

## Exploring Bipolar

**Date:** Tuesday 19 May 2026  
**Time:** 12:30pm – 3:30pm  
**Venue:** Lionel Bowen Library  
669/673 Anzac Parade, Maroubra NSW 2235

Students will explore different ways of making sense of bipolar disorder, 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.

To enrol please visit our website:

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



Photo: Unsplash



For more information  
please contact the  
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