

Western Sydney Recovery College

Term 4 2021

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.

Tune in to Mental Health this October

October is Mental Health Month and also marks the beginning of Term 4 for Western Sydney Recovery College.

This term will bring a focus on the What is Mental Health? stream, with new workshops about eating disorders and the impacts of domestic violence on mental health being introduced in November.

Although Greater Sydney may soon start to open up with rising vaccination rates, the WSRC Term 4 schedule will be delivered online. We understand the online format does not suit everyone and some of you would prefer to attend face-to-face workshops whenever it is safe to return. For anyone who feels uncertain about joining in online, the WSRC team are happy to help set students up to use Zoom and introduce you to the etiquette of this online space.

If you want to give something a go online without committing to a workshop, we're planning an afternoon tea event to celebrate Mental Health Month and would love to have you there. Save the date: Tuesday 19 October, 2-3pm. More information will be available soon.



<https://mentalhealthmonth.wayahead.org.au/>

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 will continue taking around 10 enrolments for online workshops to keep the number manageable. Some workshops may be restricted to smaller numbers.

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!



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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.

Creativity for Wellbeing

In this four part workshop series, students will explore how creative processes can support mindfulness practice and promote wellbeing throughout recovery. Interactive discussions and take-home exercises will challenge what 'being creative' means and build students' confidence to explore their own creative potential.

4x 2.5hr sessions: Tuesdays 5, 12, 19 & 26 October, 10am-12.30pm

Mindfulness

Many people find mindfulness an effective approach to supporting their mental health recovery, or just to help reduce stress and improve coping skills. This workshop will explain what mindfulness is and how mindfulness techniques can help improve overall wellbeing.

2x 2hr sessions: Wednesdays 10 & 17 November, 10am-12noon

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 and complete the enrolment form.
- Email: 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.

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.

Understanding Schizophrenia

Schizophrenia, like many mental health conditions, is often misunderstood, stigmatised, and portrayed in popular culture in negative ways. This workshop aims to help people living with schizophrenia and their families, friends and carers to better understand what a diagnosis of schizophrenia means, how to manage it and how to support recovery.

2x 2hr sessions: Tuesday 5 October, 10am-12noon & 1-3pm

Understanding Depression

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

2x 2hr sessions: Wednesday 27 October, 10am-12noon & 1-3pm

Understanding Eating Disorders

NEW!

Eating disorders can affect people of all ages, backgrounds, and body shapes and sizes. This program builds understanding of eating disorders, how they impact psychological and physical health and how best to support recovery.

2x 2hr sessions: Wednesday 3 November, 10am-12noon & 1-3pm

Domestic Violence & Mental Health

NEW!

This workshop explores the mental health needs to victims and survivors of domestic violence. By the end of this course, students will have a better understanding of what domestic violence is, who it affects, the mental health impacts and how to support people experiencing these impacts.

4x 2hr sessions: Fridays 12 & 19 November, 10am-12noon & 1-3pm



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Web: www.wsydrecoverycollege.org.au

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



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