



South Eastern Sydney
Recovery & Wellbeing College

Term 1 Timetable

29th January - 12th April 2019

Learning & Growth
for Mental Health

Our Values

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

Courses are listed in date order and page numbers align with the course guide.

For further information on courses and how to enrol refer to the course guide.

See contact details on the back page.

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.

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

An Introduction to Recovery & the Strengths Approach 1 day (p.3)		
Monday 4 February	9:00am-4.30pm	Recovery College, Kogarah
Navigating the Mental Health System 4 hours (p.8)		
Thursday 14 February	10:00am-2:00pm	Recovery College, Kogarah
Suicide: Recovery & Hope 4.5 hours (p.9)		
Tuesday 19 February	10:00am-2:30pm	SGSCC, Jannali
Exploring Psychosis 3 hours (p.6.)		
Friday 22 February	10:00am-1:00pm	headspace, Bondi Junction
Opioid Medications & Recovery 4 hours (p.9)		
Wednesday 27 February	10:00am-2:00pm	Recovery College, Kogarah
Exploring Trauma for Women 3 hours (p.7)		
Thursday 28 February	10:00am-1:00pm	Recovery College, Kogarah
Exploring Eating Distress & Recovery 2 hours x 2 weeks (p.5)		
Wednesday 6 March	4:00pm-6:00pm	Recovery College, Kogarah
Wednesday 13 March		
Wellbeing in Pregnancy & Early Parenthood 3 hours (p.10)		
Tuesday 26 March	10:00am-1:00pm	Recovery College, Kogarah
Supporting Recovery & Looking after Yourself as a Carer 2 hours x 2 weeks (p.9)		
Wednesday 6 March	5:00pm-7:00pm	Euroa Building, Randwick
Wednesday 13 March		
Exploring Anxiety 3 hours (p.4)		
Monday 1 April	10:00am-1:00pm	SGSCC, Jannali

Stream 2 - Rebuilding Your Life – Developing Knowledge and Skills

Creativity for Recovery | 2 hours x 5 weeks (p.11)

Tuesday 19 February	2:00pm-4:00pm	Recovery College, Kogarah
Tuesday 26 February		
Tuesday 5 March		
Tuesday 12 March		
Tuesday 19 March		

Finding a Place to Call Home | 4 hours (p.12)

Monday 25 February	10:00am-2:00pm	Recovery College, Kogarah
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Resilience | 2 hours x 4 weeks (p.16)

Wednesday 13 February	10:00am-12:00pm	headspace, Bondi Junction
Wednesday 20 February		
Wednesday 27 February		
Wednesday 6 March		

Making Mindfulness Your Own in English | 2 hours x 5 weeks (p.19)

Wednesday 27 February	2.45pm-4.45pm	City East CC, Bondi Junction
Wednesday 6 March		
Wednesday 13 March		
Wednesday 20 March		
Wednesday 27 March		

Introduction to Mindfulness in Macedonian | 2 hours x 5 weeks (p.20)

Tuesday 26 February	6:00pm-8:00pm	Recovery College, Kogarah
Tuesday 5 March		
Tuesday 12 March		
Tuesday 19 March		
Tuesday 26 March		

Life Beyond Psychosis | 2 hours x 4 weeks (p.14)

Friday 1 March	10:00am-12:00pm	headspace, Bondi Junction
Friday 8 March		
Friday 15 March		
Friday 22 March		

Mindfulness Workshop | 1 hour (p.19)

Monday 4 March	12:00pm-1:00pm	Recovery College, Kogarah
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Coping with Strong Emotions | 3 hours x 2 weeks (p.11)

Thursday 7 March	10:00am-1:00pm	The Langton Centre, Surry Hills
Thursday 14 March		

Physical Health & Wellbeing | 2 hours x 4 weeks (p.22)

Monday 11 March	2:30pm-4:30pm	Recovery College, Kogarah
Monday 18 March		
Monday 25 March		
Monday 1 April		

Getting into Volunteer Work | 3 hours (p.12)

Tuesday 12 March 10:00am-1:00pm SGSCC, Jannali

Making & Keeping Connections | 2 hours x 4 weeks (p.15)

Thursday 14 March 1:30pm-3:30pm Maroubra Centre, Maroubra
 Thursday 21 March
 Thursday 28 March
 Thursday 4 April

Taking Control of Your Life | 2 hours x 4 weeks (p.17)

Friday 15 March 1:00pm-3:00pm Recovery College, Kogarah
 Friday 22 March
 Friday 29 March
 Friday 5 April

