

Making & Keeping Connections

Date: Monday 3 August 2026
Monday 10 August 2026
Monday 17 August 2026
Monday 24 August 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, NSW 2217

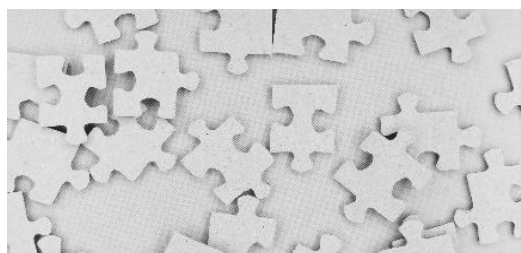
This course focuses on the art of making new connections and maintaining and nurturing relationships over time.

Over four weeks, this course will explore:

- Gaining confidence and moving through fear of judgement
- Establishing and maintaining friendships
- Establishing and maintaining intimate relationships
- Setting boundaries and dealing with conflict

To enrol please visit our website:

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



For more information
please contact the
Recovery & Wellbeing
College Team

9113 2981

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RecoveryCollege
@health.nsw.gov.au