

TERM *3* TIMETABLE

22 July – 27 September 2024

Learning & Growth
for Mental Health

Our Values

- Collaboration • Integrity • Hope • Opportunity
- Inclusion • Respect • Enjoyment • Self-determination

Principal Supporters



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 Biddegai 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 students

Option 1: Complete online enrolment form

<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

For CURRENT students

Option 1: Complete online enrolment form

<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

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

Exploring Anxiety: 3 Hours (p4)		
Monday 29 July	10:00am – 1:00pm	Sydney East Community College, Bondi Junction
Suicide Recovery & Hope: 4.5 Hours (p8)		
Friday 2 August	12:00pm – 4:30pm	Recovery & Wellbeing College, Kogarah
Exploring Grief and Loss: 4 Hours (p5)		
Monday 12 August	10:00am – 2:00pm	Recovery & Wellbeing College, Kogarah
Navigating Mental Health and Other Services: 4 Hours (p7)		
Monday 19 August	10:00am – 3:00pm	Sydney East Community College, Bondi Junction
An Introduction to Recovery & the Strengths Approach: 1 Day (p3)		
Thursday 22 August	9:00am – 4:30pm	Recovery & Wellbeing College, Kogarah
Exploring Psychosis: 3 Hours (p5)		
Thursday 29 August	10:00am – 1:00pm	Recovery & Wellbeing College, Kogarah
Exploring Intellectual Disability & Mental Health: 3 Hours (p5)		
Thursday 12 September	1:30pm – 4:30pm	Recovery & Wellbeing College, Kogarah
Exploring Trauma for Women: 3 Hours (p6)		
Tuesday 17 September	10:00am – 1:00pm	Recovery & Wellbeing College, Kogarah
Medical Treatments for Mental Distress: 4 Hours (p6)		
Friday 20 September	10:00am – 2:00pm	SGSCC, Jannali
Explanatory Frameworks for Mental Distress: 4 Hours (p3)		
Friday 20 September	10:00am – 2:00pm	Recovery & Wellbeing College, Kogarah
Neurodiversity & Mental Distress: 4 Hours (p7)		
Thursday 26 September	10:00am – 2:00pm	Recovery & Wellbeing College, Kogarah

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

Stream 2: Rebuilding Your Life – Developing Knowledge & Skills

FACE-TO-FACE COURSES

Creativity for Recovery: 2 Hours x 5 Weeks (p9)

Tuesday 30 July	10:00am – 12:00pm	Recovery & Wellbeing College, Kogarah
Tuesday 6 August		
Tuesday 13 August		
Tuesday 20 August		
Tuesday 27 August		

Life Beyond Anxiety: 3 Hours (p11)

Monday 5 August	10:00am – 1:00pm	Sydney East Community College, Bondi Junction
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Making Mindfulness Your Own in Greek: 3 Hours x 3 Weeks (p16)

Wednesday 7 August	10:00am – 1:00pm	Recovery & Wellbeing College, Kogarah
Wednesday 14 August		
Wednesday 21 August		

Resilience: 2 Hours x 4 Weeks (p12)

Friday 9 August	10:00am – 12:00pm	SGSCC, Jannali
Friday 16 August		
Friday 23 August		
Friday 30 August		

Taking Control of Your Life: 2 Hours x 4 Weeks (p13)

Friday 9 August	1:00pm – 3:00pm	Recovery & Wellbeing College, Kogarah
Friday 16 August		
Friday 23 August		
Friday 30 August		

Complementary Approaches to Healing: 5 Hours (p9)

Thursday 15 August	10:00am – 3:00pm	Recovery & Wellbeing College, Kogarah
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Physical Health & Wellbeing: 2 Hours x 4 Weeks (p17)

Monday 2 September	10:00am – 12:00pm	Sydney East Community College, Bondi Junction
Monday 9 September		
Monday 16 September		
Monday 23 September		

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

Monday 2 September	1:00pm – 3:00pm	Sydney East Community College, Bondi Junction
Monday 9 September		
Monday 16 September		
Monday 23 September		

