

# Western Sydney Recovery College

## Term 2 2020

Western Sydney Recovery College is an innovative approach to inclusive education and recovery within the community and mental health sector. It is a collaborative, community driven model of adult education that supports people in their mental health recovery journey.

Western Sydney Recovery College is an adult education service run by the not-for-profit organisation One Door Mental Health and made possible by funding from the Western Sydney Primary Health Network. We deliver high-quality workshops **FREE** to the Western Sydney community.

### A message from WSRC Manager, Jayke Burgess

The WSRC team have been busily working behind the scenes to have workshops delivered in an online format using Zoom in Term 2.

We are making our focus through Term 2 self-care and mental wellbeing, so we can take care of ourselves and others. This has meant adding brand new topics to our workshop list such as Resilience, but also updating existing workshops for an online format.

The most up to date information will be available on our newsletter, website and Facebook; so if you are not linked in, now is the time to come and connect.

Together we can get through this challenging time together as a community supporting each other.

Take care,  
Jayke



Jayke Burgess, Recovery College Manager.

### Frequently Asked Questions

- **Who can attend?** People with lived experience of mental health concerns, carers, family and friends, volunteers, mental health and community service workers; people who live, work or study in the Western Sydney Local Health District area.
- **How much does it cost?** Workshops are free of charge.
- **I haven't used Zoom before; how does it work?** WSRC staff are happy to do an orientation with you to ensure you're comfortable.
- **When and how do I get information about the workshop?** We will send a confirmation email and SMS with all the details you need 1 week prior to the first workshop session. We also send reminders by email and SMS so you don't forget!
- **How many students will there be?** We are taking fewer enrolments for online workshops than we would for face-to-face delivery. The good thing is that if we get more enrolments than we can fit in one workshop, we will plan to run a second one!

Check the FAQs on our website for more information.

Got a question that isn't answered here? Call or email us - we're happy to help!



Western Sydney  
Recovery College

## Health and Wellbeing

This stream focuses on information as well as practical tools and techniques to improve your overall health and wellbeing, which can have a positive impact on your mental health recovery.

### Let's Get Moving

We all know that getting up and moving is good for both our physical and mental health, but we still put off doing it. This course takes you through some activities you can do in a restricted space while we are all physically isolating. No equipment needed.

2x 1hr sessions: Wednesdays, 13 & 20 May, 11am-12pm

## What is Mental Health?

This stream will provide students with information about recovery, mental health conditions, and the mental health system in the Western Sydney area and across Australia.

### Home Sweet Home

This workshop is intended for people and their families or significant others and service providers working with people affected by hoarding disorders. Students will be given tools and skills to 'declutter' a living space that becomes unsafe or uncomfortable to live in.

3x 1.5hr sessions: Wednesdays, 3, 10 & 17 June, 10am-11.30am

### Understanding Anxiety

This workshop builds an understanding of anxiety and how it impacts individuals, their families and carers. It also explores recovery, self-management strategies and other techniques that provide practical assistance to those living with anxiety.

3x 1hr sessions: 26, 27 & 28 May, 10am-11am

### Understanding Depression

This workshop builds an understanding of depression and how it impacts on individuals, their families and carers. It also explores recovery, coping strategies and self-management techniques.

3x 1hr sessions: 2, 3 & 4 June, 10am-11am

## Skills for Life

This stream aims to help students build skills intended to assist in their everyday lives and in times of stress. There is also a focus on encouraging students to become contributing members of their community.

### Effective (Online) Communication Skills

A specially updated version of this workshop to include online communications, this workshop series will introduce students to the ways in which we sometimes change how we communicate in an online context and how to ensure we are communicating effectively in an online setting.

4x 1hr sessions: Thursdays & Fridays, 29 May, 30 May, 5 June & 6 June, 10am-11am

### Becoming Resilient

Resilience is how well a person can adapt to the events in their life when faced with a tragedy, natural disaster, health concern, relationship, work or school problem. This workshop aims to develop your understanding of what resilience is and gives you an opportunity to practice your resilience skills.

4x 1hr sessions: Tuesdays & Thursdays, 9 June, 11 June, 16 June & 18 June, 10am-11am

### How to Enrol

- If you are a current or previous student there is no need to complete another enrolment form. Simply call or email us to indicate the workshop(s) you wish to attend.
- Online: Locate the workshop you wish to apply for on [www.wsydrecoverycollege.org.au](http://www.wsydrecoverycollege.org.au) and complete the enrolment form.
- Email: [wsydrecoverycollege@onedoor.org.au](mailto:wsydrecoverycollege@onedoor.org.au).
- Phone: 02 9854 5541.

Students will receive an acknowledgement of enrolment, followed by a confirmation of enrolment closer to the course dates and SMS reminders if requested.

Please note some courses are popular and may become booked out. In this case your details will go on a waiting list and you will be notified if a place becomes available.

**Phone:** 02 9854 5541

**Email:** [wsydrecoverycollege@onedoor.org.au](mailto:wsydrecoverycollege@onedoor.org.au)

**Web:** [www.wsydrecoverycollege.org.au](http://www.wsydrecoverycollege.org.au)

**Facebook:** [wsydrecoverycollege](https://www.facebook.com/wsydrecoverycollege)

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Western Sydney Recovery College is a One Door Mental Health service made possible by funding from the Western Sydney Primary Health Network.