Perspectives on Healing | 3 hours (p.15)

Thursday 21 March 10:00am-1:00pm SGSCC, Jannali

Tackling Tobacco | 3 hours (p.22)

Friday 29 March 10:00am-1:00pm SGSCC, Jannali

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

Skills for Educators | 1 day (p.27)

Monday 18 February 9:00am-4:30pm Recovery College, Kogarah

Purposeful Storytelling | 1 day (p.29)

Thursday 7 March 9:00am-4.30pm Recovery College, Kogarah

Journeys in Gender, Sex and Sexuality: From Surviving to Thriving | 1 day (p.24)

Friday 8 March 9:00am-4:30pm Recovery College, Kogarah

Educating for Recovery: Foundations | 4 hours (p.27)

Monday 11 March 10:00am-2:00pm Recovery College, Kogarah

Committee Work | 4 hours (p.23)

Wednesday 20 March 10:00am-2:00pm Recovery College, Kogarah





Challenging Stigma | 4 hours (p.23)

Thursday 28 March 10:00am-2:00pm SGSCC, Jannali

February 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	28 Jan.	29 Jan. Term 1 commences	30 Jan.	31 Jan.	1	2	3
	4 An Introduction to Recovery & the Strengths Approach (9am-4:30pm)	5	6	7	8	9	10
Week 2	11	12	13 Resilience 1 of 4 (10am-12pm)	14 Navigating the Mental Health System (10am-2pm)	15	16	17
	18 Skills of Educators (9am-4:30pm)	19 Suicide: Hope & Recovery (10am-2:30pm) Creativity for Recovery 1 of 5 (2pm-4pm)	20 Resilience 2 of 4 (10am-12pm)	21	22 Exploring Psychosis (10am-1pm)	23	24
Week 3	25 Finding a Place to Call Home (10am-2pm)	26 Creativity for Recovery 2 of 5 (2pm-4pm) Introduction to Mindfulness in Macedonian 1 of 5 (6pm-8pm)	27 Resilience 3 of 4 (10am-12pm) Opioid Medications & Recovery (10am-2pm) Making Mindfulness Your Own in English 1 of 5 (2:45pm-4:45pm)	28 Exploring Trauma for Women (10am-1pm)			





Course area locations key

	St George		Sutherland
	Eastern Suburbs		Surry Hills (The Langton Centre)

March 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 5 (CONT)					1 Life Beyond Psychosis 1 of 4 (10am-12pm)	2	3
	4 Mindfulness Workshop (12pm-1pm)	5 Creativity for Recovery 3 of 5 (2pm-4pm) Introduction to Mindfulness in Macedonian 2 of 5 (6pm-8pm)	6 Resilience 4 of 4 (10am-12pm) Making Mindfulness Your Own in English 2 of 5 (2:45pm-4:45pm) Exploring Eating Distress & Recovery 1 of 2 (4pm-6pm) Supporting Recovery & Looking after Yourself as a Carer 1 of 2 (5pm-7pm)	7 Purposeful Storytelling (9am-4:30pm) Coping with Strong Emotions 1 of 2 (10am-1pm)	8 Journeys in Gender, Sex & Sexuality: From Surviving to Thriving (9am-4:30pm) Life Beyond Psychosis 2 of 4 (10am-12pm)	9	10
Week 6	11 Educating for Recovery: Foundations (10am-2pm) Physical Health & Wellbeing 1 of 4 (2:30pm-4:30pm)	12 Getting into Volunteer Work (10am-1pm) Creativity for Recovery 4 of 5 (2pm-4pm) Introduction to Mindfulness in Macedonian 3 of 5 (6pm-8pm)	13 Making Mindfulness Your Own in English 3 of 5 (2:45pm 4:45pm) Exploring Eating Distress & Recovery 2 of 2 (4pm-6pm) Supporting Recovery & Looking after Yourself as a Carer 2 of 2 (5pm-7pm)	14 Coping with Strong Emotions 2 of 2 (10am-1pm) Making & Keeping Connections 1 of 4 (1:30pm-3:30pm)	15 Life Beyond Psychosis 3 of 4 (10am-12pm) Taking Control of Your Life 1 of 4 (1pm-3pm)	16	17
	18 Physical Health & Wellbeing 2 of 4 (2:30pm-4:30pm)	19 Creativity for Recovery 5 of 5 (2pm-4pm) Introduction to Mindfulness in Macedonian 4 of 5 (6pm-8pm)	20 Committee Work (10am-2pm) Making Mindfulness Your Own in English 4 of 5 (2:45pm-4:45pm)	21 Making & Keeping Connections 2 of 4 (1:30pm-3:30pm) Perspectives on Healing (10am-1pm)	22 Life Beyond Psychosis 4 of 4 (10am-12pm) Taking Control of Your Life 2 of 4 (1pm-3pm)	23	24
Week 7	25 Physical Health & Wellbeing 3 of 4 (2:30pm-4:30pm)	26 Wellbeing in Pregnancy & Early Parenthood (10am-1pm) Introduction to Mindfulness in Macedonian 5 of 5 (6pm-8pm)	27 Making Mindfulness Your Own in English 5 of 5 (2:45pm-4:45pm)	28 Challenging Stigma (10am-2pm) Making & Keeping Connections 3 of 4 (1:30pm-3:30pm)	29 Taking Control of Your Life 3 of 4 (1pm-3pm) Tackling Tobacco (10am-1pm)	30	31
Week 8							
Week 9							



