

**Community
Learning
Growth**

Western Sydney Recovery College

Term 4 2022

Course Guide

Our mission is to educate and inspire the broader community about mental health, to facilitate recovery, and to empower students to learn and grow in a safe and respectful environment.



Western Sydney
Recovery College



About Western Sydney Recovery College

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.

The co-production model followed by recovery colleges promotes shared understanding, breaks down barriers, reduces stigma, and increases understanding and support in the community.

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.

Tuning in to Hope and Learning with WSRC for Mental Health Month

This October is Mental Health Month and Wayahead have continued for the third and final year with the theme “Tune In”. This time, the extension of the theme is encouraging us to “Tune in to Hope and Learning”.

Hope is a word that comes up all the time when talking about mental health and recovery. It can come up in all kinds of difficult situations, in times of stress, grief and loss, and over the last few years navigating a pandemic. Sometimes it might be hard to connect with the idea of hope when things are feeling difficult.

On the MHM website, it’s acknowledged that sometimes hope may seem out of reach, but there are ways to help it “grow”. Like “tuning in to others’ experiences” and sharing our own experiences with others.

This is where “learning” comes in and fits with what the Recovery College does. Recovery College workshops are not just about teaching useful information, they are about people from all walks of life sharing their experiences, about listening to and connecting with others. They are a way of tuning in to your community!

So why not sign up for a WSRC workshop today and experience the collective hope and learning that can grow from “tuning in” in a safe space?

Help celebrate 10 years of the bridge walk for mental health - The Wellness Walk

Take steps in support of people who live with or care for someone with a mental illness this Mental Health Month for One Door’s 10th annual Wellness Walk.

During the week between Monday 3rd October and Sunday 9th October 2022, walk or run anytime, anywhere.

On Sunday 9th October, register for our bridge walk for mental health and celebrate your week’s efforts at our vibrant festival on the grounds of Government House. Register at: www.wellnesswalk.org.au



October is Mental Health Month! Find out more at 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.

Students must be 18 years of age or older to attend.

Where are workshops held?

- Auburn
- Blacktown
- Parramatta
- Online using Zoom

How many students will there be? This will depend on the venue, the workshop and delivery format. Online and face-to-face workshops have a maximum of between 8 and 12 students and recognised programs may have up to 20 students.

How much does it cost? All workshops including recognised programs 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.

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.

Navigating the Mental Health System

This program has been designed to assist people in navigating the mental health system in Western Sydney and to unpack what sorts of support different services can offer and when, how, and why you might need to access them.

Understanding Anxiety

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

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.

Arabic This workshop will be conducted in Arabic by Bilingual Educators.

Understanding Eating Disorders

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.

Understanding Personality Disorders

This workshop looks at the history, prevalence and types of mental health conditions that are called personality disorders. It helps students to understand what it is like to live with these conditions, and discusses supports and treatments along with self-care and self-management strategies.

Understanding Trauma

This course will provide an understanding of how trauma can be triggered during stressful events. Dr Bruce Perry's 'Three R's: Regulate, Relate and Reason' provides a framework for service users and service providers that uses calm connection as a means to improve the experience of service access and a foundation for effective collaborative problem solving.

What is Recovery?

This workshop will explore the concept and context of recovery with a particular focus on the personal process and what this means for people with lived experience, families, services and communities. The workshop will cover lived experience and recovery relating to mental health conditions, the evidence of recovery, and the characteristics of services and approaches that support recovery.

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 workshop series, students will explore how creative processes can support mindfulness practice and promote wellbeing throughout recovery. Through interactive discussion and take-home exercises, this series will challenge what 'being creative' means and build the confidence of individuals to explore their own creative potential.

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.

Arabic This workshop will be conducted in Arabic by Bilingual Educators.

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.

Building Self-Confidence

Self-confidence can help in the recovery process and empower individuals to take active ownership of their journey and help them engage fully in all aspects of their life. This program involves a mixture of practical sessions and education to integrate learning and allow students to practice skills that can be utilised in their individual lives.

Conversations About Change

In this workshop students will learn there are ways of communicating that may open up the possibility of change when talking with a loved one, friend or colleague. We cannot change another person, only ourselves; but we can learn what is involved in having a conversation about change and how we can use this to support them.

Effective Communication Skills

Communicating well is a life skill that can assist with recovery and is an empowerment tool. This workshop includes practical skills and exercises to develop your communication skills and how to use them effectively. This program builds understanding of the skills of communication and why being able to speak up clearly about what you need and what is important to you matters.

Recognised Programs



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

Mental Health First Aid

These specialist two day programs are accredited by Mental Health First Aid Australia. On completion of each two day program students may complete an online testing component in order to obtain accreditation.

Aboriginal & Torres Strait Islander Mental Health First Aid

To be confirmed

This is a specialist two day program which 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. This program is delivered by an Indigenous trainer.

This course is open to Indigenous and non-Indigenous workers and community members.

Strong Social & Emotional Wellbeing

This workshop provides students with the cultural understanding required to deliver mental health services within a social and emotional wellbeing framework when delivering mental health services to First Nation peoples in Australia.

