

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.







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 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.

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

An Introduction to Recovery 8	the Strengths Approach 1	day (p.3)
Tuesday 30 April	9:00am-4.30pm	Recovery & Wellbeing College, Kogarah
Exploring Depression 1 3 hou	ırs (p.4)	
Thursday 9 May	10:00am-1:00pm	SGSCC, Jannali
Exploring Bipolar 3 hours (p	p.4)	
Monday 13 May	1:00pm-4:00pm	Recovery & Wellbeing College, Kogarah
Exploring the Impact of Traum	na 1 4.5 hours (p.7)	
Thursday 23 May	10:00am-2:30pm	The Langton Centre, Surry Hills
Understanding the Mental He	alth Act I 4 hours (p.10)	
Monday 20 May	10:00am-2:00pm	headspace, Bondi Junction
Explanatory Frameworks for M	Mental Distress I 4.5 hours (p	p.28)
Thursday 30 May	9:00am-1:30pm	Recovery & Wellbeing College, Kogarah
Exploring Alcohol, Drug Use &	Wellbeing I 3 hours (p.3)	
Thursday 30 May	10:00am-1:00pm	Caringbah Community Health
Exploring Grief & Loss I 4 ho	urs (p.5)	
Thursday 13 June	12:00pm-4:00pm	SGSCC, Jannali
Exploring the Experience of P	ersonality Disorders I 3 hou	rs (p.5)
Wednesday 19 June	9:00am-12:00pm	Recovery & Wellbeing College, Kogarah
LGBTIQ+ Mental Health & Soc	cial Justice: 1 3 hours (p.7)	
Thursday 20 June	10:00am-1:00pm	SGSCC, Jannali

Stream 2 - Rebuilding Your Life – Developing Knowledge and Skills

Spirituality & Wellbeing 1 2 hours	s x 3 weeks (p.16)	
Tuesday 7 May Tuesday 14 May Tuesday 21 May	10:00am-12:00pm	Recovery & Wellbeing College, Kogarah
Introduction to Mindfulness in Ma	acedonian I 2 hours x 5 w	eeks (p.20)
Tuesday 7 May Tuesday 14 May Tuesday 21 May Tuesday 28 May Tuesday 4 June	6:00pm-8:00pm	Recovery & Wellbeing College, Kogarah
Nutrition for Good Health 1 3 hou	urs (p.21)	
Friday 10 May	1:00pm-4:00pm	City East College, Bondi Junction
Getting a Good Night's Sleep 1 3	8 hours (p.12)	
Tuesday 21 May	10:00am-1:00pm	SGSCC, Jannali
Introduction to Mindfulness in En	glish I 2 hours x 5 weeks	(p.19)
Tuesday 28 May Tuesday 4 June Tuesday 11 June Tuesday 18 June Tuesday 25 June	10:00am-12:00pm	SGSCC, Jannali
Life Beyond Depression 1 3 hour	rs (p.14)	
Thursday 30 May	10:00am-1:00pm	SGSCC, Jannali
Law for Everyday Life 1 3 hours	x 2 weeks (p.13)	
Monday 3 June Monday 17 June	10:00am-1:00pm	SGSCC, Jannali
Yoga for Recovery 1.5 hours x	4 weeks (p.18)	
Wednesday 5 June Wednesday 12 June Wednesday 19 June Wednesday 26 June	12:30pm-2:00pm	Recovery & Wellbeing College, Kogarah
Understanding & Working with Vo	bices I 4 hours (p.17)	
Thursday 6 June	10:00am-2:00pm	City East College, Bondi Junction
Introduction to Mindfulness in Ma	andarin 1 2 hours x 5 weel	ks (p.20)
Thursday 6 June Thursday 13 June Thursday 20 June Thursday 27 June Thursday 4 July	10:00am-12:00pm	Recovery & Wellbeing College, Kogarah

Communication – Finding Your Voice I 2 hours x 4 weeks (p.11)								
Friday 7 June Friday 14 June Friday 21 June Friday 28 June	2:45pm-4:45pm	City East College, Bondi Junction						
Improving Self-Esteem & Challenging Stigma 1 4 hours (p.13)								

Monday 17 June	10:00am-2:00pm	Recovery& Wellbeing College, Kogarah				
Getting into Exercise 2 ho	ours (p.21)					
Friday 21 June	12:00pm-2:00pm	Keeping the Body in Mind Gym, Kogarah				
Men's Health 3 hours (p.1	5)					
Friday 28 June	1:00pm-4:00pm	Recovery & Wellbeing College, Kogarah				
Your Recovery Journey I 4 hours (p.18)						

10:00am-2:00pm

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

Tuesday 2 July

Systemic Advocacy 4 hours x 2 weeks (p.25)									
Wednesday 8 May Wednesday 15 May	12:30pm-4:30pm	Recovery & Wellbeing College, Kogarah							
Telling Your Story in a Public Forum 1 4 hours (p.26)									
Thursday 16 May	10:00am-2:00pm	SGSCC, Jannali							
Educating for Recovery – In Prac	tice I 1 day (p.27)								
Friday 17 May	9:00am-4:30pm	Recovery & Wellbeing College, Kogarah							
Transformation through Co-Prod	uction I 4 hours (p.26)								
Monday 27 May	10:00am-2:00pm	SGSCC, Jannali							
Supporting Personal Autonomy,	Self-Management & Growt	h I 1 day (p.25)							
Friday 7 June	9:00am-4:30pm	Recovery & Wellbeing College, Kogarah							
Developing Your Story I 4 hours	(p.29)								
Thursday 20 June	12:00pm-4:00pm	The Maroubra Centre							
Introduction to Consumer & Peer	Worker Roles I 1 day (p.	23)							
Thursday 27 June	9:00am-4:30pm	SGSCC, Jannali							
How to Co-Write a Course I 4 hours (p.28)									
Wednesday 3 July	10:00am-2:00pm	Recovery & Wellbeing College, Kogarah							

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	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		
Cours	e area locations	key St	George	Sutherland	The Longton Contro		

Eastern Suburbs

Surry Hills (The Langton Centre)

June 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
						1	2	
Week 6	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 YourVoice, 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	
Week 8	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	20	31				
Course	29 e area locations		31 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.

؟مجرتم ىلا ةجاحب تنا له

ةغللاب فظومها غلبا. . 131 450 مقرلاً ىلع قيفتامانا قمجرتانا قمدخب لصتاٍ ,ايفتاه انب لاصتإلاب بغرت تنك ن

يحصلا ةياعرلا مدقمو مجرتملا نيبو كنيب عمجت ةيفتاه ةملاكم دادعٍا مجرتملا نم بلطا مث ,امملكتت يتلا الماندأ 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 तपाईलाई दोभासे अनुवादक चाहनि्छ ? Nepali

यदी हामीलाई टेलीफोनबाट सम्पर्क गर्न चाहानुहुन्छ भने ट्रान्सलेटगि एंड इन्टरपरेटगि सर्भसि (टआिइ एस) को १३१ ४५० मा फोन गर्नुहोस . ओपेरटर लाई तपाइँ कुन भाषा बोल्नुहुन्छ भन्नुहोस, अनदोिभासे 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



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 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

