



South Eastern Sydney  
Recovery & Wellbeing College

# Term 3 Timetable

22 July - 27 September 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 29 July 9:00am-4.30pm Recovery & Wellbeing College, Kogarah

## Linking to a GP | 3 hours (p.8)

Friday 16 August 12:30pm-3.30pm Recovery & Wellbeing College, Kogarah

## Exploring Eating Distress & Recovery | 2 hours x 2 weeks (p.5)

Thursday 15 August 2:00pm-4:00pm Recovery & Wellbeing College, Kogarah  
Thursday 22 August

## Exploring Psychosis | 3 hours (p.6)

Tuesday 27 August 9:30am-12.30pm Recovery & Wellbeing College, Kogarah

## Supporting Recovery & Looking after Yourself as a Carer | 2 hours x 2 weeks (p.9)

Monday 2 September 10:00am-12:00pm SGSCC, Jannali  
Monday 9 September

## Exploring Intellectual Disability & Mental Health: Discovery & Recovery | 3 hours (p.6)

Monday 2 September 1:00pm-4:00pm Recovery & Wellbeing College, Kogarah

## Exploring Mental Health Conditions | 6 hours (p.6)

Thursday 5 September 10:00am-4:00pm City East College, Bondi Junction

## Exploring Trauma for Women | 3 hours (p.7)

Tuesday 10 September 10:00am-1:00pm SGSCC, Jannali

## Exploring Anxiety | 3 hours (p.4)

Thursday 12 September 10:00am-1:00pm City East College, Bondi Junction

## Suicide: Recovery & Hope | 4.5 hours (p.9)

Monday 16 September 10:00am-2:30pm The Langton Centre, Surry Hills

## Making Meaning of Medications | 3 hours (p.8)

Tuesday 17 September 1:00pm-4:00pm SGSCC, Jannali

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

Thursday 26 September 10:00am-1:00pm SGSCC, Jannali

# Stream 2 - Rebuilding Your Life – Developing Knowledge and Skills

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

Thursday 1 August	10:00am-12:00pm	Recovery & Wellbeing College, Kogarah
Thursday 8 August		
Thursday 15 August		
Thursday 22 August		

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

Thursday 1 August	10:00am-12:00pm	SGSCC, Jannali
Thursday 8 August		
Thursday 15 August		
Thursday 22 August		
Thursday 29 August		

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

Tuesday 6 August	10:00am-12:00pm	SGSCC, Jannali
Tuesday 13 August		
Tuesday 20 August		
Tuesday 27 August		
Tuesday 3 September		

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

Wednesday 7 August	10:00am-12:00pm	Recovery & Wellbeing College, Kogarah
Wednesday 14 August		
Wednesday 21 August		
Wednesday 28 August		
Wednesday 4 September		

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

Monday 12 August	9:00am-11:00am	Recovery & Wellbeing College, Kogarah
Monday 19 August		
Monday 26 August		
Monday 2 September		
Monday 9 September		

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

Monday 12 August	2:00pm-4:00pm	SGSCC, Jannali
Monday 19 August		
Monday 26 August		
Monday 2 September		

## Resilience | 2 hours x 4 weeks (p.16)

Tuesday 13 August	1:00pm-3:00pm	Recovery & Wellbeing College, Kogarah
Tuesday 20 August		
Tuesday 27 August		
Tuesday 3 September		

## Recovery Stories | 2 hours x 4 weeks (p.16)

Thursday 29 August	10:00am-12:00pm	Recovery & Wellbeing College, Kogarah
Thursday 5 September		
Thursday 12 September		
Thursday 19 September		

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

Tuesday 3 September	10:00am-12:00pm	Recovery & Wellbeing College, Kogarah
Tuesday 10 September		
Tuesday 17 September		
Tuesday 24 September		

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

Wednesday 4 September	10:00am-12:00pm	SGSCC, Jannali
Wednesday 11 September		
Wednesday 18 September		
Wednesday 25 September		

**Coping with Strong Emotions | 3 hours x 2 weeks (p.11)**

Thursday 5 September	1:00pm-4:00pm	Caringbah Community Health
Thursday 12 September		