Navigating the Legal System & Understanding Your Rights: 3 Hours x 2 Weeks (p12)

Tuesday 17 September	1:30pm – 4:30pm	Recovery & Wellbeing College, Kogarah
Tuesday 24 September		

Life Beyond Psychosis: 3 Hours (p11)

Thursday 12 September	10:00am – 1:00pm	Recovery & Wellbeing College, Kogarah
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Coping with Strong Emotions: 3 Hours x 2 Weeks (p9)

Wednesday 18 September	10:00am – 1:00pm	Recovery & Wellbeing College, Kogarah
Wednesday 25 September		

BLENDED – FACE TO FACE / ONLINE COURSES

Mindfulness Workshop: 1 Hour (p15)

Monday 29 July 12:00pm – 1:00pm Recovery & Wellbeing College, Kogarah & Online

Introduction to Mindfulness: 2 Hours x 5 Weeks (p15)

Wednesday 31 July 2:00pm – 4:00pm Recovery & Wellbeing College, Kogarah & Online
 Wednesday 7 August
 Wednesday 14 August
 Wednesday 21 August
 Wednesday 28 August

Getting Into Volunteer Work: 3 Hours (p10)

Thursday 8 August 10:00am – 1:00pm Recovery & Wellbeing College, Kogarah & Online

Yoga for Recovery: 1.5 Hours x 4 Weeks (p14)

Wednesday 4 September 2:00pm – 3:30pm Recovery & Wellbeing College, Kogarah & Online
 Wednesday 11 September
 Wednesday 18 September
 Wednesday 25 September

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

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

FACE-TO-FACE COURSES

Educating for Recovery: In Practice: 1 Day (p21)

Monday 19 August 9:00am – 4:30pm Recovery & Wellbeing College, Kogarah

How to Co Write a Course: 4 Hours (p22)

Monday 26 August 10:00am – 2:00pm Recovery & Wellbeing College, Kogarah

Telling Your Story in a Public Forum : 4 Hours (p20)

Friday 6 September 10:00am – 2:00pm Recovery & Wellbeing College, Kogarah

Challenging Stigma & Discrimination: 4 Hours (p18)

Friday 13 September 10:00am – 2:00pm SGSCC, Jannali

Skills for Co-Facilitation: 1 Day (p22)

Thursday 19 September 9:00am – 4:30pm Recovery & Wellbeing College, Kogarah

BLENDED – FACE TO FACE / ONLINE COURSES

Educating for Recovery: Foundations: 3 Hours (p21)

Thursday 1 August 10:00am – 1:00pm Recovery & Wellbeing College, Kogarah & Online

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

2024 Term 3 Calendars

July 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
Week 2	29	30	31				
	<div style="background-color: #00AEEF; padding: 5px; margin-bottom: 5px;"> Exploring Anxiety 10:00am-1:00pm </div> <div style="background-color: #FF9933; padding: 5px;"> Mindfulness Workshop 12:00pm-1:00pm </div>	<div style="background-color: #800080; padding: 5px;"> Creativity to Recovery 1 of 5 10:00am-12:00pm </div>	<div style="background-color: #FF9933; padding: 5px;"> Introduction to Mindfulness 1 of 5 2:00pm-4:00pm </div>				

