



South Eastern Sydney
Recovery & Wellbeing College

TERM **1** TIMETABLE

31 January - 7 April 2023

Learning & Growth
for Mental Health

Our Values

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

Principal Supporters



Health
South Eastern Sydney
Local Health District

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.

- ❖ Integrity
- ❖ Respect
- ❖ Hope
- ❖ Collaboration
- ❖ Self-Determination
- ❖ Opportunity
- ❖ Inclusion
- ❖ Enjoyment

Who can attend the Recovery & Wellbeing College?

The South Eastern Sydney Recovery & Wellbeing College is currently **FREE** of charge and 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 our online enrolment form:

<https://recoverycollege.knack.com/sies#recovery-college-enrolment-request/>

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://recoverycollege.knack.com/sies#recovery-college-enrolment-request/>

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 page 12.

Page numbers below correspond with the course description in the course guide.

Stream 1: Understanding Mental Health, Drug & Alcohol Experiences & Treatment Options

FACE-TO-FACE COURSES

| | | |
|---|------------------|--|
| An Introduction to Recovery & the Strengths Approach: 1 Day (p.3) | | |
| Tuesday 7 February | 9:00am – 4:30pm | Recovery & Wellbeing College, Kogarah |
| Navigating Mental Health & Other Services – English: 5 Hours (p.7) | | |
| Thursday 9 February | 10:00am – 3:00pm | Recovery & Wellbeing College, Kogarah |
| Exploring Psychosis: 3 Hours (p.5) | | |
| Friday 10 February | 10:00am – 1:00pm | SGSCC Jannali |
| Exploring Trauma for Women: 3 Hours (p.6) | | |
| Monday 13 February | 1:00pm – 4:00pm | Recovery & Wellbeing College, Kogarah |
| Exploring Grief & Loss in English: 4 Hours (p.5) | | |
| Monday 6 March | 9:00am – 1:00pm | headspace, Bondi Junction |
| LGBTIQ+ Mental Health: 3 Hours (p.6) | | |
| Friday 10 March | 9:00am – 12:00pm | headspace, Bondi Junction |
| Mens Health: 3 Hours (p.7) | | |
| Monday 13 March | 10:00am – 1:00pm | Recovery & Wellbeing College, Kogarah |
| Wellbeing for Aboriginal & Torres Strait Islander: 3 Hours (p.8) | | |
| Wednesday 22 March | 1:00pm – 4:00pm | Kurranulla Aboriginal Corporation, Jannali |
| Suicide: Recovery & Hope: 4.5 hours (p.8) | | |
| Friday 24 March | 10:00am – 2:30pm | SGSCC Jannali |

BLENDED – FACE TO FACE / ONLINE COURSES

| | | |
|---|-----------------|--|
| Exploring Anxiety: 3 Hours (p.4) | | |
| Friday 24 March | 1:00pm – 4:00pm | Recovery & Wellbeing College, Kogarah and Online |

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

Stream 2: Rebuilding Your Life – Developing Knowledge and Skills

FACE-TO-FACE COURSES

Creativity for Recovery: 2 Hours x 5 Weeks (p.9)

| | | |
|--------------------|-------------------|---------------------------------------|
| Monday 6 February | 10:00am – 12:00pm | Recovery & Wellbeing College, Kogarah |
| Monday 13 February | | |
| Monday 20 February | | |
| Monday 27 February | | |
| Monday 6 March | | |

Making & Keeping Connections: 2 Hours x 4 Weeks (p.12)

| | | |
|--------------------|-------------------|---------------------------------------|
| Friday 10 February | 10:00am – 12:00pm | Recovery & Wellbeing College, Kogarah |
| Friday 17 February | | |
| Friday 24 February | | |
| Friday 3 March | | |

Taking Control of your Life: 2 Hours x 4 Weeks (p.13)

| | | |
|---------------------|-------------------|---------------------------------------|
| Tuesday 14 February | 10:00am – 12:00pm | Recovery & Wellbeing College, Kogarah |
| Tuesday 21 February | | |
| Tuesday 28 February | | |
| Tuesday 7 March | | |

Physical Health & Wellbeing: 2 Hours x 4 Weeks (p.17)

| | | |
|---------------------|-----------------|---------------------------------------|
| Tuesday 14 February | 1:00pm – 3:00pm | Recovery & Wellbeing College, Kogarah |
| Tuesday 21 February | | |
| Tuesday 28 February | | |
| Tuesday 7 March | | |

Coping with Strong Emotions: 3 Hours x 2 Weeks (p.9)

| | | |
|--------------------|------------------|---------------------------|
| Friday 17 February | 9:00am – 12:00pm | headspace, Bondi Junction |
| Friday 24 February | | |

