

TERM *3* TIMETABLE

20 JULY – 25 SEPTEMBER 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 Bidjegal 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.

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|-----------------|----------------------|
| ❖ Integrity | ❖ Self-Determination |
| ❖ Respect | ❖ Opportunity |
| ❖ Hope | ❖ Inclusion |
| ❖ Collaboration | ❖ 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:

- ❖ With a lived experience of mental distress, or suicidal crisis and live in the South Eastern Sydney Local Health District (SESLHD) catchment area.
- ❖ 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.

Contact the Recovery & Wellbeing College if you require clarification.

How to enrol?

For **NEW** or **CURRENT** students

Option 1: Complete online <https://www.seslhd.health.nsw.gov.au/recovery-wellbeing-college>

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

How many courses can I enrol in?

We generally recommend that you enrol in no more than 10 per term. This ensures your learning and growth with the College is sustainable and manageable, whilst supporting access to courses for other students. Most courses occur more than once a year and you're very welcome to enrol in a later term.

Staff of SESLHD must gain approval from your manager prior to enrolling in any of the courses.

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

Suicide: Recovery & Hope: 4.5 Hours (p8)		
Wednesday 22 July	10:00am – 2:30pm	Recovery & Wellbeing College, Kogarah
Navigating Mental Health & Other Services: 5 Hours (p7)		
Tuesday 28 July	11:30am – 4:30pm	Lionel Bowen Library, Maroubra
Exploring Grief & Loss: 4 Hours (p5)		
Wednesday 29 July	10:00am – 2:00pm	Recovery & Wellbeing College, Kogarah
Neurodiversity & Mental Health: 4.5 Hours (p7)		
Thursday 30 July	10:00am – 2:30pm	Recovery & Wellbeing College, Kogarah
Exploring the Impact of Trauma: 4 Hours (p6)		
Friday 31 July	10:00am – 2:00pm	SGSCC, Jannali
Exploring Psychosis: 3 Hours (p6)		
Tuesday 11 August	10:00am – 1:00pm	Recovery & Wellbeing College, Kogarah
Medical Treatments for Mental Distress: 4 Hours (p7)		
Friday 14 August	10:00am – 2:00pm	SGSCC, Jannali
An Introduction to Recovery & the Strengths Approach: 1 Day (p3)		
Thursday 20 August	9:00am – 4:30pm	Recovery & Wellbeing College, Kogarah
Explanatory Frameworks for Mental Distress: 4 Hours (p3)		
Friday 28 August	10:00am – 2:00pm	Recovery & Wellbeing College, Kogarah
Exploring Anxiety: 3 Hours (p4)		
Tuesday 1 September	12:00pm – 3:00pm	Lionel Bowen Library, Maroubra

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

Stream 2: Rebuilding Your Life – Developing Knowledge & Skills

FACE-TO-FACE COURSES

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

Monday 20 July	10:00am – 1:00pm	Recovery & Wellbeing College, Kogarah
Monday 27 July		

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

Monday 3 August	10:00am – 12:00pm	Recovery & Wellbeing College, Kogarah
Monday 10 August		
Monday 17 August		
Monday 24 August		

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

Monday 3 August	1:00pm – 3:00pm	Recovery & Wellbeing College, Kogarah
Monday 10 August		
Monday 17 August		
Monday 24 August		

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

Wednesday 12 August	10:00am – 12:00pm	Recovery & Wellbeing College, Kogarah
Wednesday 19 August		
Wednesday 26 August		

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

Thursday 13 August	10:00am – 1:00pm	Help aHead, Caringbah
Thursday 20 August		
Thursday 27 August		
Thursday 3 September		

Life Beyond Psychosis: 3 Hours (p12)

Tuesday 18 August	10:00am – 1:00pm	Recovery & Wellbeing College, Kogarah
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Complementary Approaches to Healing: 5 Hours (p9)

Tuesday 25 August	10:00am – 3:00pm	Recovery & Wellbeing College, Kogarah
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Taking Control of Your Life: 3 Hours x 2 Weeks (p14)

Friday 4 September	10:00am – 1:00pm	Recovery & Wellbeing College, Kogarah
Friday 11 September		

Life Beyond Anxiety: 3 Hours (p12)

Tuesday 8 September	12:00pm – 3:00pm	Lionel Bowen Library, Maroubra
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Exploring Legal Rights in Mental Health & Daily Life: 3 Hours (p10)