**Mindfulness Workshop | 1 hour (p.19)**

Thursday 19 September	3:00pm-4:00pm	Recovery & Wellbeing College, Kogarah
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## Stream 3 - Recovery Supporting Practice & Getting Involved in Mental Health Services

**Purposeful Storytelling | 1 day (p.29)**

Monday 5 August	9:00am-4:30pm	Recovery & Wellbeing College, Kogarah
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**Committee Work | 4 hours (p.23)**

Thursday 8 August	12:00pm-4:00pm	City East College, Bondi Junction
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**Challenging Stigma | 4 hours (p.23)**

Monday 26 August	10:00am-2:00pm	City East College, Bondi Junction
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**Recovery Supporting Services & Systems | 2 days (p.24)**

Friday 13 September	9:00am-5:00pm	Recovery & Wellbeing College, Kogarah
Friday 20 September		

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

Monday 23 September	9:00am-1:00pm	Recovery & Wellbeing College, Kogarah
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**Skills for Educators | 1 day (p.27)**

Thursday 26 September	8:30am-4:00pm	Recovery & Wellbeing College, Kogarah
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# July 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
Week 1	22 Term 3 commences	23	24	25 5 YEAR ANNIVERSARY & STUDENT ACHIEVEMENT CEREMONY, (11:30am - 12:45pm)	26	27	28
	29 An Introduction to Recovery & the Strengths Approach, (9am-4:30pm)	30	31				
Week 2							

Course area locations key

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



# August 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 2 (Cont)				1 Making & Keeping Connections, 1 of 4, (10am-12pm) Introduction to Mindfulness in English, 1 of 5, (10am-12pm)	2	3	4
	5 Purposeful Storytelling, (9am-4:30pm)	6 Creativity for Recovery, 1 of 5, (10am-12pm)	7 Introduction to Mindfulness in Greek, 1 of 5, (10am-12pm)	8 Making & Keeping Connections, 2 of 4, (10am-12pm) Introduction to Mindfulness in English, 2 of 5, (10am-12pm) Committee Work, (12pm-4pm)	9	10	11
Week 3	12 Introduction to Mindfulness in Arabic, 1 of 5, (9am-11am) Physical Health & Wellbeing, 1 of 4, (2pm-4pm)	13 Resilience, 1 of 4, (1pm-3pm) Creativity for Recovery, 2 of 5, (10am-12pm)	14 Introduction to Mindfulness in Greek, 2 of 5, (10am-12pm)	15 Making & Keeping Connections, 3 of 4, (10am-12pm) Exploring Eating Distress & Recovery, 1 of 2, (2pm-4pm) Introduction to Mindfulness in English, 3 of 5, (10am-12pm)	16 Linking to a GP, (12:30pm-3:30pm)	17	18
	19 Introduction to Mindfulness in Arabic, 2 of 5, (9am-11am) Physical Health & Wellbeing, 2 of 4, (2pm-4pm)	20 Resilience, 2 of 4, (1pm-3pm) Creativity for Recovery, 3 of 5, (10am-12pm)	21 Introduction to Mindfulness in Greek, 3 of 5, (10am-12pm)	22 Making & Keeping Connections, 4 of 4, (10am-12pm) Exploring Eating Distress & Recovery, 2 of 2, (2pm-4pm) Introduction to Mindfulness in English, 4 of 5, (10am-12pm)	23	24	25
Week 4	26 Introduction to Mindfulness in Arabic, 3 of 5, (9am-11am) Challenging Stigma, (10am-2pm) Physical Health & Wellbeing, 3 of 4, (2pm-4pm)	27 Exploring Psychosis, (9:30am-12:30pm) Resilience, 3 of 4, (1pm-3pm) Creativity for Recovery, 4 of 5, (10am-12pm)	28 Introduction to Mindfulness in Greek, 4 of 5, (10am-12pm)	29 Recovery Stories, 1 of 4, (10am-12pm) Introduction to Mindfulness in English, 5 of 5, (10am-12pm)	30	31	