Life Beyond Psychosis: 2 Hours x 4 Weeks (p.11)

| | | |
|--------------------|-------------------|---------------|
| Friday 17 February | 10:00am – 12:00pm | SGSCC Jannali |
| Friday 24 February | | |
| Friday 3 March | | |
| Friday 10 March | | |

Introduction to Mindfulness in GREEK: 2 Hours x 5 Weeks (p.16)

| | | |
|--------------------|-------------------|---------------------------------------|
| Wednesday 8 March | 10:00am – 12:00pm | Recovery & Wellbeing College, Kogarah |
| Wednesday 15 March | | |
| Wednesday 22 March | | |
| Wednesday 29 March | | |
| Wednesday 5 April | | |

Introduction to Mindfulness in ENGLISH: 2 Hours x 5 Weeks (p.15)

| | | |
|--------------------|-----------------|---------------------------------------|
| Wednesday 8 March | 1:00pm – 3:00pm | Recovery & Wellbeing College, Kogarah |
| Wednesday 15 March | | |
| Wednesday 22 March | | |
| Wednesday 29 March | | |
| Wednesday 5 April | | |

Getting into Volunteer Work: 3 Hours (p.10)

| | | |
|------------------|------------------|---------------------------------------|
| Thursday 9 March | 10:00am – 1:00pm | Recovery & Wellbeing College, Kogarah |
|------------------|------------------|---------------------------------------|

Resilience: 2 Hours x 4 Weeks: (p.12)

| | | |
|-----------------|-----------------|---------------------------------------|
| Monday 13 March | 2:00pm – 4:00pm | Recovery & Wellbeing College, Kogarah |
| Monday 20 March | | |
| Monday 27 March | | |
| Monday 3 April | | |

Complementary Approach to Healing: 5 Hours (p.9)

| | | |
|-------------------|------------------|---------------------------------------|
| Thursday 23 March | 10:00am – 3:00pm | Recovery & Wellbeing College, Kogarah |
|-------------------|------------------|---------------------------------------|

BLENDED – FACE TO FACE / ONLINE COURSES

Yoga for Recovery: 1.5 Hours x 4 Weeks (p.14)

| | | |
|-----------------------|-------------------|--|
| Wednesday 1 February | 10:30am – 12:00pm | Recovery & Wellbeing College, Kogarah and Online |
| Wednesday 8 February | | |
| Wednesday 15 February | | |
| Wednesday 22 February | | |

Mindfulness Workshop: 1 Hour (p.15)

| | | |
|---------------------|-------------------|--|
| Thursday 2 February | 11:00am – 12:00pm | Recovery & Wellbeing College, Kogarah and Online |
|---------------------|-------------------|--|

Life Beyond Anxiety: 3 Hours (p.11)

| | | |
|-------------------|-----------------|--|
| Thursday 30 March | 1:00pm – 4:00pm | Recovery & Wellbeing College, Kogarah and Online |
|-------------------|-----------------|--|

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

Suicide Prevention for Peer Workers: 2 Days (p.19)

| | | |
|-------------------|-----------------|---------------------------------------|
| Wednesday 1 March | 9:00am – 4:30pm | Recovery & Wellbeing College, Kogarah |
| Thursday 2 March | | |

Skills for Co-Facilitation: 1 Day (p.22)

| | | |
|------------------|-----------------|---------------------------------------|
| Tuesday 14 March | 9:00am – 4:30pm | Recovery & Wellbeing College, Kogarah |
|------------------|-----------------|---------------------------------------|

Purposeful StoryTelling: 1 Day (p.23)

| | | |
|-------------------|-----------------|---------------------------------------|
| Thursday 16 March | 9:00am – 4:30pm | Recovery & Wellbeing College, Kogarah |
|-------------------|-----------------|---------------------------------------|

Challenging Stigma: 4 Hours (p.18)

| | | |
|------------------|------------------|---------------------------|
| Tuesday 21 March | 10:00am – 2:00pm | headspace, Bondi Junction |
|------------------|------------------|---------------------------|



BLENDED – FACE TO FACE / ONLINE COURSES

Educating for Recovery – Foundations: 4 Hours (p.21)

| | | |
|----------------------|------------------|--|
| Thursday 16 February | 10:00am – 2:00pm | Recovery & Wellbeing College, Kogarah and Online |
|----------------------|------------------|--|

Committee Work: 4 Hours (p.18)

| | | |
|-----------------|------------------|--|
| Friday 17 March | 10:00am – 2:00pm | Recovery & Wellbeing College, Kogarah and Online |
|-----------------|------------------|--|