Monday 14 September	10:00am – 1:00pm	Recovery & Wellbeing College, Kogarah
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Getting Into Volunteer Work: 3 Hours (p11)

Tuesday 22 September	10:00am – 1:00pm	Recovery & Wellbeing College, Kogarah
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BLENDED – FACE TO FACE / ONLINE COURSES

Mindfulness Workshop: 1 Hour (p15)

Wednesday 19 August	3:00pm – 4:00pm	Recovery & Wellbeing College, Kogarah & MS Teams
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Introduction to Mindfulness: 2 Hours x 5 Weeks (p15)

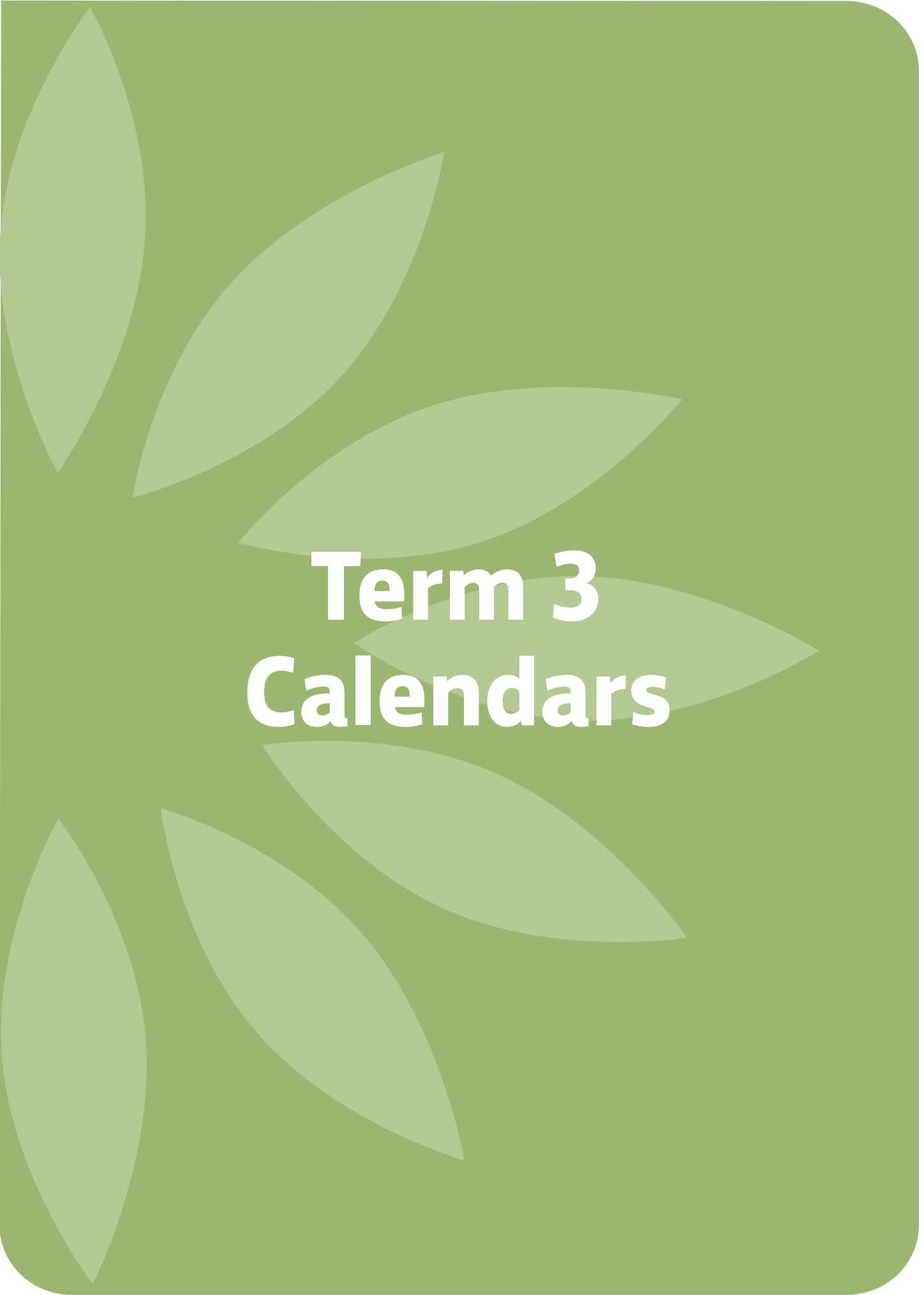
Wednesday 26 August	1:00pm – 3:00pm	Recovery & Wellbeing College, Kogarah & MS Teams
Wednesday 2 September		
Wednesday 9 September		
Wednesday 16 September		
Wednesday 23 September		

