

# TERM 1 TIMETABLE

2 February – 2 April 2026

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 Biddegel 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:

- ❖ 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 catchment.
- ❖ 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.

## How to enrol?

### For NEW students

**Option 1:** Complete online enrolment form

<https://recoverycollege.knack.com/sies#recovery-college-enrolment-request/>

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

### For CURRENT students

**Option 1:** Complete online enrolment form

<https://recoverycollege.knack.com/sies#recovery-college-enrolment-request/>

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

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>  |                   |   |
| Thursday 5 February   | 10:00am – 1:00pm  | Recovery & Wellbeing College, Kogarah         |
| <b>Suicide: Recovery &amp; Hope: 4.5 Hours (p8)</b>                             |                   |   |
| Monday 9 February   | 10:00am – 2:30pm  | Sydney East Community College, Bondi Junction |
| <b>Neurodiversity &amp; Mental Distress: 4 Hours (p7)</b>                       |                   |   |
| Monday 16 February  | 10:00am – 12:00pm | Recovery & Wellbeing College, Kogarah         |
| <b>An Introduction to Recovery &amp; the Strengths Approach: 4 Hours (p.21)</b> |                   |   |
| Tuesday 17 February   | 9:00am – 4:30pm   | Recovery & Wellbeing College, Kogarah         |
| <b>Exploring Psychosis: 3 Hours (p5)</b>  |                   |   |
| Wednesday 18 February   | 2:15pm – 5:15pm   | Lionel Bowen Library, Maroubra                |
| <b>Medical Treatments for Mental Distress: 4 Hours (p6)</b>                     |                   |   |
| Thursday 19 February  | 10:00am – 2:00pm  | Recovery & Wellbeing College, Kogarah         |
| <b>Explanatory Frameworks for Mental Distress: 1 Day (p3)</b>                   |                   |   |
| Friday 20 February  | 10:00am – 2:00pm  | Recovery & Wellbeing College, Kogarah         |
| <b>Exploring Grief &amp; Loss: 4 Hours (p5)</b>                                 |                   |   |
| Friday 20 February  | 10:00am – 2:00pm  | SGSCC, Jannali                                |
| <b>LGBTIQ+ Wellbeing &amp; Social Justice: 3 Hours (p6)</b>                     |                   |   |
| Monday 23 February  | 10:00am – 1:00pm  | Recovery & Wellbeing College, Kogarah         |
| <b>Exploring Impact of Trauma: 4 Hours (p6)</b>                                 |                   |   |
| Thursday 5 March  | 10:00am – 2:00pm  | Recovery & Wellbeing College, Kogarah         |
| <b>Navigating Mental Health &amp; Other Services: 5 Hours (p7)</b>              |                   |   |
| Wednesday 25 March  | 10:00am – 3:00pm  | Recovery & Wellbeing College, Kogarah         |

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

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

## FACE-TO-FACE COURSES

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

|                       |                   |                                       |
|-----------------------|-------------------|---------------------------------------|
| Wednesday 4 February  | 10:00am – 12:00pm | Recovery & Wellbeing College, Kogarah |
| Wednesday 11 February |                   |                                       |
| Wednesday 18 February |                   |                                       |
| Wednesday 25 February |                   |                                       |

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

|                    |                  |                |
|--------------------|------------------|----------------|
| Friday 6 February  | 10:00am – 1:00pm | SGSCC, Jannali |
| Friday 13 February |                  |                |

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

|                      |                  |                                       |
|----------------------|------------------|---------------------------------------|
| Thursday 12 February | 10:00am – 1:00pm | Recovery & Wellbeing College, Kogarah |
|----------------------|------------------|---------------------------------------|

### Life Beyond Psychosis: 3 Hours (p5)

|                       |                 |                                |
|-----------------------|-----------------|--------------------------------|
| Wednesday 25 February | 2:15pm – 5:15pm | Lionel Bowen Library, Maroubra |
|-----------------------|-----------------|--------------------------------|

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

|                    |                  |                |
|--------------------|------------------|----------------|
| Friday 27 February | 10:00am – 3:00pm | SGSCC, Jannali |
|--------------------|------------------|----------------|

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

|                |                  |   |
|----------------|------------------|---|
| Monday 2 March | 10:00am – 1:00pm | Sydney East Community College, Bondi Junction |
| Monday 9 March |                  |   |