This course is open to both Indigenous and non-Indigenous students and is delivered by two First Nations psychologists.



Download Zoom backgrounds for Mental Health Month at mentalhealthmonth.wayahead.org.au/downloadable-resources

Term 4 2022 Calendar



October 2022

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
2	3 Public Holiday Wellness Walk - Walk anywhere, anytime this week for Mental Health!	4	5 Blacktown: Understanding Eating Disorders 9am-12:30pm	6	7	8
9 10th Annual Wellness Walk	10	11	12 Online (Zoom): Understanding Anxiety 10-12 & 1-3pm	13 Online (Zoom): Conversations About Change 10-12 & 1-3pm	14	15
16	17	18	19 Online (Zoom): Strong SEWB 1/2 9:30-11:30am & 1-3pm	20 Online (Zoom): Strong SEWB 2/2 9:30-11:30am & 1-3pm	21	22
23	24	25	26 Blacktown: What is Recovery? 9:30am-4:30pm	27 Auburn: Und Depression (Arabic) 10am-2pm	28	29
30	31					

Key

- What is Mental Health?
- Health and Wellbeing
- Skills for Life
- Recognised Programs
- The Student Voice

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 9199 6195 - Please note this is our new number.

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.

November 2022

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1 Online (Zoom): Home Sweet Home, 9:30-12:30 & 1:30-3:30pm	2	3 Online (Zoom): Understanding Trauma 10-12 & 1-3pm	4	5
6	7	8 Online (Zoom): Building Self- Confidence 10-12 & 1-3pm	9 Parramatta: Creativity for Wellbeing 1/2 10am-3pm	10	11	12
13	14	15 Auburn: Und. Personality Disorders 10am-4pm	16 Parramatta: Creativity for Wellbeing 2/2 10am-3pm	17	18	19
20	21	22 Online (Zoom): Effective Comm Skills 10-12 & 1-3pm	23	24 Auburn: Self-Care (Arabic) 10am-2pm	25	26
27	28	29 Parramatta: Understanding Depression 10am-2pm	30 Blacktown: Navigating the MH System 10am-2pm			

December 2022

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
				1 Online (Zoom): Intro to Problem Gambling 10am-12pm	2	3 Intl Day of People with Dis- ability
4	5	6 Online (Zoom): Self-Care 10-12 & 1-3pm	7	8	9	10
11	12	13	14	15	16	17

Venues

Parramatta

Arts & Cultural Exchange (ACE)
8 Victoria Rd
Parramatta NSW 2150

One Door Mental Health
27 Fennell Street*
North Parramatta 2151

*Please note there is a short flight of stairs to access this venue.

Auburn

Professional Teachers' Council
67 St Hilliers Road
Auburn 2144

Blacktown

Max Webber Function Centre
Level 1, Max Webber Library
Cnr Flushcombe Rd & Alpha St
Blacktown NSW 2148

Information in this course guide is correct at the time of printing.

Please note venues and dates of courses may change from time to time and additional courses may be added to the schedule during the term.

Visit our website for details about venues and the most up to date information:

wsydrecoverycollege.org.au

COVID-Safety

The venues that WSRC are using are COVID-Safe venues. We ask that all students who attend workshops in person follow COVID-Safe procedures as advised by WSRC and the venue at the time of the workshop.

Please do not attend the workshop if you develop cold or flu-like symptoms, if you have been in contact with a known COVID-19 case and have been advised to isolate or if you have had a COVID-19 test and are required to isolate. If you have symptoms or have been identified as a close contact of a COVID-19 case, please get tested.

Note WSRC may need to ask Covid screening questions prior to your attendance.

Please take note of current rules regarding wearing face masks. One Door recommends using face masks when physical distancing is not possible, and/or when there is poor ventilation indoors.

We will provide updated information when you receive a confirmation about the workshop you are enrolled in.

We will continue to provide wherever possible:

- Hand sanitiser
- Disinfectant wipes
- Disposable face masks

If you have any questions or concerns about COVID-Safety at any of the workshops and venues, please contact us for further information.

Online Workshops

Workshops will be offered online as well as face-to-face. Many students gave feedback about a preference for one or the other, so we will continue to offer the choice.

If you have not attended an online workshop on Zoom with WSRC yet and have questions, please read our FAQs on the website here:

wsydrecoverycollege.org.au/faqs or we would be happy to help answer your questions by phone or email.

While the Australian Government helped to fund this document, it has not reviewed the content and is not responsible for any injury, loss or damage however arising from the use or reliance on the information provided herein.

Attention 

Do not enter if:

-  You have a fever above 37.8
-  You have any flu like symptoms (cough, shortness of breath or sore throat)
-  You have been in contact with someone who may have Covid-19
-  You have visited a Covid-19 hotspot in the last 2 weeks
-  Scan the QR Code (or ask a staff member for assistance) or fill in your details on the sign-in sheet

Please speak to staff if you have any concerns. 



Photo by Beckett from Pexels

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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.



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