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

FACE-TO-FACE COURSES

Telling Your Story in a Public Forum: 4 Hours (p20)		
Thursday 23 July	10:00am – 2:00pm	Recovery & Wellbeing College, Kogarah
Challenging Stigma & Discrimination: 4 Hours (p18)		
Friday 21 August	10:00am – 2:00pm	SGSCC, Jannali
Building LGBTIQ+ Inclusive Mental Health Service: 1 Day (p18)		
Monday 31 August	9:00am – 4:30pm	Recovery & Wellbeing College, Kogarah
Skills for Co-Facilitation: 6 Hours (p20)		
Thursday 10 September	10:00am – 4:00pm	Recovery & Wellbeing College, Kogarah
Educating for Recovery - Foundations: 3 Hours (p21)		
Thursday 17 September	10:00am – 1:00pm	Recovery & Wellbeing College, Kogarah
Facilitating Peer Support Groups: 1 Day (p19)		
Thursday 24 September	9:00am – 4:30pm	Recovery & Wellbeing College, Kogarah

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

The background is a solid olive green with a pattern of stylized, overlapping leaves in a lighter shade of green. The leaves are arranged in a way that suggests growth and movement, with some pointing upwards and others downwards.

Term 3 Calendars

July 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 10 (cont.)			1	2	3	4	5
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
Week 1	20 TERM 3 Commences Coping with Strong Emotions 1 of 2 10:00am-1:00pm	21	22 Suicide: Recovery & Hope 10:00am-2:30pm	23 Telling your Story in a Public Forum 10:00am-2:00pm	24	25	26
	27 Coping with Strong Emotions 2 of 2 10:00am-1:00pm	28 Navigating Mental Health & Other Services 11:30am-4:30pm	29 Exploring Grief & Loss 10:00am-2:00pm	30 Neurodiversity & Mental Health 10:00am-2:30pm	31 Exploring the Impact of Trauma 10:00am-2:00pm		

Course area locations key

Kogarah

Jannali

Bondi Junction

Kogarah and Online

Maroubra

Caringbah

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 2 (cont.)						1	2
Week 3	3 Making & Keep Connections 1 of 4 10:00am-12:00pm Physical Health & Wellbeing 1 of 4 1:00pm-3:00pm	4	5	6	7	8	9
Week 4	10 Making & Keep Connections 2 of 4 10:00am-12:00pm Physical Health & Wellbeing 2 of 4 1:00pm-3:00pm	11 Exploring Psychosis 10:00am-1:00pm	12 Life Beyond Trauma 1 of 3 10:00am-12:00pm	13 Creativity for Recovery 1 of 4 10:00am-1:00pm	14 Medical Treatments for Mental Distress 10:00am-2:00pm	15	16
Week 5	17 Making & Keep Connections 3 of 4 10:00am-12:00pm Physical Health & Wellbeing 3 of 4 1:00pm-3:00pm	18 Life Beyond Psychosis 10:00am-1:00pm	19 Life Beyond Trauma 2 of 3 10:00am-12:00pm Mindfulness Workshop 3:00pm-4:00pm	20 An Introduction to Recovery & the Strengths Approach 9:00am-4:30pm Creativity for Recovery 2 of 4 1:00pm-4:00pm	21 Challenging Stigma & Discrimination 10:00am-2:00pm	22	23
Week 6	24 Making & Keep Connections 4 of 4 10:00am-12:00pm Physical Health & Wellbeing 4 of 4 1:00pm-3:00pm	25 Complementary Approaches to Healing 10:00am-3:00pm	26 Life Beyond Trauma 3 of 3 10:00am-12:00pm Introduction to Mindfulness 1 of 5 1:00pm-3:00pm	27 Creativity for Recovery 3 of 4 10:00am-1:00pm	28 Explanatory Frameworks for Mental Distress 10:00am-2:00pm	29	30
Week 7	31 Building LGBTIQ+ Inclusive Mental Health Service 9:00am-4:30pm						

