South Eastern Sydney
Recovery & Wellbeing College

Course Information Sheet

Getting into Volunteer Work

Date: **Wednesday 1 April 2026**
Time: **10:00am – 1:00pm**
Venue: **Recovery & Wellbeing College**
Unit 2, Ground Floor, Kirk Place
15 Kensington Street Kogarah, NSW 2217

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

To enrol please visit our website:
https://www.seslhd.health.nsw.gov.au/recovery-wellbeing-college

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For more information please contact the Recovery & Wellbeing College Team

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