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

2023 Term 1 Calendars

February 2023

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---|--|--|--|--|----------|--------|
| Week 1 | | | 1 Yoga for Recovery 1 of 4 (10:30am-12:00pm) | 2 Mindfulness Workshop (11:00am-12:00pm) | 3 | 4 | 5 |
| | Term 1 Commences | | | | | | |
| Week 2 | 6 Creativity for Recovery 1 of 5 (10:00am-12:00pm) | 7 An Introduction to Recovery & the Strengths Approach (9:00am-4:30pm) | 8 Yoga for Recovery 2 of 4 (10:30am-12:00pm) | 9 Navigating Mental Health & other Services (10:00am-3:00pm) | 10 Making & Keeping Connections 1 of 4 (10:00am-12:00pm) Exploring Psychosis (10:00am-1:00pm) | 11 | 12 |
| | | | | | | | |
| Week 3 | 13 Creativity for Recovery 2 of 5 (10:00am-12:00pm) Exploring Trauma for Women (1:00pm-4:00pm) | 14 Taking Control of your Life 1 of 4 (10:00am-12:00pm) Physical Health & Wellbeing 1 of 4 (1:00pm-3:00pm) | 15 Yoga for Recovery 3 of 4 (10:30am-12:00pm) | 16 Educating for Recovery Foundations (10:00am-2:00pm) | 17 Making and Keeping Connections 2 of 4 (10:00am-12:00pm) Life Beyond Psychosis 1 of 4 (10:00am-12:00pm) Coping with Strong Emotions 1 of 2 (9:00am-12:00pm) | 18 | 19 |
| | | | | | | | |
| Week 4 | 20 Creativity for Recovery 3 of 5 (10:00am-12:00pm) | 21 Taking Control of your Life 2 of 4 (10:00am-12:00pm) Physical Health & Wellbeing 2 of 4 (1:00pm-3:00pm) | 22 Yoga for Recovery 4 of 4 (10:30am-12:00pm) | 23 | 24 Making and Keeping Connections 3 of 4 (10:00am-12:00pm) Life Beyond Psychosis 2 of 4 (10:00am-12:00pm) Coping with Strong Emotions 2 of 2 (9:00am-12:00pm) | 25 | 26 |
| | | | | | | | |
| Week 5 | 27 Creativity for Recovery 4 of 5 (10:00am-12:00pm) | 28 Taking Control of your Life 3 of 4 (10:00am-12:00pm) Physical Health & Wellbeing 3 of 4 (1:00pm-3pm) | | | | | |

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

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------|---|---|--|---|--|----------|--------|
| Week 5 (cont.) | | | 1 Suicide Prevention for Peer Workers 1 of 2 (9:00am to 4:30pm) | 2 Suicide Prevention for Peer Workers 2 of 2 (9:00am-4:30pm) | 3 Making and Keeping Connections 4 of 4 (10:00am-12:00pm) Life Beyond Psychosis 3 of 4 (10:00am-12:00pm) | 4 | 5 |
| | 6 Creativity for Recovery 5 of 5 (10:00am-12:00pm) Exploring Grief and Loss in English (9:00am-1:00pm) | 7 Taking Control of your Life 4 of 4 (10:00am-12:00pm) Physical Health & Wellbeing 4 of 4 (1:00pm-3:00pm) | 8 Introduction to Mindfulness in Greek 1 of 5 (10:00am-12:00pm) Introduction to Mindfulness in English 1 of 5 (1:00pm-3:00pm) | 9 Getting into Volunteer Work (10:00am-1:00pm) | 10 Life Beyond Psychosis 4 of 4 (10:00am-12:00pm) LGBTIQ+ Mental Health (9:00am-12:00pm) | 11 | 12 |
| Week 6 | 13 Men's Health (10:00pm-1:00pm) Resilience 1 of 4 (2:00pm-4:00pm) | 14 Skills for Co-Facilitation (9:00am-4:30pm) | 15 Introduction to Mindfulness in Greek 2 of 5 (10:00am-12:00pm) Introduction to Mindfulness in English 2 of 5 (1:00pm-3:00pm) | 16 Purposeful Storytelling (9:00am-4:30pm) | 17 Committee Work (10:00am-2:00pm) | 18 | 19 |
| | 20 Resilience 2 of 4 (2:00pm-4:00pm) | 21 Challenging Stigma (10:00am-2:00pm) | 22 Introduction to Mindfulness in Greek 3 of 5 (10:00am-12:00pm) Introduction to Mindfulness in English 3 of 5 (1:00pm-3:00pm) Wellbeing for Aboriginal and Torres Strait Islander (1:00pm-4:00pm) | 23 Complementary Approaches to Healing (10:00am-3:00pm) | 24 Suicide Recovery and Hope (10:00am-2:30pm) Exploring Anxiety (1:00pm-4:00pm) | 25 | 26 |
| Week 7 | 27 Resilience 3 of 4 (2:00pm-4:00pm) | 28 | 29 Introduction to Mindfulness in Greek 4 of 5 (10:00am-12:00pm) Introduction to Mindfulness in English 4 of 5 (1:00pm-3:00pm) | 30 Life Beyond Anxiety (1:00pm-4:00pm) | 31 | | |
| | | | | | | | |
| Week 8 | | | | | | | |
| | | | | | | | |
| Week 9 | | | | | | | |
| | | | | | | | |