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

|                  |                   |                                       |
|------------------|-------------------|---------------------------------------|
| Tuesday 3 March  | 10:00am – 12:00pm | Recovery & Wellbeing College, Kogarah |
| Tuesday 10 March |                   |                                       |
| Tuesday 17 March |                   |                                       |
| Tuesday 24 March |                   |                                       |

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

|                    |                  |                                       |
|--------------------|------------------|---------------------------------------|
| Wednesday 4 March  | 10:00am – 1:00pm | Recovery & Wellbeing College, Kogarah |
| Wednesday 11 March |                  |                                       |
| Wednesday 18 March |                  |                                       |

### Introduction to Mindfulness: 2 Hours x 4 Weeks (p16)

|                 |                   |                |
|-----------------|-------------------|----------------|
| Friday 6 March  | 10:00am – 12:00pm | SGSCC, Jannali |
| Friday 13 March |                   |                |
| Friday 20 March |                   |                |
| Friday 27 March |                   |                |

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

|                   |                   |                                       |
|-------------------|-------------------|---------------------------------------|
| Thursday 12 March | 10:00am – 12:00pm | Recovery & Wellbeing College, Kogarah |
| Thursday 19 March |                   |                                       |
| Thursday 26 March |                   |                                       |

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

|                   |                 |                                       |
|-------------------|-----------------|---------------------------------------|
| Thursday 12 March | 1:00pm – 4:00pm | Recovery & Wellbeing College, Kogarah |
| Thursday 19 March |                 |                                       |
| Thursday 26 March |                 |                                       |
| Thursday 2 April  |                 |                                       |

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

|                   |                  |                                       |
|-------------------|------------------|---------------------------------------|
| Wednesday 1 April | 10:00am – 1:00pm | Recovery & Wellbeing College, Kogarah |
|-------------------|------------------|---------------------------------------|

## BLENDED – FACE TO FACE / ONLINE COURSES

### Mindfulness Workshop: 1 Hour (p15)

|                      |                 |                        |
|----------------------|-----------------|------------------------|
| Thursday 26 February | 3:00pm - 4.00pm | MS Teams   Online only |
|----------------------|-----------------|------------------------|

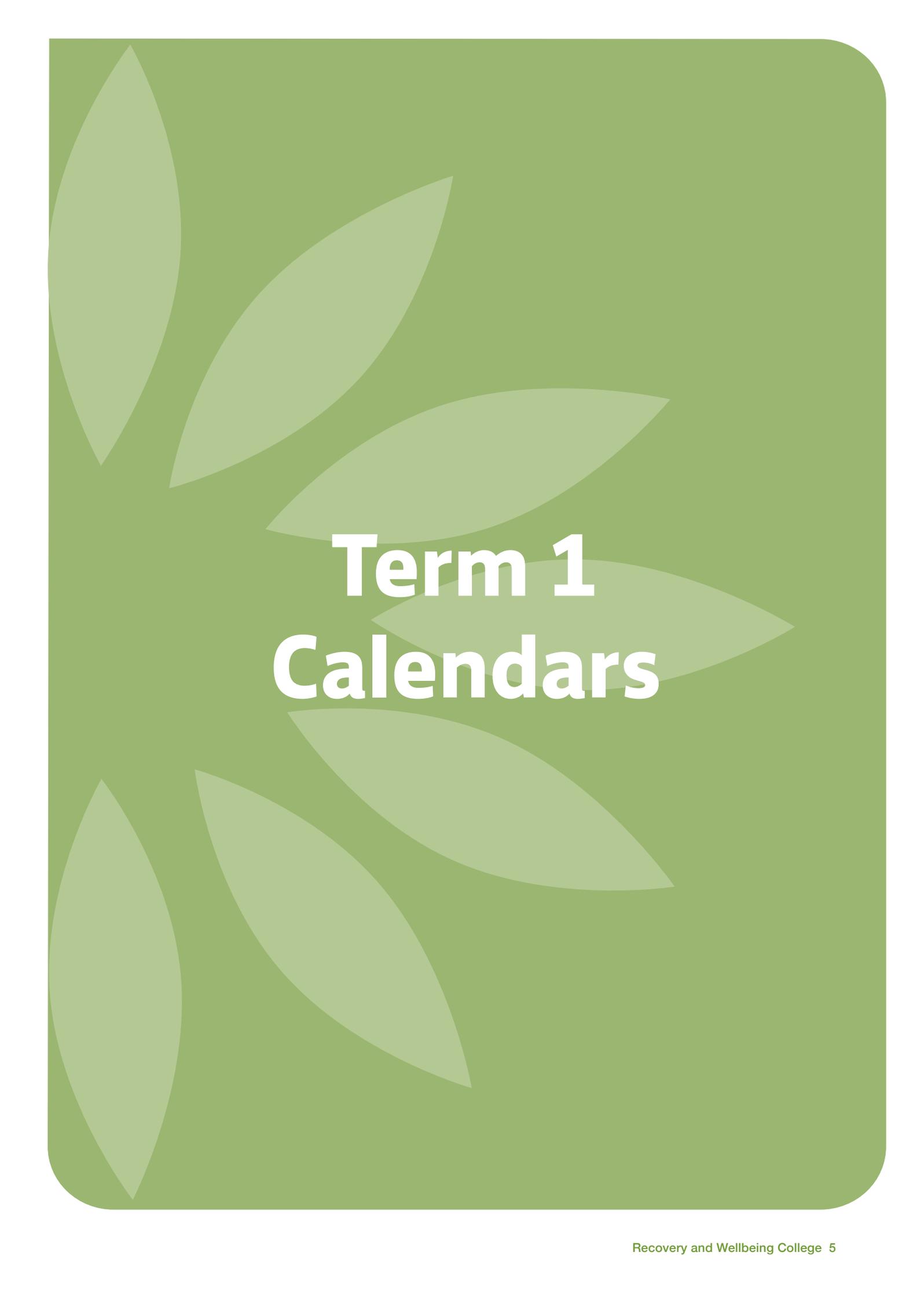
Course area locations key |  Kogarah  Jannali  Bondi Junction  Kogarah and Online  Maroubra

