NSW GOVERNMENT

TERM 4 TIMETABLE

12 OCTOBER – 11 DECEMBER 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 Biddegal 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 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

Exploring Alcohol, Gambling, Drug Use & Wellbeing: 3 Hours (p3)		
Monday 19 October	10:00am – 1:00pm	Recovery & Wellbeing College, Kogarah
Supporting Recovery & Looking After Yourself as a Carer: 4 Hours (p8)		
Wednesday 21 October	10:00am – 2:00pm	Recovery & Wellbeing College, Kogarah
Exploring Anxiety: 3 Hours (p4)		
Friday 23 October	10:00am – 1:00pm	SGSCC, Jannali
Exploring Eating Distress & Recovery: 4 Hours (p4)		
Tuesday 27 October	10:00am – 2:00pm	Recovery & Wellbeing College, Kogarah
Exploring the Impact of Chronic Pain, Illness & Mental Distress: 4 Hours (p4)		
Wednesday 28 October	10:00am – 2:00pm	Recovery & Wellbeing College, Kogarah
Exploring Bipolar: 3 Hours (p4)		
Monday 2 November	10:00am – 1:00pm	Recovery & Wellbeing College, Kogarah
Exploring Grief & Loss in Greek: 2 Hours x 2 Weeks (p4)		
Wednesday 4 November Wednesday 11 November	10:00am – 12:00pm	Recovery & Wellbeing College, Kogarah
Exploring Trauma for Women: 3 Hours (p6)		
Monday 23 November	10:00am – 1:00pm	Recovery & Wellbeing College, Kogarah
Exploring Depression: 3 Hours (p4)		
Tuesday 24 November	10:00am – 1:00pm	Recovery & Wellbeing College, Kogarah
Understanding the Mental Health Act: 4 Hours (p8)		
Wednesday 25 November	10:00am – 2:00pm	Recovery & Wellbeing College, Kogarah
Exploring the Experience of Personality Disorders: 3 Hours (p5)		
Monday 7 December	10:00am – 1:00pm	Recovery & Wellbeing College, Kogarah

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

Nutrition for Good Health: 2 Hours x 2 Weeks (p17)		
Thursday 15 October Thursday 22 October	10:00am – 12:00pm	Recovery & Wellbeing College, Kogarah
Getting Into Exercise: 2 Hours (p17)		
Friday 16 October	10:00am – 12:00pm	SGSCC, Jannali
Recovery & Healing Through Storytelling: 2 Hours x 4 Weeks (p13)		
Thursday 22 October Thursday 29 October Thursday 5 November Thursday 12 November	10:00am – 12:00pm	Sydney East Community College, Bondi Junction
Resilience: 2 Hours x 4 Weeks (p13)		
Thursday 29 October Thursday 5 November Thursday 12 November Thursday 19 November	10:00am – 12:00pm	Help aHead, Caringbah
Trauma & Your Body: 5.5 Hours (p4)		
Friday 30 October	10:00am – 3:30pm	Recovery & Wellbeing College, Kogarah
Spirituality & Wellbeing: 3 Hours x 2 Weeks (p13)		
Tuesday 10 November Tuesday 17 November	12:00pm – 3:00pm	Lionel Bowen Library, Maroubra
Getting a Goodnight's Sleep: 3 Hours (p11)		
Tuesday 17 November	10:00am – 1:00pm	Recovery & Wellbeing College, Kogarah
Empowerment, Autonomy & Growth: 4 Hours (p10)		
Thursday 19 November	10:00am – 2:00pm	Recovery & Wellbeing College, Kogarah
Connecting to Nature for Wellbeing: 4.4 Hours (p9)		
Monday 30 November	10:00am – 2:30pm	Sydney East Community College, Bondi Junction
Improving Self-Esteem & Challenging Stigma: 4 Hours (p11)		
Monday 30 November	10:00am – 2:00pm	Recovery & Wellbeing College, Kogarah
Life Beyond Depression: 3 Hours (p12)		
Tuesday 1 December	10:00am – 1:00pm	Recovery & Wellbeing College, Kogarah

BLENDED – FACE TO FACE / ONLINE COURSES

Yoga for Recovery: 1.5 Hours x 4 Weeks (p14)		
Friday 13 November Friday 20 November Friday 27 November Friday 4 December	10:00am – 11:30am	Recovery & Wellbeing College, Kogarah & MS Teams

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

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

FACE-TO-FACE COURSES

Educating for Recovery in Practice: 1 Day (p23)		
Friday 6 November	9:00am – 4:00pm	Recovery & Wellbeing College, Kogarah
Developing Your Story: 4 Hours (p23)		
Friday 20 November	12:00pm – 4:00pm	Recovery & Wellbeing College, Kogarah
Beyond Co Design: 4 Hours (p22)		
Thursday 26 November	10:00am – 2:00pm	Recovery & Wellbeing College, Kogarah
Consumer & Peer Worker Roles within Mental Health: 1 Day (p19)		
Thursday 3 December	9:00am – 4:30pm	Recovery & Wellbeing College, Kogarah

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

Term 4 Calendars

October 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1				1	2	3	4
	5	6	7	8	9	10	11
	12 **TERM 4** Commences	13	14	15 Nutrition for Good Health 10:00am-12:00pm 1 of 2	16 Getting into Exercise 10:00am-12:00pm	17	18
Week 2	19 Exploring Alcohol, Gambling, Drug Use & Wellbeing 10:00am-1:00pm	20	21 Supporting Recovery & Looking After Yourself as a Carer 10:00am-2:00pm	22 Recovery & Healing Through Storytelling 10:00am-12:00pm 1 of 4 Nutrition for Good Health 10:00am-12:00pm 2 of 2	23 Exploring Anxiety 10:00am-1:00pm	24	25
Week 3	26	27 Exploring Eating Distress & Recovery 10:00am-2:00pm	28 Exploring the Impact of Chronic Pain, Illness & Mental Distress 10:00am-2:00pm	29 Recovery & Healing Through Storytelling 10:00am-12:00pm 2 of 4 Resilience 10:00am-12:00pm 1 of 4	30 Trauma & Your Body 10:00am-3:30pm	31	

