

Community  
Learning  
Growth

Western Sydney Recovery College

**Term 1 2024**

Course Guide

*Free Workshops for the Western Sydney Community*

***What is Mental Health?***

***Skills for Life***

***Health and Wellbeing***

***Accredited Courses***



Western Sydney  
Recovery College



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

# 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.

## New Year, new you??

Can New Year's resolutions work?

We hear this message every year, we get asked what our New Year's resolutions are, we decide we will eat better, exercise more, love ourselves more, be more adventurous etc. Over 70% of Australians make at least one resolution at New Year's each year. Did you know that resolutions for New Year's have been around since the Babylonian times over 4000 years ago! So, this is not a unique experience to you or I; this is a human desire to be the best version of us we can be.

What research tells us about new year's resolutions is that if we make a resolution on a whim, we are unlikely to succeed, but, if we plan for it, over 48% of people continue working on this goal for six months, and 10% are still doing this as the 12-month mark. So, what are a few tricks to success?

1. Make realistic goals - being an astronaut might be your dream, but this is more achievable if we make focus on the smaller goals that lead to our dream of being an astronaut. Maybe your New Year's goal might be doing a short course in physics, or volunteering at an observatory.
2. Don't make vague or last minute goals - plan and be clear about your goals.
3. It is not easy to change, and even harder if we don't want to make the change - make sure your goals are yours. We often make goals because society says we should, like eating better or losing weight.
4. Knowing the reason we want to make change, is essential to motivation - if it is not our personal goal, then find a goal that has meaning and you have an internal drive to make change, e.g. I want to experience less anxiety, so I will enrol in a short course at Western Sydney Recovery College, or speak to a therapist. Step two might be choosing to make one change from the things you learn in the course / in therapy.



## 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.

### 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.

Our program demystifies this journey, offering clarity on the support available, and providing practical information on when, how, and why to access these crucial resources. Join us for the “Navigating the Mental Health System” workshop to gain insight into a complex system and how to find the resources and services you need.

**Details:** In person, Arts & Cultural Exchange, 8 Victoria Rd, Parramatta.

10:00am - 3:00pm, Thursday 15<sup>th</sup> February 2024

### Domestic Violence and Mental Health

This workshop explores the mental health needs of victims and survivors of domestic violence. The workshop draws upon up-to-date research on domestic violence, mental health, and the lived experiences of survivors and their supporters.

Our “Domestic Violence and Mental Health” workshop is informed by real stories of resilience and recovery. Join us for this workshop to create greater awareness and support for everyone with lived experience of Domestic Violence.

**Details:** Online (Zoom).

Please note - this course is run over two days:

10:00am - 2:30pm, Saturday 24<sup>th</sup> February 2024

10:00am - 2:30pm, Saturday 2<sup>nd</sup> March, 2024

### 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 foundation for effective collaborative problem solving.

Our “Understanding Trauma” workshop provides students with an understanding of the many forms of trauma and the impact they can have on wellbeing. Join us for this workshop to gain insight into supporting those with lived experience of trauma.

**Details:** Online (Zoom).

10:00am - 2:30pm, Wednesday 6<sup>th</sup> March 2024

### Understanding Personality Disorders

This workshop is an introduction to understanding personality disorders, looking at the history, prevalence and types of personality disorders, helping students to understand what it is like to live with these conditions, along with key principles of self-care and self-management strategies.

Join us for our “Understanding Personality Disorders” workshop to gain information about what personality disorders are, the experience of living with one, and how families, friends and carers can support a person and themselves toward recovery.

**Details:** In person, Max Webber Library Function Centre, 61 Flushcombe Rd, Blacktown.

10:00am - 4:00pm, Wednesday 20<sup>th</sup> March 2024

## 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.

### Grief and Loss

Grief is a natural and normal response to loss. Everyone experiences loss and grieves in their own way. 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.

Whether you're in the midst of grieving, supporting someone who is, or simply wish to understand this natural response, this workshop offers guidance and hope. Join us to discover a path toward healing and what life can hold beyond the grief.

**Details:** In person, Arts & Cultural Exchange, 8 Victoria Rd, Parramatta.

10:00am - 2:30pm, Wednesday 28<sup>th</sup> February 2024

### Mindfulness (Arabic)

Most of us often feel overloaded, stressed and feel under pressure. It is very easy to get into a spiral and be stuck in our usual automatic reactions (even if they're not helpful). Mindfulness is an integrative, mind-body based approach that helps people to manage their thoughts and feelings and mental health.

This workshop will explain what mindfulness is, and how mindfulness techniques can help improve overall wellbeing by reducing stressful feelings and emotions. Practical exercises will help students apply mindfulness skills.

**[Please note: this workshop is being offered in Arabic by Bilingual Educators in Term 1 2024.]**

**Details:** In person, Professional Teachers Council of NSW, 67 St Hilliers Rd, Auburn.

10:00am - 2:00pm, Thursday 21<sup>st</sup> March 2024

## 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 Communication Skills (Arabic)

This workshop 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. 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.

**[Please note: this workshop is being offered in Arabic by Bilingual Educators in Term 1 2024.]**

**Details:** In person, Professional Teachers Council of NSW, 67 St Hilliers Rd, Auburn.

10:00am - 2:00pm, Thursday 22<sup>nd</sup> February 2024

## Recognised Programs



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

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

Aboriginal and Torres Strait Islander Mental Health First Aid 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.

**Details:** In person, Max Webber Library Function Centre, 61 Flushcombe Rd, Blacktown.

**Please note - this course is run over two days:**

- 9:30am - 4:30pm, Wednesday 13<sup>th</sup> March 2024
- 9:30am - 4:30pm, Thursday 14<sup>th</sup> March 2024

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

**Enroll online now!**



# Term 1 2024 Calendar

February 2024

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	01	02	03
04	05	06	07	08	09	10
11	12	13	14	15 Navigating the Mental Health System [Parramatta] 10am - 3pm	16	17
18	19	20	21	22 Effective Communication Skills (Arabic) [Auburn] 10am - 2pm	23	24 Domestic Violence & Mental Health (Day 01/02) [Online, Zoom] 10am - 2:30pm
25	26	27	28 Grief and Loss [Parramatta] 10am - 2:30pm	29	01	02 Domestic Violence & Mental Health (Day 02/02) [Online, Zoom] 10am - 2:30pm

## March 2024

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
25	26	27	28	29	01	02
03	04	05	06 Understanding Trauma [Online, Zoom] 10am - 2:30pm	07	08	09
10	11	12	13 Aboriginal MHFA (Day 01/02) [Blacktown] 9:30am - 4:30pm	14 Aboriginal MHFA (Day 02/02) [Blacktown] 9:30am - 4:30pm	15	16
17	18	19	20 Understanding Personality Disorders [Blacktown] 10am - 4pm	21 Mindfulness (Arabic) [Auburn] 10am - 2pm	22	23
24	25	26	27	28	29	30

### 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](http://www.wsyrecoverycollege.org.au) and complete the enrolment form.
- Email: [wsyrecoverycollege@onedoor.org.au](mailto: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.wsydrecoverycollege.org.au](http://www.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 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://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.***

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](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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Scan the QR code to  
visit our website!