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

## FACE-TO-FACE COURSES

|  |                  |                                       |
|--|------------------|---------------------------------------|
| <b>Challenging Stigma &amp; Discrimination: 4 Hours (p18)</b>  |                  |                                       |
| Tuesday 24 February  | 10.00am – 2:00pm | Recovery & Wellbeing College, Kogarah |
| <b>Educating For Recovery: Foundations: 3 Hours (p21)</b>      |                  |                                       |
| Thursday 26 February   | 10:00am – 1:00pm | Recovery & Wellbeing College, Kogarah |
| <b>Purposeful Storytelling: 1 Day (p23)</b>                    |                  |                                       |
| Friday 6 March   | 9.00am – 4:30pm  | Recovery & Wellbeing College, Kogarah |
| <b>Racism &amp; the Impact on Mental Health: 5 Hours (p19)</b> |                  |                                       |
| Monday 16 March  | 10:00am – 3:00pm | Recovery & Wellbeing College, Kogarah |
| <b>Skills for Co-Facilitation: 6 Hours (p22)</b>               |                  |                                       |
| Monday 23 March  | 10:00am – 4:00pm | Recovery & Wellbeing College, Kogarah |
| <b>Suicide Prevention for Peer Workers: 2 Days (p20)</b>       |                  |                                       |
| Monday 30 March  | 9:00am – 4:30pm  | Recovery & Wellbeing College, Kogarah |
| Monday 31 March  |                  |                                       |

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

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# **Term 1 Calendars**

# February 2026

|        | Monday   | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday | Sunday |
|--------|--|--|---|--|--|----------|--------|
| Week 1 |  |  |   |  |  |          | 1      |
|        | 2  | 3  | 4   | 5  | 6  | 7        | 8      |
| Week 2 | TERM 1 Commences                                     |  | Physical Health & Wellbeing 1 of 4<br>10:00am-12:00pm | Exploring Anxiety<br>10:00am-1:00pm                      | Coping with Strong Emotions 1 of 2<br>10:00am-1:00pm         |          |        |
|        | 9  | 10   | 11  | 12   | 13   | 14       | 15     |
| Week 3 | Suicide: Recovery & Hope<br>10:00am-2:30pm           |  | Physical Health & Wellbeing 2 of 4<br>10:00am-12:00pm | Life Beyond Anxiety<br>10:00am-1:00pm                    | Coping with Strong Emotions 2 of 2<br>10:00am-1:00pm         |          |        |
|        | 16   | 17   | 18  | 19   | 20   | 21       | 22     |
| Week 4 | Neurodiversity & Mental Distress<br>10:00am-2:00pm   | An Introduction to Recovery & the Strength Approach<br>9:00am-4:30pm | Physical Health & Wellbeing 3 of 4<br>10:00am-12:00pm | Medical Treatments for Mental Distress<br>10:00am-2:00pm | Explanatory Frameworks for Mental Distress<br>10:00am-2:00pm |          |        |
|        |  |  | Exploring Psychosis<br>2:15pm-5:15pm                  |  | Exploring Grief & Loss<br>10:00am-2:00pm                     |          |        |
| Week 5 | 23   | 24   | 25  | 26   | 27   |          |        |
|        | LGBTIQ+ Wellbeing & Social Justice<br>10:00am-1:00pm | Challenging Stigma & Discrimination<br>10:00am-2:00pm                | Physical Health & Wellbeing 4 of 4<br>10:00am-12:00pm | Education for Recovery-Foundation<br>10:00am-1:00pm      | Complementary Approaches to Healing<br>10:00am-3:00pm        |          |        |
|        |  |  | Life Beyond Psychosis<br>2:15pm- 5:15pm               | Mindfulness Workshop<br>3:00pm-4:00pm                    |  |          |        |

