

Exploring Alcohol, Gambling, Drug Use & Wellbeing

Date: Monday 19 October 2026
Time: 10:00am – 1:00pm
Venue: Recovery & Wellbeing College
Unit 2, Ground Floor, Kirk Place
15 Kensington Street Kogarah 2217

Students will explore how and why people use alcohol and drugs or spend too much time gambling, and the impact that use can have on a person's health and wellbeing. The course will explore treatment options, strategies to cope with lapse or relapse and resources and information about services that are available to support and improve health outcomes.

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



Photo by Casper Rae on Unsplash



For more information
please contact the
Recovery & Wellbeing
College Team

9113 2981

SESLHD-
RecoveryCollege
@health.nsw.gov.au