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

November 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 3 (cont.)							1
Week 4	2 Exploring Bipolar 10:00am-1:00pm	3	4 Exploring Grief & Loss in Greek 10:00am-12:00pm 1 of 2	5 Recovery & Healing Through Storytelling 10:00am-12:00pm 3 of 4 Resilience 10:00am-12:00pm 2 of 4	6 Educating for Recovery in Practice 9:00am-4:30pm	7	8
Week 5	9	10 Spirituality & Wellbeing 12:00pm-3:00pm 1 of 2	11 Exploring Grief & Loss in Greek 10:00am-12:00pm 2 of 2	12 Recovery & Healing Through Storytelling 10:00am-12:00pm 4 of 4 Resilience 10:00am-12:00pm 3 of 4	13 Yoga for Recovery 10:00am-11:30am 1 of 4	14	15
Week 6	16	17 Spirituality & Wellbeing 12:00pm-3:00pm 2 of 2 Getting a Good Night's Sleep 10:00am-1:00pm	18	19 Empowerment, Autonomy & Growth 10:00am-2:00pm Resilience 10:00am-12:00pm 4 of 4	20 Yoga for Recovery 10:00am-11:30am 2 of 4 Developing Your Story 12:00pm-4:00pm	21	22
Week 7	23 Exploring Trauma for Women 10:00am-1:00pm	24 Exploring Depression 10:00am-1:00pm	25 Understanding the Mental Health Act 10:00am-2:00pm	26 Beyond Co Design 10:00am-2:00pm	27 Yoga for Recovery 10:00am-11:30am 3 of 4	28	29
Week 8	30 Connecting to Nature for Wellbeing 10:00am-2:30pm Improving Self-Esteem & Challenging Stigma 10:00am- 2:00pm						

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

December 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 8 (cont.)		1 Life Beyond Depression 10:00am-1:00pm	2	3 Consumer & Peer Worker Roles within Mental Health 9:00am-4:30pm	4 Yoga for Recovery 10:00am-11:30am 4 of 4	5	6
Week 9	7 Exploring the Experience of Personality Disorders 10:00am-1:00pm	8	9	10	11 TERM 4 Concludes	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, 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 هاتفيا, إتصل **بخدمة الترجمة الهاتفية** على الرقم **131 450**. إبلغ 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 तपाईलाई दोभासे अनुवादक चाहनि्छ ? Nepali

यदी हामीलाई टेलीफोनबाट सम्पर्क गर्न चाहानुहुन्छ भने ट्रान्सलेटगि एंड इन्टरपरेटगि सर्भसि (टआइ एस) को १३१ ४५० मा फोन गर्नुहोस . ओपेरटर लाई तपाईं कुन भाषा बोल्नुहुन्छ भन्नुहोस, अनर दोभासे तपाई र तल उल्लेखति स्वस्थ सेवा बीच सम्पर्क मलिाउन 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

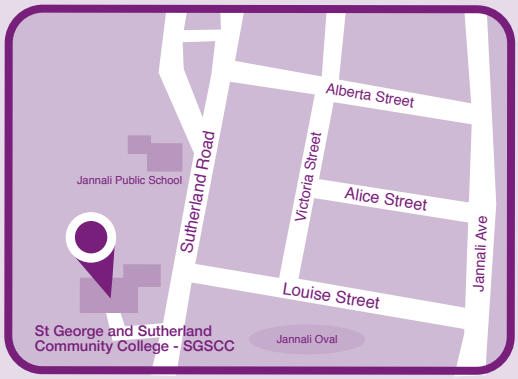
We deliver the courses at a variety of locations across South Eastern Sydney District including:

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.

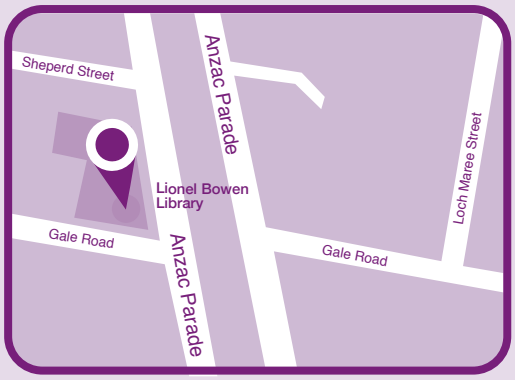


St George & Sutherland Community College SGSCC - (02) 9528 3344

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*



Lionel Bowen Library - (02) 9093 6400
669/673 Anzac Parade, Maroubra NSW 2035. *Wheelchair accessible*

Help aHead Caringbah - (02) 8513 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

SGSCC St George & Sutherland Community College

sydney east community college

Supporters

Mental Health Commission of New South Wales

Being Mental Health Consumers

Helen Sykes Foundation

headspace

mhcc mental health coordinating council

MTC Australia Opportunities to become

Grand Pacific Health

KEEPING THE BODY in MIND program

Legal Aid New South Wales

Kurranulla Aboriginal Corporation

GAMBLEAWARE
gambleaware.nsw.gov.au
1800 858 858

Randwick City Library a sense of community

T4 - 2026