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 2 (Cont.)				1 Educating for Recovery – Foundations 10:00am-1:00pm	2 Suicide Recovery & Hope 12:00pm-4:30pm	3	4
	5 Life Beyond Anxiety 10:00am-1:00pm	6 Creativity to Recovery 2 of 5 10:00am-12:00pm	7 Making Mindfulness Your Own in Greek 1 of 3 10:00am-1:00pm Introduction to Mindfulness 2 of 5 2:00pm-4:00pm	8 Getting in Volunteer Work 10:00am-1:00pm	9 Resilience 1 of 4 10:00am-12:00pm Taking Control of Your Life 1 of 4 1:00pm-3:00pm	10	11
Week 3	12 Exploring Grief and Loss 10:00am-2:00pm	13 Creativity to Recovery 3 of 5 10:00am-12:00pm	14 Making Mindfulness Your Own in Greek 2 of 5 10:00am-1:00pm Introduction to Mindfulness 3 of 5 2:00pm-4:00pm	15 Complementary Approaches to Healing 10:00am-3:00pm	16 Resilience 2 of 4 10:00am-12:00pm Taking Control of Your Life 2 of 4 1:00pm-3:00pm	17	18
	19 Navigating Mental Health and Other Services 10:00am-3:00pm Educating for Recovery: In Practice 9:00am-4:30pm	20 Creativity to Recovery 4 of 5 10:00am-12:00pm	21 Making Mindfulness Your Own in Greek 3 of 3 10:00am-1:00pm Introduction to Mindfulness 4 of 5 2:00pm-4:00pm	22 An Introduction to Recovery and the Strengths Approach 9:00am-4:30pm	23 Resilience 3 of 4 10:00am-12:00pm Taking Control of Your Life 3 of 4 1:00pm-3:00pm	24	25
Week 4	26 How to Co Write a Course 10:00am-2:00pm	27 Creativity to Recovery 5 of 5 10:00am-12:00pm	28 Introduction to Mindfulness 5 of 5 2:00pm-4:00pm	29 Exploring Psychosis 10:00am-1:00pm	30 Resilience 4 of 4 10:00am-12:00pm Taking Control of Your Life 4 of 4 1:00pm-3:00pm	31	

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

September 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 6							1
Week 7	2 Physical Health & Wellbeing 1 of 4 10:00am-12:00pm Making and Keeping Connections 1 of 4 1:00pm-3:00pm	3	4 Yoga for Recovery 1 of 4 2:00pm-3:30pm	5	6 Telling Your Story in a Public Forum 10:00am-2:00pm	7	8
Week 8	9 Physical Health & Wellbeing 2 of 4 10:00am-12:00pm Making and Keeping Connections 2 of 4 1:00pm - 3:00pm	10	11 Yoga for Recovery 2 of 4 2:00pm-3:30pm	12 Life Beyond Psychosis 10:00am-1:00pm Exploring Intellectual Disability & Mental Health 1:30pm-4:30pm	13 Challenging Stigma & Discrimination 10:00am-2:00pm	14	15
Week 9	16 Physical Health & Wellbeing 3 of 4 10:00am-12:00pm Making and Keeping Connections 3 of 4 1:00pm-3:00pm	17 Navigating the Legal System & Understanding Your Rights 1 of 2 1:30pm-4:30pm Exploring Trauma for Women 10:00am-1:00pm	18 Coping with Strong Emotions 1 of 2 10:00am-1:00pm Yoga for Recovery 3 of 4 2:00pm-3:30pm	19 Skills for Co-Facilitation 9:00am-4:30pm	20 Medical Treatments for Mental Distress 10:00am-2:00pm Explanatory Frameworks for Mental Distress 10:00am-2:00pm	21	22
Week 10	23 Physical Health & Wellbeing 4 of 4 10:00am-12:00pm Making and Keeping Connections 4 of 4 1:00pm-3:00pm	24 Navigating the Legal System & Understanding Your Rights 2 of 2 1:30pm-4:30pm	25 Coping with Strong Emotions 2 of 2 10:00am-1:00pm Yoga for Recovery 4 of 4 2:00pm-3:30pm	26 Neurodiversity & Mental Distress 10:00am-2:00pm	27	28	29
	30						

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

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. إبلاغ 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 चाहिन्छ ? Nepali

यदी हामीलाई टेलीफोनबाट सम्पर्क गर्न चाहानुहुन्छ भने ट्रान्सलेटिगि एंड इन्टरपरेटिगि सर्भिसि (टिआइ एस) को १३१ ४५० मा फोन गर्नुहोस . ओपरेटर लाई तपाईं कुन भाषा बोलनुहुन्छ भन्नुहोस, अनि दोभासे तपाईं र तल उल्लेखित स्वस्थ सेवा बीच सम्पर्क मिलाउन लगाउनुस .

