

# 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.

### Post-lockdown Self-Care & Wellbeing

As Covid restrictions begin to ease in October-November, WSRC workshops will continue to run online as planned. This means any Recovery College students can continue to access them, and we will continue to offer support to anyone who needs assistance using Zoom.

During this period, the focus of workshops will be on self-care and wellbeing, with Mindfulness, Self-Care, Writing for Wellbeing encouraging slightly different ways of doing this for those of you with different interests. Physical & Mental Health has just been added to the calendar as well.

Also recently added to the calendar, Grief and Loss is relevant to people's experiences of lockdowns and the pandemic. People may be experiencing direct impacts of grief at this time and others may be experiencing the more ambiguous feeling of loss related to missing certain experiences or events during lockdown. This feeling may continue for a while for those not yet fully vaccinated against Covid or who are unable to be and who may still be isolating at home.

We look forward to seeing you again virtually this term.



Self-care and mindfulness can be used in the smallest of moments during your day.

### 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.

### 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

### Physical & Mental Health

Learn how improving physical health can have a positive impact on your mental health. This program will include practical advice about the benefits of exercise and good nutrition to support you to make healthy lifestyle changes.

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

### Writing for Wellbeing

In this four part online workshop series, students will learn about using writing as a self-care tool. This series will encourage confidence in students' own personal style and will unlock their own unique writing ability. It will build on this skill set to empower and encourage wellbeing.

4x 2hr sessions: Tuesdays 23 & 30 November, 7 & 14 December, 10am-12noon

### Self-Care

This workshop will promote using self-care techniques as part of mental health recovery. Students will learn practical skills to engage in self-care activities, to develop a daily self-care routine, and to role model self-care to others.

2x 2hr sessions: Thursday 9 December, 10am-12noon & 1-3pm

## 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.

### Grief & Loss

This workshop will not only be about bereavement, students will also learn about theories of grief, different types of loss, coping strategies and what life can look like beyond bereavement.

2x 2hr sessions: Tuesday 16 November 2021, 10am-12noon & 1-3pm

## Recognised Programs



Certification may be obtained and CPD points claimed for attendance at these recognised programs.

### Aboriginal & Torres Strait Islander Mental Health First Aid

TBC

This two-day specialist program provides students with the knowledge and skills to assist Aboriginal and Torres Strait Islander individuals developing a mental health condition or experiencing a mental health crisis.

In-Person: Thursday 2 & Friday 3 December 2021, 9am-4.30pm - Details being finalised - 'FOLLOW' for updates

### How to Enrol

- Current or previous students can 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.



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