Course area locations key

	St George		Sutherland
	Eastern Suburbs		Surry Hills (The Langton Centre)

April 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 9 (CONT)	1 Exploring Anxiety (10am-1pm) Physical Health & Wellbeing 4 of 4 (2:30pm-4:30pm)	2	3	4 Making & Keeping Connections 4 of 4 (1:30pm-3:30pm)	5 Taking Control of Your Life 4 of 4 (1pm-3pm)	6	7
	8	9	10	11	12 Last day of Term 1	13	14
Week 10	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30					

Course area locations key

	St George		Sutherland
	Eastern Suburbs		Surry Hills (The Langton Centre)



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.

محتاج تانا له؟

ةغللاب فظومال غلبا | 450 131 مقرلا ىلع ةيفتاهلا ةمخرتلا ةمدخ بلصتا، ايفتاه انب لاصتالاب بخرت تنك نا

يحصلا ةيعارلا مدمومو مخرتملا نينونكي بيمع مخت ةيفتاه ةملاكم دادع | مخرتملا نم بلطام، اهملاكتت يتلا
اندا جردملا ة

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.

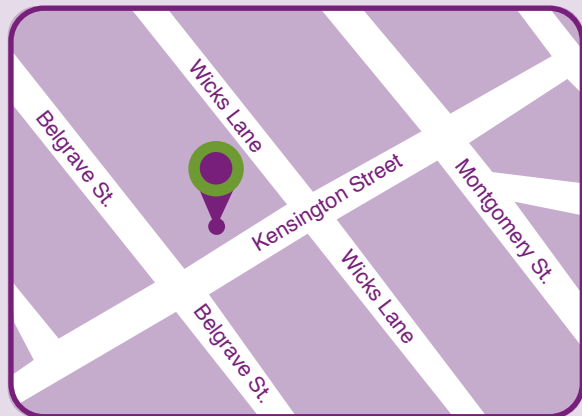
के तपाईंलाई दोभासे अनुवादक चाहन्छ ? Nepali

यदी हामीलाई टेलीफोनबाट सम्पर्क गर्न चाहानुहुन्छ भने ट्रान्सलेटिगि एंड इन्टरपरेटिगि सर्भिसि (टिआइएस) को १३१ ४५० मा फोन गर्नुहोस . ओपरेटर लाई तपाईं कुन भाषा बोल्नुहुन्छ 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**

Wheelchair accessible
20/24 Belgrave Street, Kogarah 2217
(Entrance via Kensington Street)

City East College

Wheelchair accessible
98 Bondi Road, Bondi Junction 2022

Community Health Caringbah

Wheelchair accessible
430 Kingsway, Caringbah 2229

headspace, Bondi Junction

Wheelchair accessible
20 Bronte Road, Bondi Junction 2022

Prince of Wales, Euroa Building

Wheelchair accessible
Centre for Healthy Brain Ageing,
Prince of Wales Hospital,
Barker St, Randwick 2031

The Langton Centre

Wheelchair accessible
591-623 South Dowling Street,
Surry Hills 2010

The Maroubra Centre

Wheelchair accessible
130 Garden Street, Maroubra 2035

**St George & Sutherland Community
College, Jannali Campus**

Wheelchair accessible
127-129 Sutherland Road,
Jannali 2226

Our contact details

P: 9113 2981 E: seslhdrecoverycollege@health.nsw.gov.au

A: 20/24 Belgrave Street, Kogarah NSW 2217

Visit our website: www.seslhd.health.nsw.gov.au/recovery-college

Visit our Facebook Page: www.facebook.com/SESLHDRecoveryCollege

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