3 Hours (p12)

Friday 21 February 10:00am – 1:00pm SGSCC, Jannali

### Introduction to Mindfulness in Greek: 3 Hours x 3 Weeks (p16)

Wednesday 26 February 10:00am – 1:00pm Recovery & Wellbeing College, Kogarah  
Wednesday 5 March  
Wednesday 12 March

### Taking Control of Your Life: 3 Hours x 2 Weeks (p14)

Friday 7 March 10:00am – 1:00pm SGSCC, Jannali  
Friday 14 March

### Introduction to Mindfulness: 2 Hours x 5 Weeks (p15)

Monday 10 March 10:00am – 12:00pm Sydney East Community College, Bondi Junction  
Monday 17 March  
Monday 24 March  
Monday 31 March  
Monday 7 April

### Creativity for Recovery 3 Hours x 4 Weeks (p10)

Tuesday 18 March 10:00am – 1:00pm Recovery & Wellbeing College, Kogarah  
Tuesday 25 March  
Tuesday 1 April  
Tuesday 8 April

### Physical Health & Wellbeing: 2 Hours x 4 Weeks (p17)

Friday 21 March 10:00am – 12:00pm Recovery & Wellbeing College, Kogarah  
Friday 28 March  
Friday 4 April  
Friday 11 April

## BLENDED – FACE TO FACE / ONLINE COURSES

### Mindfulness Workshop: 1 Hour (p15)

Monday 3 March

2:00pm – 3:00pm

MS Teams Online Only

Course area locations key |  Kogarah  Jannali  Bondi Junction  Kogarah and Online

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

### FACE-TO-FACE COURSES

#### Skills for Co Facilitation: 6 Hours (p22)

Thursday 6 March

10:00am – 4:00pm

Recovery & Wellbeing College, Kogarah

#### Purposeful Storytelling: 1 Day (p23)

Wednesday 19 March

9:00am – 4:30pm

Recovery & Wellbeing College, Kogarah

#### Challenging Stigma & Discrimination: 4 Hours (p18)

Wednesday 26 March

10:00am – 2:00pm

Recovery & Wellbeing College, Kogarah

## BLENDED – FACE TO FACE / ONLINE COURSES

### Educating for Recovery - Foundations: 3 Hours (p21)

Thursday 13 March

10:00am – 1:00pm

Recovery & Wellbeing College, Kogarah & Online

### Committee Work 4 Hours (p18)

Wednesday 2 April

10:00am – 2:00pm

Recovery & Wellbeing College, Kogarah & Online

Course area locations key |  Kogarah  Jannali  Bondi Junction  Kogarah and Online

The background is a solid green color with several large, stylized leaf shapes in a lighter shade of green, scattered across the page. The leaves are simple, elongated shapes with pointed tips and rounded bases.

# 2025 Term 1 Calendars

# February 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1						1	2
	3 <b>TERM 1 Commences</b>	4	5	6	7	8	9
	Complementary Approaches to Healing 10:00am-3:00pm	Exploring Anxiety 10:00am-1:00pm	Exploring the Impact of Trauma 10:00am-2:00pm	Getting in Volunteer Work 10:00am-1:00pm	Neurodiversity & Mental Distress 10:00am-2:00pm		
	10	11	12	13	14	15	16
Coping With Strong Emotions 1 of 2 10:00am-1:00pm	An Introduction to Recovery and Strengths Approach 9:00am-4:30pm	Life Beyond Anxiety 10:00am-1:00pm	Life Beyond Trauma 1 of 3 10:00am-12:00pm	Exploring Psychosis 10:00am-1:00pm			
Week 2	17	18	19	20	21	22	23
	Coping With Strong Emotions 2 of 2 10:00am-1:00pm	Making & Keeping Connections 1 of 4 11:00am-1:00pm		Life Beyond Trauma 2 of 3 10:00am-12:00pm	Explanatory Frameworks for Mental Distress 10:00am-2:00pm		
Week 3	24	25	26	27	28		
	Exploring Grief & Loss 10:00am-2:00pm	Making & Keeping Connections 2 of 4 11:00am-1:00pm	Introduction to Mindfulness in Greek 1 of 3 10:00am-1:00pm	Life Beyond Trauma 3 of 3 10:00am-12:00pm	Suicide Recovery & Hope 10:00am-2:30pm		
Week 4							

Course area locations key |  Kogarah  Jannali  Bondi Junction  Kogarah and Online



