

Community
Learning
Growth

Western Sydney Recovery College

Term 4 2023

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.

Our Workshops are for Everyone!

Welcome to Western Sydney Recovery College, where the journey to better mental health and recovery is a shared adventure for everyone. Term 4 brings an exciting array of workshops designed to light your path towards recovery and self-discovery. Whether you're an individual with lived experience, a dedicated caregiver, or a professional in the field, our courses are tailored to enrich your well-being.

We're thrilled to be offering three brand-new courses in Term 4. Embrace the beauty of neurological diversity in "ADHD, Autism and Neurodiversity" to foster empathy and awareness. Gain profound insights into obsessive-compulsive disorder with "Understanding OCD," and explore the complexities of substance use and stigma in "Alcohol, Drug Use and Mental Health."

Dive into the intricacies of anxiety with "Understanding Anxiety" and unravel the nuances of bipolar disorder in "Understanding Bipolar". In "Becoming Resilient," embark on a transformative exploration of personal strength and adaptability, and in our "Self-Care" workshop, learn techniques and strategies to enhance your physical, mental, and emotional well-being. Empower yourself with the art of assertiveness in "Practising Assertiveness," and engage in meaningful "Conversations about Change" to promote growth for you and your community.

We are also delighted to be offering two workshops delivered in Arabic by two bilingual educators in Term 4. The "Understanding Depression" workshop provides valuable insights into the causes, symptoms, and coping strategies for depression. Self-care is essential in any culture, and our "Self-Care" workshop will equip you with the necessary tools.

Join us this term as we embark on a journey of personal growth, resilience, and empathy. Together, we'll navigate the intricate mental health landscape, fostering a community where everyone's well-being matters. Mental health is our shared journey, and Western Sydney Recovery College is here to support you along the way.



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 provides insight into recovery, mental health conditions, and the Western Sydney and national mental health system.

Understanding Bipolar

Individuals with bipolar disorder can experience intense mood swings, oscillating between high-energy euphoria, which may include delusions and hallucinations, and severe depression, often following an unpredictable pattern. These symptoms can be distressing for both those affected and those around them.

This workshop explores bipolar disorders and their impact on individuals, families, and caregivers. It delves into treatments, recovery, self-management strategies, and practical techniques for those dealing with bipolar disorder. Students will learn about the three primary types of bipolar disorder and how to identify signs and consequences of its phases, explain its causes, and describe common treatments.

ADHD, Autism and Neurodiversity

Some people have brains that function differently from the norm, which can be challenging in a world designed for neurotypical brains. This disconnect with parents, teachers, friends, and colleagues can lead to stress, low self-esteem, social isolation, anxiety, and depression.

Whether you have a diagnosis like ADHD or Autism, or if you're supporting someone with such a diagnosis as a friend, partner, parent, or caregiver, this workshop explores neurodiversity, brain variations, management techniques, and fostering inclusive environments. Students will differentiate brain functions, spot common conditions, understand causes, recognise effects, and apply practical strategies for better management and inclusivity.

Understanding OCD

Obsessive-Compulsive Disorder (OCD) can be challenging, impacting the lives of those affected and their loved ones. Individuals with OCD often grapple with intrusive thoughts and repetitive behaviours, struggling to find relief from the anxiety and distress these obsessions and compulsions can cause.

Students will learn about the underlying causes, identify common obsessions and compulsions, and the emotional toll it takes on those living with OCD and those in their lives, as well as ways to support individuals with OCD through evidence-based treatments, self-management strategies, and practical techniques to foster a more empathetic and inclusive community.

Understanding Anxiety

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

In this workshop, students will learn about the six main anxiety disorder types and their prevalence, recognise anxiety signs and symptoms, understand biological, social, and psychological causes, describe common treatments and their efficacy, apply the CHIME model for recovery support, and identify helpful actions and language to support individuals living with an anxiety disorder.

Alcohol, Drug Use and Mental Health

Navigating the complex relationship between alcohol, drug use, and mental health can be challenging. For individuals and their loved ones, the impact of substance abuse on mental well-being can be profound, leading to many emotional and psychological struggles. Whether you're grappling with addiction, supporting someone in recovery, or simply seeking a deeper understanding of these intertwined issues, this workshop is designed to empower you.

