

## Resilience

**Date:** Monday 4 May 2026  
Monday 11 May 2026  
Monday 18 May 2026  
Monday 25 May 2026

**Time:** 10:00am – 12:00pm (2 Hours x 4 Weeks)

**Venue:** Recovery & Wellbeing College  
Unit 2, Ground Floor, Kirk Place  
15 Kensington Street Kogarah 2217

This course explores resilience in the context of change and life challenges.

It will help students understand the factors that make us resilient, identify ways of coping that they currently use and learn new skills they can access to survive and thrive in times of change and difficulty.

To enrol please visit our website:

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



Photo by [Pedro Sanz](#) Unsplash



For more information  
please contact the  
Recovery & Wellbeing  
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