Course area locations key

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



# September 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 6 (Cont)							1
Week 7	2 Introduction to Mindfulness in Arabic, 4 of 5, (9am-11am)	3 Life Beyond Psychosis, 1 of 4, (10am-12pm)	4 Introduction to Mindfulness in Greek, 5 of 5, (10am-12pm)	5 Recovery Stories, 2 of 4, (10am-12pm)	6	7	8
	Supporting Recovery & Looking after Yourself as a Carer, 1 of 2, (10am-12pm)	Creativity for Recovery, 5 of 5, (10am-12pm)	Taking Control of Your Life, 1 of 4, (10am-12pm)	Exploring Mental Health Conditions, (10am-4pm)			
	Exploring Intellectual Disability & Mental Health: Discovery & Recovery, (1pm-4pm)	Resilience, 4 of 4, (1pm-3pm)		Coping with Strong Emotions, 1 of 2, (1pm-4pm)			
	Physical Health & Wellbeing, 4 of 4, (2pm-4pm)						
Week 8	9 Introduction to Mindfulness in Arabic, 5 of 5, (9am-11am)	10 Life Beyond Psychosis, 2 of 4, (10am-12pm)	11 Taking Control of Your Life, 2 of 4, (10am-12pm)	12 Recovery Stories, 3 of 4, (10am-12pm)	13 Recovery Supporting Services & Systems, 1 of 2, (9am-5pm)	14	15
	Supporting Recovery & Looking after Yourself as a Carer, 2 of 2, (10am-12pm)	Exploring Trauma for Women, (10am-1pm)		Exploring Anxiety, (10am-1pm)			
				Coping with Strong Emotions, 2 of 2, (1pm-4pm)			
Week 9	16 Suicide: Recovery & Hope, (10am-2:30pm)	17 Life Beyond Psychosis, 3 of 4, (10am-12pm)	18 Taking Control of Your Life, 3 of 4, (10am-12pm)	19 Recovery Stories, 4 of 4, (10am-12pm)	20 Recovery Supporting Services & Systems, 2 of 2, (9am-5pm)	21	22
		Making Meaning of Medications, (1pm-4pm)		Mindfulness Workshop, (3:00pm-4:00pm)			
Week 10	23 Educating for Recovery: Foundations, (9:00am-1:00pm)	24 Life Beyond Psychosis, 4 of 4, (10am-12pm)	25 Taking Control of Your Life, 4 of 4, (10am-12pm)	26 Skills for Educators, (8:30am-4pm)	27 Last day of Term 3	28	29
				Exploring LGBTIQ+ Mental Health & Social Justice, (10am-1pm)			
	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.

## Arabic

هل انت بحاجة الى مترجم؟

. إبلغ الموظف باللغة 450 131 على الرقم بخدمة الترجمة الهاتفية إن كنت ترغب بالإنصال بنا هاتفياً، إتصل بالصحية المدرج التي تتكلمها، ثم اطلب من المترجم إعداد مكالمة هاتفية تجمع بينك وبين المترجم ومقدم الرعاية 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.

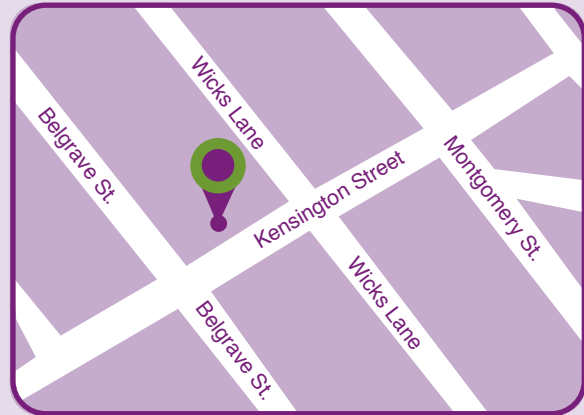
## के तपाईंलाई दोभासे अनुवादक चाहन्छ ? Nepali

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**  
*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: [seslhd-recoverycollege@health.nsw.gov.au](mailto:seslhd-recoverycollege@health.nsw.gov.au)

A: 20/24 Belgrave Street, Kogarah NSW 2217

Visit our website: [www.seslhd.health.nsw.gov.au/recovery-college](http://www.seslhd.health.nsw.gov.au/recovery-college)

Visit our Facebook Page: [www.facebook.com/SESLHDS RecoveryCollege](http://www.facebook.com/SESLHDS RecoveryCollege)

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