In this workshop, we'll explore the intricate web of alcohol and drug use on mental health, examining the causes, consequences, and potential paths to recovery. We'll equip you with the knowledge to identify signs of substance abuse and its impact on mental well-being while fostering a compassionate and supportive environment for healing.

Understanding Depression (Arabic Workshop)

What is depression? This program builds understanding of depression and how it impacts on individuals, their carers and families. The program also explores recovery, coping strategies, self-management techniques, and supporting others living with depression.

By the workshop's end, students will comprehend the significance of depression, spot its signs, understand risk factors, describe treatments, navigate self-care, and aid individuals recovering from depression

[Please note: 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.

Becoming Resilient

When faced with adversity in life, how do we cope or adapt? Why do some people seem to bounce back from tragic events or loss much more quickly than others? Why do some people seem to get “stuck” in a point in their life, without the ability to move forward?

Everyone can learn to improve their resilience. Like any human skill, learning greater resilience is something that you can do at any age, from any background, no matter your education or family relationships. This workshop aims to develop your understanding of what resilience is and to practise your resilience skills so that you are better able to manage stress and hard times.

Conversations about Change

All of us have things we'd like to change about ourselves; and nearly all of us have someone we know who we think needs to change. Talking about this is hard. We don't want to be nagged and we don't want to be a nag - but we know that we need to have the conversation.

In this workshop you 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 our family and friends.

Practising Assertiveness

People often confuse assertiveness with self-confidence. While self-confidence is important, the times we most need to be assertive are often when we are not feeling confident.

This workshop aims to ensure that students understand what assertiveness is, and is not, and is a chance to practise assertiveness skills so that you can be assertive in a range of situations even when you are not feeling confident. This is essential for self-advocacy.

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.

Self-Care (English and Arabic Workshops)

Recovery depends on all the people involved – people living with mental health issues, workers, and carers, family and friends – being as strong and resilient as possible. When there are lots of demands and stressors, it is very easy to neglect the things that can help us feel strong and resilient. Self-care is becoming one of the most important ways that people can manage their mental health.

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.

[Please note: this workshop is being offered in both English, and also in Arabic by Bilingual Educators, on two separate dates in Term 4.]

The Student Voice

The Student Voice is an advisory group made up of past, current, and future students of the college. This group will meet periodically to provide additional feedback and to help inform the future direction of the college.

Our aim is to hold at least one Student Voice Virtual Cafe during the term. Please check our website for up to date details.

October 2023

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
08	09	10	11	12 Becoming Resilient [Online, Zoom] 10am - 2:30pm	13	14
15	16	17	18 Understanding Bipolar [Online, Zoom] 10am - 2:30pm	19 Understanding Depression (Arabic) [Auburn] 10am - 2pm	20	21
22	23	24	25 ADHD, Autism & Neurodiversity [Parramatta] 10am - 2:30pm	26	27	28

November 2023

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	01	02	03	04
05	06	07	08 Understanding OCD [Online, Zoom] 10am - 2:30pm	09	10	11
12	13	14	15 Conversations About Change [Blacktown] 10am - 2pm	16	17	18
19	20	21	22 Understanding Anxiety [Online, Zoom] 10am - 2:30pm	23 Self-Care (Arabic) [Auburn] 10am - 2pm	24	25
26	27	28	29	30 Self-Care [Parramatta] 10am - 2:30pm	01	02

December 2023

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
03	04	05	06	07 Practising Assertiveness [Blacktown] 10am - 2:30pm	08	09
10	11	12	13 Alcohol, Drug Use and Mental Health [Parramatta] 10am - 2:30pm	14	15	16

Scan the QR code for more information on all our workshops in Term 4.

Enroll online now!



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.wsyrecoverycollege.org.au and complete the enrolment form.
- Email: wsyrecoverycollege@onedoor.org.au.
- Phone: 02 9199 6195

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.

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:

www.wsyrecoverycollege.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 encourages 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:

<https://wsyrecoverycollege.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.

Screening Poster

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.



Phone: 02 9199 6195

Email: wsydrecoverycollege@onedoor.org.au

Web: 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.



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