# March 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Week 4 (Cont.)</b>						1	2
<b>Week 5</b>	<b>3</b> LGBTQ+ Mental Health 10:00am-1:00pm  Mindfulness Workshop 2:00pm-3:00pm	<b>4</b> Making & Keeping Connections 3 of 4 11:00am-1:00pm	<b>5</b> Introduction to Mindfulness in Greek 2 of 3 10:00am-1:00pm	<b>6</b> Skills for Co-Facilitation 10:00am-4:00pm	<b>7</b> Taking Control of Your Life 1 of 2 10:00am-1:00pm	8	9
<b>Week 6</b>	<b>10</b> Introduction to Mindfulness 1 of 5 10:00am-12:00pm	<b>11</b> Making & Keeping Connections 4 of 4 11:00am-1:00pm	<b>12</b> Introduction to Mindfulness in Greek 3 of 3 10:00am-1:00pm  Men's Health 5:30pm-8:30pm	<b>13</b> Educating for Recovery - Foundations 10:00am-1:00pm	<b>14</b> Taking Control of Your Life 2 of 2 10:00am-1:00pm	15	16
<b>Week 7</b>	<b>17</b> Introduction to Mindfulness 2 of 5 10:00am-12:00pm	<b>18</b> Creativity for Recovery 1 of 4 10:00am-1:00pm	<b>19</b> Purposeful Storytelling 9:00am-4:30pm	<b>20</b> Navigating Mental Health & Other Services 10:00am-3:00pm	<b>21</b> Physical Health & Wellbeing 1 of 4 10:00am-12:00pm	22	23
<b>Week 8</b>	<b>24</b> Introduction to Mindfulness 3 of 5 10:00am-12:00pm	<b>25</b> Creativity for Recovery 2 of 4 10:00am-1:00pm	<b>26</b> Challenging Stigma & Discrimination 10:00am-2:00pm	<b>27</b> Medical Treatments for Mental Distress 10:00am-2:00pm	<b>28</b> Physical Health & Wellbeing 2 of 4 10:00am-12:00pm	29	30
<b>Week 9</b>	<b>31</b> Introduction to Mindfulness 4 of 5 10:00am-12:00pm						

Course area locations key |  Kogarah  Jannali  Bondi Junction  Kogarah and Online

# April 2025

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9 (Cont.)		1 Creativity for Recovery 3 of 4 10:00am-1:00pm	2 Committee Work 10:00am-2:00pm	3	4 Physical Health & Wellbeing 3 of 4 10:00am-12:00pm	5	6
	7 Introduction to Mindfulness 5 of 5 10:00am-12:00pm	8 Creativity for Recovery 4 of 4 10:00am-1:00pm	9	10	11 TERM 1 Concludes Physical Health & Wellbeing 4 of 4 10:00am-12:00pm	12	13
Week 10	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30				

Course area locations key |  Kogarah  Jannali  Bondi Junction  Kogarah and Online

# 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 चाहिन्छ ? Nepali

यदी हामीलाई टेलीफोनबाट सम्पर्क गर्न चाहानुहुन्छ भने ट्रान्सलेटिगि एंड इन्टरपरेटिगि सर्भिसि (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 .

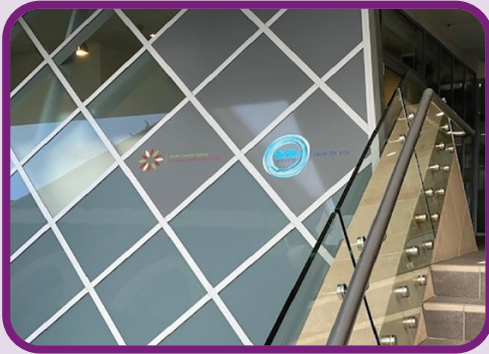
## ¿Necesita un intérprete? Spanish

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:



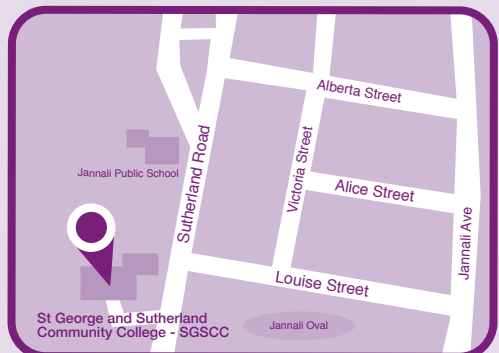
**Recovery & Wellbeing College & Keeping the Body in Mind Gym - (02) 9113 2981**  
Unit 2, Ground Floor, Kirk Place, 15 Kensington Street, Kogarah NSW 2217. *Wheelchair accessible*

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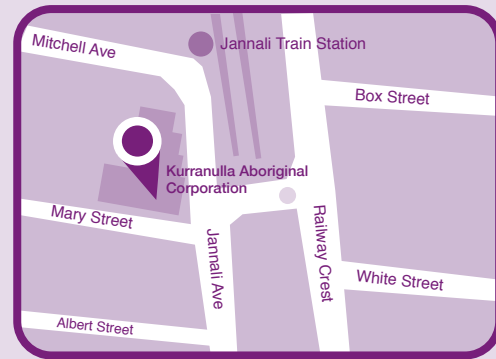
**headspace, Bondi Junction - (02) 9366 8800**  
20 Bronte Road, Bondi Junction NSW 2022. *Wheelchair accessible*

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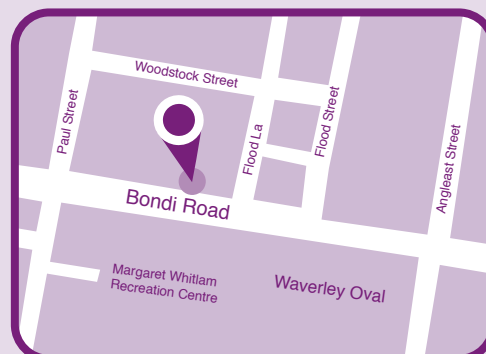
**St George and Sutherland Community College SGSCC - (02) 8543 7424**  
127-129 Sutherland Road, Jannali NSW 2226. *Wheelchair accessible*

## Our Locations (continued)



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

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

# 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. (02) 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.

# 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/SESLHDRRecoveryCollege](http://www.facebook.com/SESLHDRRecoveryCollege)

### Principal Supporters



### Supporters

