

Taking Control of Your Life

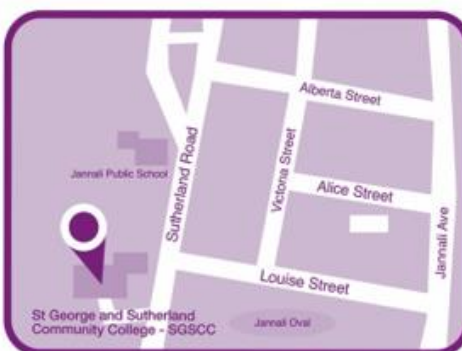
Date: Friday 7 March 2025
Friday 14 March 2025
Time: 10:00am – 1:00pm (3 hours x 2 weeks)
Venue: St George and Sutherland Community College
127-129 Sutherland Road, Jannali

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.

To enrol please visit our website:

<https://www.seslhd.health.nsw.gov.au/recovery-wellbeing-college>



For more information
please contact the
Recovery & Wellbeing
College Team

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