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

|                       | Monday   | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday | Sunday |
|-----------------------|--|--|--|---|---|----------|--------|
| <b>Week 5 (cont.)</b> |  |  |  |   |   |          | 1      |
| <b>Week 6</b>         | 2<br>Taking Control of Your Life<br>1 of 2<br>10:00am-1:00pm         | 3<br>Making & Keeping Connections<br>1 of 4<br>10:00am-12:00pm       | 4<br>Introduction to Mindfulness in Greek<br>1 of 3<br>10:00am-1:00pm  | 5<br>Exploring Impact of Trauma<br>10:00am-2:00pm   | 6<br>Purposeful Storytelling<br>9:00am-4:30pm<br><br>Introduction to Mindfulness<br>1 of 4<br>10:00am-12:00pm | 7        | 8      |
| <b>Week 7</b>         | 9<br>Taking Control of Your Life<br>2 of 2<br>10:00am-1:00pm         | 10<br>Making & Keeping Connections<br>2 of 4<br>10:00am-12:00pm      | 11<br>Introduction to Mindfulness in Greek<br>2 of 3<br>10:00am-1:00pm | 12<br>Life Beyond Trauma<br>1 of 3<br>10:00am-12:00pm<br><br>Creativity for Recovery<br>1 of 4<br>1:00pm-4:00pm | 13<br>Introduction to Mindfulness<br>2 of 4<br>10:00am-12:00pm  | 14       | 15     |
| <b>Week 8</b>         | 16<br>Racism & the Impact on Mental Health<br>10:00am-3:00pm         | 17<br>Making & Keeping Connections<br>3 of 4<br>10:00am-12:00pm      | 18<br>Introduction to Mindfulness in Greek<br>3 of 3<br>10:00am-1:00pm | 19<br>Life Beyond Trauma<br>2 of 3<br>10:00am-12:00pm<br><br>Creativity for Recovery<br>2 of 4<br>1:00pm-4:00pm | 20<br>Introduction to Mindfulness<br>3 of 4<br>10:00am-12:00pm  | 21       | 22     |
| <b>Week 9</b>         | 23<br>Skills for Co-Facilitation<br>10:00am-4:00pm                   | 24<br>Making & Keeping Connections<br>4 of 4<br>10:00am-12:00pm      | 25<br>Navigating Mental Health & Other Services<br>10:00am-3:00pm      | 26<br>Life Beyond Trauma<br>3 of 3<br>10:00am-12:00pm<br><br>Creativity for Recovery<br>2 of 4<br>1:00pm-4:00pm | 27<br>Introduction to Mindfulness<br>4 of 4<br>10:00am-12:00pm  | 28       | 29     |
| <b>Week 10</b>        | 30<br>Suicide Prevention for Peer Workers<br>1 of 2<br>9:00am-4:30pm | 31<br>Suicide Prevention for Peer Workers<br>2 of 2<br>9:00am-4:30pm |  |   |   |          |        |

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

# April 2026

|                 | Monday | Tuesday | Wednesday  | Thursday  | Friday | Saturday | Sunday |
|-----------------|--------|---------|--|---|--------|----------|--------|
| Week 10 (cont.) |        |         | 1<br>Getting into Volunteer Work<br>10:00am-1:00pm | 2<br>Creativity for Recovery<br>4 of 4<br>1:00pm-4:00pm<br><br>TERM 4 Concludes | 3      | 4        | 5      |
|                 | 6      | 7       | 8  | 9   | 10     | 11       | 12     |
|                 | 13     | 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  Maroubra