Course area locations key

Kogarah
 Jannali
 Bondi Junction
 Kogarah and Online
 Maroubra
 Caringbah

September 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 7 (cont.)		1 Exploring Anxiety 12:00pm-3:00pm	2 Introduction to Mindfulness 2 of 5 1:00pm-3:00pm	3 Creativity for Recovery 4 of 4 10:00am-1:00pm	4 Taking Control of Your Life 1 of 2 10:00am-1:00pm	5	6
Week 8	7	8 Life Beyond Anxiety 12:00pm-3:00pm	9 Introduction to Mindfulness 3 of 5 1:00pm-3:00pm	10 Skills for Co-Facilitation 10:00am-4:00pm	11 Taking Control of Your Life 2 of 2 10:00am-1:00pm	12	13
Week 9	14 Exploring Legal Rights in Mental Health & Daily Life 10:00am-1:00pm	15	16 Introduction to Mindfulness 4 of 5 1:00pm-3:00pm	17 Educating for Recovery – Foundations 10:00am-1:00pm	18	19	20
Week 10	21	22 Getting into Volunteer Work 10:00am-1:00pm	23 Introduction to Mindfulness 5 of 5 1:00pm-3:00pm	24 Facilitating Peer Support Groups 9:00am-4:30pm	25 TERM 3 Concludes	26	27
	28	29	30				

Course area locations key

Kogarah

Jannali

Bondi Junction

Kogarah and Online

Maroubra

Caringbah

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. إبّلع 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 चाहन्छ ? Nepali

यदी हामीलाई टेलीफोनबाट सम्पर्क गर्न चाहानुहुन्छ भने ट्रान्सलेटिग एंड इन्टरपरेटिग सर्विस (टिआइ एस) को १३१ ४५० मा फोन गर्नुहोस् . ओपरेटर लाई तपाईं कुन भाषा बोलनुहुन्छ भन्नुहोस्, अनि दोभासे तपाईं र तल उल्लेखित स्वस्थ सेवा बीच सम्पर्क मिलाउन लगाउनुस् .

¿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

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



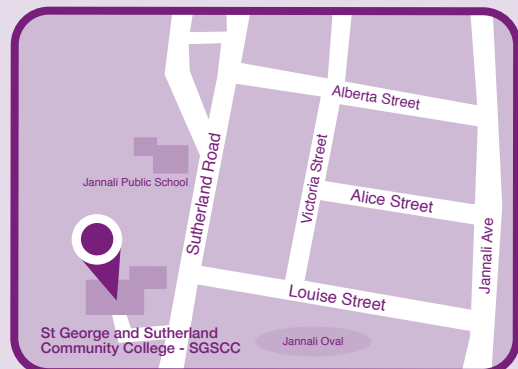
Recovery & Wellbeing College - (02) 9113 2981

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

Wheelchair accessible

Parking

Student with a Disability Parking Permit can receive up to 2 hours of free parking at the Kogarah Library car park on Derby Street. Please take your permit and parking ticket to Kogarah Library for validation.



St George & Sutherland Community College SGSCC - (02) 9528 3344

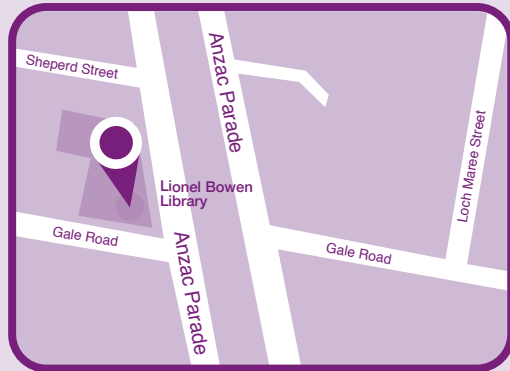
127-129 Sutherland Road, Jannali NSW 2226.

Our Locations (continued)



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*

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Help aHead Caringbah - (02) 8512 5800
383-386 Port Hacking Road, Caringbah NSW 2229. *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.

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 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

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



P: (02) 9113 2981 E: seslhd-recoverycollege@health.nsw.gov.au

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

Visit our website: www.seslhd.health.nsw.gov.au/recovery-wellbeing-college

Principal Supporters



Supporters

