



South Eastern Sydney
Recovery & Wellbeing College

Term 2 Timetable

29th April 2019 - 5th July 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)

Tuesday 30 April 9:00am-4.30pm Recovery & Wellbeing College, Kogarah

Exploring Depression | 3 hours (p.4)

Thursday 9 May 10:00am-1:00pm SGSCC, Jannali

Exploring Bipolar | 3 hours (p.4)

Monday 13 May 1:00pm-4:00pm Recovery & Wellbeing College, Kogarah

Exploring the Impact of Trauma | 4.5 hours (p.7)

Thursday 23 May 10:00am-2:30pm The Langton Centre, Surry Hills

Understanding the Mental Health Act | 4 hours (p.10)

Monday 20 May 10:00am-2:00pm headspace, Bondi Junction

Explanatory Frameworks for Mental Distress | 4.5 hours (p.28)

Thursday 30 May 9:00am-1:30pm Recovery & Wellbeing College, Kogarah

Exploring Alcohol, Drug Use & Wellbeing | 3 hours (p.3)

Thursday 30 May 10:00am-1:00pm Caringbah Community Health

Exploring Grief & Loss | 4 hours (p.5)

Thursday 13 June 12:00pm-4:00pm SGSCC, Jannali

Exploring the Experience of Personality Disorders | 3 hours (p.5)

Wednesday 19 June 9:00am-12:00pm Recovery & Wellbeing College, Kogarah

LGBTIQ+ Mental Health & Social Justice: | 3 hours (p.7)

Thursday 20 June 10:00am-1:00pm SGSCC, Jannali

Stream 2 - Rebuilding Your Life – Developing Knowledge and Skills

Spirituality & Wellbeing | 2 hours x 3 weeks (p.16)

Tuesday 7 May 10:00am-12:00pm Recovery & Wellbeing College, Kogarah
Tuesday 14 May
Tuesday 21 May

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

Tuesday 7 May 6:00pm-8:00pm Recovery & Wellbeing College, Kogarah
Tuesday 14 May
Tuesday 21 May
Tuesday 28 May
Tuesday 4 June

Nutrition for Good Health | 3 hours (p.21)

Friday 10 May 1:00pm-4:00pm City East College, Bondi Junction

Getting a Good Night's Sleep | 3 hours (p.12)

Tuesday 21 May 10:00am-1:00pm SGSCC, Jannali

Introduction to Mindfulness in English | 2 hours x 5 weeks (p.19)

Tuesday 28 May 10:00am-12:00pm SGSCC, Jannali
Tuesday 4 June
Tuesday 11 June
Tuesday 18 June
Tuesday 25 June

Life Beyond Depression | 3 hours (p.14)

Thursday 30 May 10:00am-1:00pm SGSCC, Jannali

Law for Everyday Life | 3 hours x 2 weeks (p.13)

Monday 3 June 10:00am-1:00pm SGSCC, Jannali
Monday 17 June

Yoga for Recovery | 1.5 hours x 4 weeks (p.18)

Wednesday 5 June 12:30pm-2:00pm Recovery & Wellbeing College, Kogarah
Wednesday 12 June
Wednesday 19 June
Wednesday 26 June

Understanding & Working with Voices | 4 hours (p.17)

Thursday 6 June 10:00am-2:00pm City East College, Bondi Junction

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

Thursday 6 June 10:00am-12:00pm Recovery & Wellbeing College, Kogarah
Thursday 13 June
Thursday 20 June
Thursday 27 June
Thursday 4 July

Communication – Finding Your Voice | 2 hours x 4 weeks (p.11)

Friday 7 June 2:45pm-4:45pm City East College, Bondi Junction
 Friday 14 June
 Friday 21 June
 Friday 28 June

Improving Self-Esteem & Challenging Stigma | 4 hours (p.13)

Monday 17 June 10:00am-2:00pm Recovery & Wellbeing College, Kogarah

Getting into Exercise | 2 hours (p.21)

Friday 21 June 12:00pm-2:00pm Keeping the Body in Mind Gym, Kogarah

Men's Health | 3 hours (p.15)

Friday 28 June 1:00pm-4:00pm Recovery & Wellbeing College, Kogarah

Your Recovery Journey | 4 hours (p.18)

Tuesday 2 July 10:00am-2:00pm Recovery & Wellbeing College, Kogarah

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

Systemic Advocacy | 4 hours x 2 weeks (p.25)

Wednesday 8 May 12:30pm-4:30pm Recovery & Wellbeing College, Kogarah
 Wednesday 15 May

Telling Your Story in a Public Forum | 4 hours (p.26)

Thursday 16 May 10:00am-2:00pm SGSCC, Jannali

Educating for Recovery – In Practice | 1 day (p.27)

Friday 17 May 9:00am-4:30pm Recovery & Wellbeing College, Kogarah

Transformation through Co-Production | 4 hours (p.26)

Monday 27 May 10:00am-2:00pm SGSCC, Jannali

Supporting Personal Autonomy, Self-Management & Growth | 1 day (p.25)

Friday 7 June 9:00am-4:30pm Recovery & Wellbeing College, Kogarah

Developing Your Story | 4 hours (p.29)

Thursday 20 June 12:00pm-4:00pm The Maroubra Centre

Introduction to Consumer & Peer Worker Roles | 1 day (p.23)

Thursday 27 June 9:00am-4:30pm SGSCC, Jannali

How to Co-Write a Course | 4 hours (p.28)