# 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.

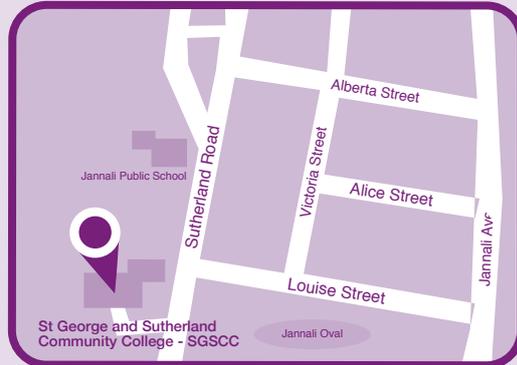
We deliver the courses at a variety of locations across South Eastern Sydney district including:



**Recovery & Wellbeing College - (02) 9113 2981**

Unit 2, Ground Floor, Kirk Place, 15 Kensington Street, Kogarah NSW 2217.

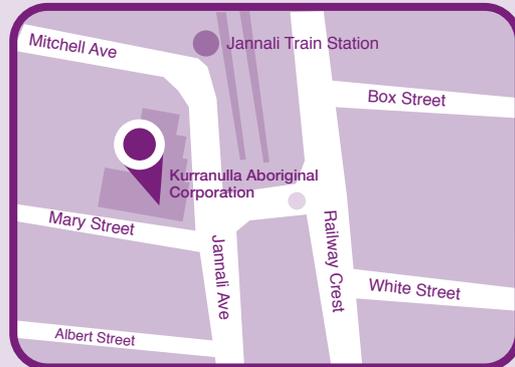
*Wheelchair accessible*



**St George & Sutherland Community College SGSCC - (02) 8543 7424**

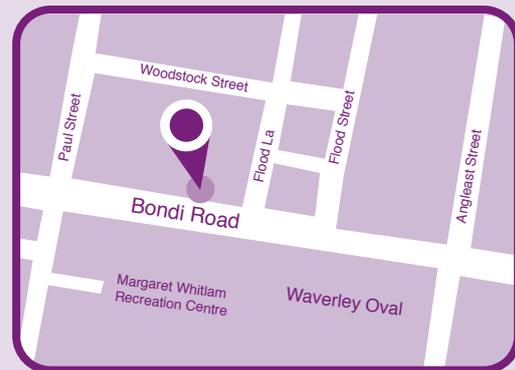
127-129 Sutherland Road, Jannali NSW 2226.

## Our Locations (continued)



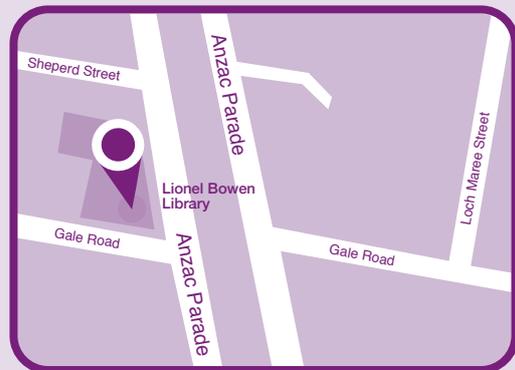
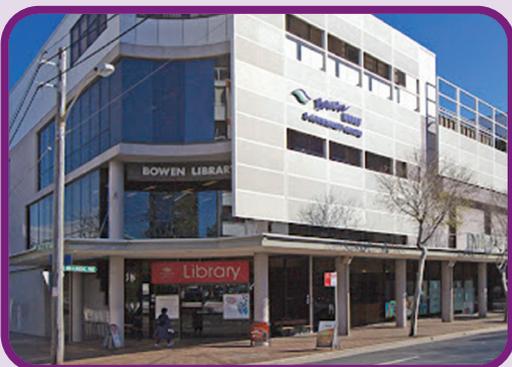
**Kurranulla Aboriginal Corporation - (02) 9528 0287**  
15 Jannali Avenue, Jannali NSW 2226. *Wheelchair accessible*

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

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**Lionel Bowen Library - (02) 9093 6400**  
669/673 Anzac Parade, Maroubra NSW 2035. *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



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

### Principal Supporters



### Supporters