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

April 2023

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------|--|---------|---|----------|---|----------|---------------------|
| Week 10 | | | | | | 1 | 2 |
| | 3 Resilience 4 of 4 (2:00pm-4:00pm) | 4 | 5 Introduction to Mindfulness in Greek 5 of 5 (10:00am-12:00pm) Introduction to Mindfulness in English 5 of 5 (1:00pm-3:00pm) | 6 | 7 Last day of Term 1 <hr/> Public Holiday | 8 | 9 Public Holiday |
| Week 10 (cont.) | 10 Public Holiday | 11 | 12 | 13 | 14 | 15 | 16 |
| | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| | 24 | 25 | 26 | 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 .

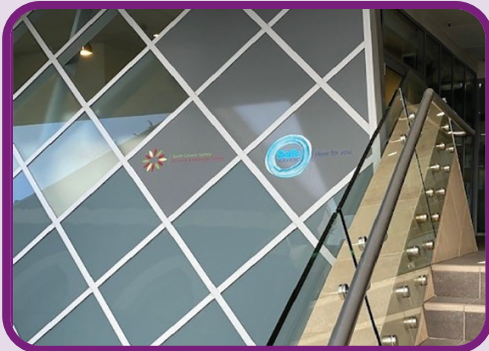
¿Necesita un intérprete? Spanish

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.

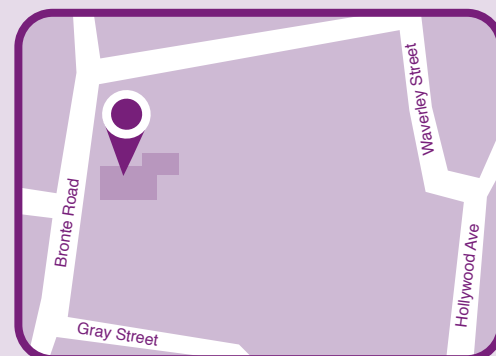
Our Locations

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.

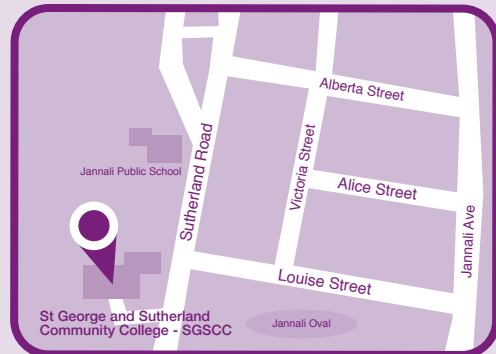
We deliver the courses at a variety of locations across South Eastern Sydney district including:



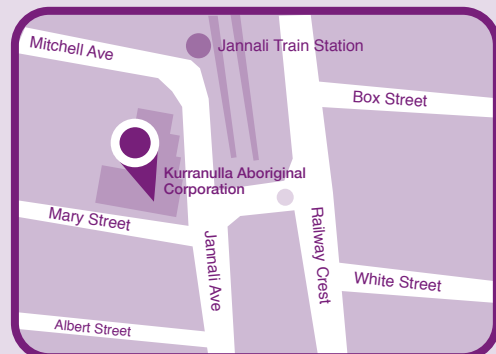
Recovery & Wellbeing College & Keeping the Body in Mind Gym - Unit 2, Ground Floor, Kirk Place, 15 Kensington St, Kogarah NSW 2217. *Wheelchair accessible*



headspace, Bondi Junction - 20 Bronte Road, Bondi Junction NSW 2022. *Wheelchair accessible*



St George and Sutherland Community College SGSCC - 127-129 Sutherland Road, Jannali NSW 2226. *Wheelchair accessible*



Kurranulla Aboriginal Corporation - 15 Jannali Avenue, Jannali NSW 2226. *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. 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 and 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: 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

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