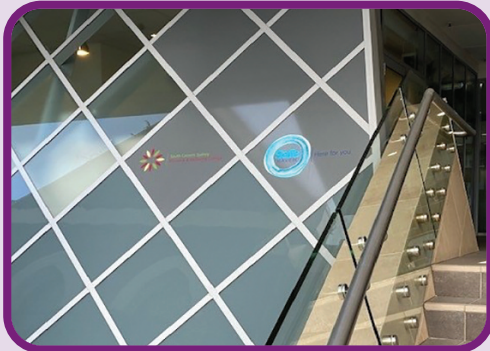
¿Necesita un intérprete? Spanish

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.

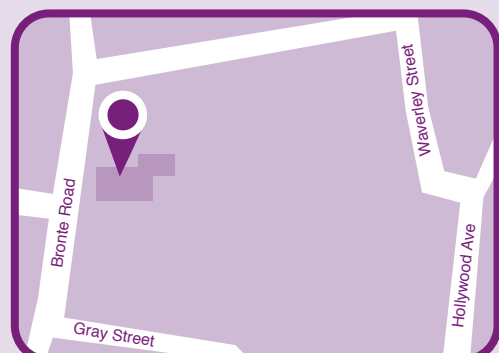
Our Locations

Venue maps will be sent with your confirmation of enrolment email. The following list of venues may change and additional venues may be added. Please refer to the timetable published each term for information on venues.

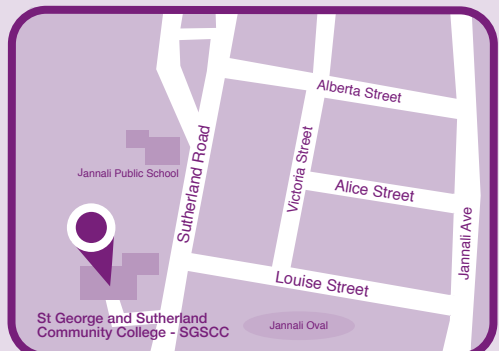
We deliver the courses at a variety of locations across South Eastern Sydney district including:



Recovery & Wellbeing College & Keeping the Body in Mind Gym - (02) 9113 2981
Unit 2, Ground Floor, Kirk Place, 15 Kensington Street, Kogarah NSW 2217. *Wheelchair accessible*

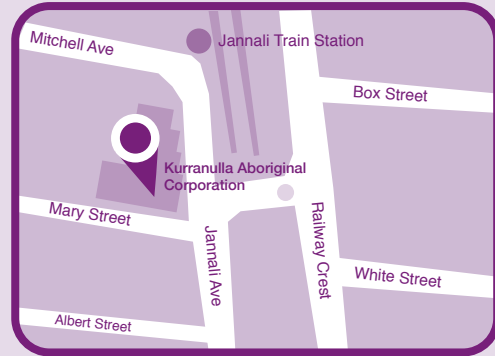


headspace, Bondi Junction - (02) 9366 8800
20 Bronte Road, Bondi Junction NSW 2022. *Wheelchair accessible*



St George and Sutherland Community College SGSCC - (02) 8543 7424
127-129 Sutherland Road, Jannali NSW 2226. *Wheelchair accessible*

Our Locations (continued)



Kurrnulla Aboriginal Corporation - (02) 9528 0287
15 Jannali Avenue, Jannali NSW 2226. *Wheelchair accessible*



Sydney East Community College - (02) 9387 7400
98 Bondi Road, Bondi Junction NSW 2022. *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

Visit our facebook page: www.facebook.com/SESLHRecoveryCollege

Supporters

**Mental Health
Commission**
of New South Wales

Being
Mental Health Consumers



Legal Aid
New South Wales



GAMBLEAWARE
gambleaware.nsw.gov.au
1800 858 858

MTC
Opportunities to become
AUSTRALIA