Wednesday 3 July 10:00am-2:00pm Recovery & Wellbeing College, Kogarah

April 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6	7
	8	9	10	11	12 Last day of Term 1	13	14
	15	16	17	18	19 Public Holiday	20	21
	22 Public Holiday	23	24	25 Public Holiday	26	27	28
Week 1	29 Term 2 commences	30 An Introduction to Recovery & the Strengths Approach, (9am-4:30pm)					

Course area locations key

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



May 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1 (CONT)			1	2	3	4	5
Week 2	6	7 Spirituality & Wellbeing, 1 of 3, (10am-12pm) Introduction to Mindfulness in Macedonian, 1 of 5, (6pm-8pm)	8 Systemic Advocacy, 1 of 2, (12:30pm-4:30pm)	9 Exploring Depression, (10am-1pm)	10 Nutrition for Good Health, (1pm-4pm)	11	12
Week 3	13 Exploring Bipolar, (1pm-4pm)	14 Spirituality & Wellbeing, 2 of 3, (10am-12pm) Introduction to Mindfulness in Macedonian, 2 of 5, (6pm-8pm)	15 Systemic Advocacy, 2 of 2, (12:30pm-4:30pm)	16 Telling Your Story in a Public Forum, (10am-2pm)	17 Educating for Recovery: In Practice, (9am-4:30pm)	18	19
Week 4	20 Understanding the Mental Health Act, (10am-2pm)	21 Spirituality & Wellbeing, 3 of 3, (10am-12pm) Introduction to Mindfulness in Macedonian, 3 of 5, (6pm-8pm) Getting a Good Night's Sleep, (10am-1pm)	22	23 Exploring the Impact of Trauma, (10am-2:30pm)	24	25	26
Week 5	27 Transformation through Co-Production, (10am-2pm)	28 Introduction to Mindfulness in English, 1 of 5, (10am-12pm) Introduction to Mindfulness in Macedonian, 4 of 5, (6pm-8pm)	29	30 Explanatory Frameworks for Mental Distress, (9am-1:30pm) Life Beyond Depression, (10am-1pm) Exploring Alcohol, Drug Use & Wellbeing, (10am-1pm)	31		





Course area locations key

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June 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 6						1	2
	3 Law for Everyday Life, 1 of 2, (10am-1pm)	4 Introduction to Mindfulness in English, 2 of 5, (10am-12pm) Introduction to Mindfulness in Macedonian, 5 of 5, (6pm-8pm)	5 Yoga for Recovery, 1 of 4, (12:30pm-2pm)	6 Introduction to Mindfulness in Mandarin, 1 of 5, (10am-12pm) Understanding & Working with Voices, (10am-2pm)	7 Supporting Personal Autonomy, Self-Management & Growth, (9am-4:30pm) Communication: Finding Your Voice, 1 of 4, (2:45pm-4:45pm)	8	9
Week 7	10 Public Holiday	11 Introduction to Mindfulness in English, 3 of 5, (10am-12pm)	12 Yoga for Recovery, 2 of 4, (12:30pm-2pm)	13 Introduction to Mindfulness in Mandarin, 2 of 5, (10am-12pm) Exploring Grief & Loss, (12pm-4pm)	14 Communication: Finding Your Voice, 2 of 4, (2:45pm-4:45pm)	15	16
	17 Law for Everyday Life, 2 of 2, (10am-1pm) Improving Self-Esteem & Challenging Stigma, (10am-2pm)	18 Introduction to Mindfulness in English, 4 of 5, (10am-12pm)	19 Exploring the Experience of Personality Disorders, (9am-12pm) Yoga for Recovery, 3 of 4, (12:30pm-2pm)	20 Introduction to Mindfulness in Mandarin, 3 of 5, (10am-12pm) LGBTIQ+ Mental Health & Social Justice, (10am-1pm) Developing Your Story, (12pm-4pm)	21 Getting into Exercise, (12pm-2pm) Communication: Finding Your Voice, 3 of 4, (2:45pm-4:45pm)	22	23
Week 9	24	25 Introduction to Mindfulness in English, 5 of 5, (10am-12pm)	26 Yoga for Recovery, 4 of 4, (12:30pm-2pm)	27 Introduction to Mindfulness in Mandarin, 4 of 5, (10am-12pm) Introduction to Consumer & Peer Worker Roles, (9am-4:30pm)	28 Men's Health, (1pm-4pm) Communication: Finding Your Voice, 4 of 4, (2:45pm-4:45pm)	29	30


Course area locations key

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

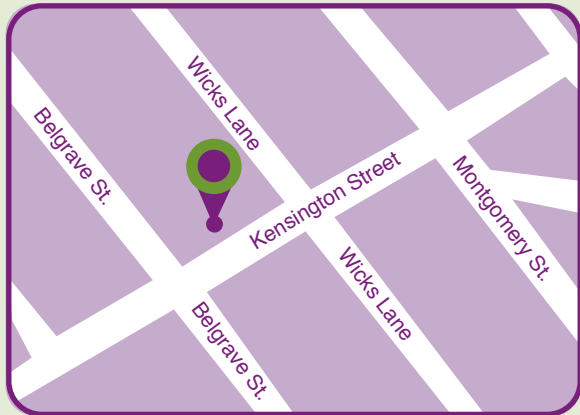
July 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 10	1	2 Your Recovery Journey, (10am-2pm)	3 How to Co-write a Course, (10am-2pm)	4 Introduction to Mindfulness in Mandarin, 5 of 5, (10am-12pm)	5 Last day of Term 2	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	31				

Course area locations key

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

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

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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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