

Community  
Learning  
Growth

Western Sydney Recovery College

# Term 2 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.

## A Season of Reflection and Transformation

As we transition from the warmth of summer to the cooler, reflective days of autumn, it's a perfect time to embrace change and consider your personal growth. Autumn is often seen as a season of transformation, where the leaves change colour and fall, reminding us of the beauty and impermanence of life. It's a season that invites us to let go of what no longer serves us and to make room for new opportunities and experiences.

At Western Sydney Recovery College, we believe that this season of transition and change is an ideal time to invest in yourself and your well-being. Whether you're looking to build self-confidence, improve your communication skills, or understand more about mental health conditions, our courses are designed to support your journey of growth and learning.

Here are a few tips to make the most of this season of change:

- 1. Set Clear Goals:** Define what you want to achieve this season. Whether it's learning a new skill, improving your mental health, or simply taking time for self-care, having clear goals will help you stay focused and motivated.
- 2. Embrace Change:** Autumn is all about change. Embrace it in your personal life by trying new things, stepping out of your comfort zone, and being open to different perspectives.
- 3. Practice Mindfulness:** As the days get shorter and the nights longer, use this time to practice mindfulness and reflection. This can help you stay grounded and centred as you navigate through change. We've provided a mindfulness exercise on page 6 of this course guide!
- 4. Seek Support:** Remember, you're not alone on this journey.

Let this autumn be a time of transformation and growth for you. Enrol in one of our courses today where you can learn, grow, and connect with others who are on similar paths.



## 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.

### 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.

Our “ADHD, Autism and Neurodiversity” workshop explores the impacts of neurodiversity on individuals with a diagnosis and those supporting them, including their friends, partners, parents, and caregivers. The workshop will explore different brain functions, common conditions and causes, and coping strategies and management techniques, as well as fostering inclusive environments.

### Navigating the Mental Health System (Arabic)

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.

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.

[Please note: this workshop is being offered in Arabic by Bilingual Educators in Term 2 2024]

### Understanding OCD

Obsessive-Compulsive Disorder (OCD) can be challenging, impacting the lives of those affected and their loved ones. People living 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, common obsessions and compulsions, and the toll it takes on those living with OCD and those around them, as well as ways to support people living with OCD through evidence-based treatments, and practical self-management strategies and techniques to foster a more empathetic and inclusive community.

### Alcohol, Drug Use & Mental Health

Navigating the complex relationship between alcohol, drug use, and mental health can be challenging. The impact of substance use on mental well-being can be profound, leading to many emotional and psychological struggles.

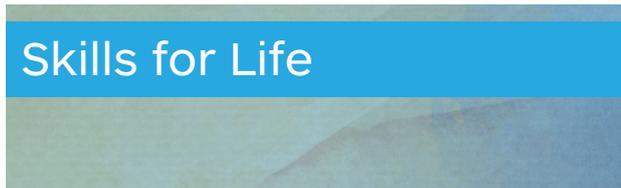
Our “Alcohol, Drug Use and Mental Health” workshop examines the complex relationship between substance use, recovery, and mental health, and the challenges for people grappling with substance use disorders, and their support networks. This workshop discusses the causes, consequences, and paths to recovery, as well as how to identify signs of substance use and its impact on mental wellbeing to foster understanding and empathy.

### Understanding Anxiety (Arabic)

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.

Join us for the “Understanding Anxiety” workshop to gain insights and practical strategies for navigating the challenges of anxiety, enhancing well-being for individuals and their support networks.

[Please note: this workshop is being offered in Arabic by Bilingual Educators in Term 2 2024]



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.

### Building Self-Confidence

Building self-confidence is essential for personal growth and achieving your goals. This workshop delves into the theoretical and practical aspects of boosting self-esteem and self-confidence. Students will learn to distinguish between these two concepts, evaluate their current confidence levels, and challenge negative self-talk.

Through a blend of practical sessions and education, students will practice 12 techniques to enhance self-confidence and adopt positive self-talk and affirmations. This program is designed to enable people to take control of their journey and fully engage in all life aspects, fostering a sense of ownership and self-assurance.

### Effective Communication Skills

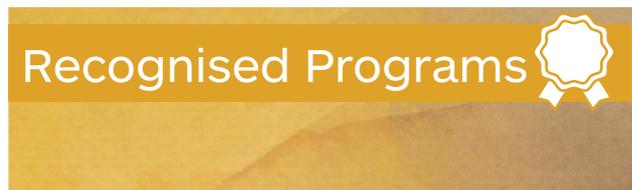
Effective communication is a life skill that enables people to express their needs and priorities clearly. Our “Effective Communication Skills” workshop aims to build a solid understanding of communication skills and their significance in personal growth and recovery.

Students will learn about different communication methods, including the difference between passive, aggressive, and assertive communication styles, practical exercises to develop communication skills, using ‘I’ messages to convey what is important to them, and how to say ‘no’ more effectively. This workshop will equip students to apply communication skills in everyday life.

### 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. Our “Practising Assertiveness” workshop is designed to demystify what assertiveness truly means and how it can be applied effectively, even when self-confidence wavers.

This course provides an opportunity to understand what assertiveness is (and is not), hone your assertiveness skills, confidently assert yourself in diverse situations, and employ self-advocacy effectively.



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

### Pasifika Mental Health First Aid

Pasifika Mental Health First Aid Mental Health First Aid is a specialist two day program which provides students with the knowledge and skills to support people developing a mental health condition or experiencing a mental health crisis.

Pasifika community members and their immediate family are invited to join a public Mental Health First Aid workshop to learn how to support people in their communities who may be experiencing distress

This workshop will be delivered by an educator with Pasifika heritage.

**Please note:** This course is only open to Pasifika community members and immediate family members.

# Term 2 2024 Calendar

## May 2024

SUN	MON	TUES	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	01	02	03	04
05	06	07	08	09	10	11 Building Self-Confidence, Online (Zoom) 10:00am - 2:00pm
12	13	14	15 ADHD, Autism and Neurodiversity, Blacktown, 10:00am - 2:00pm	16	17	18 Effective Communication Skills, Online (Zoom) 10:00am - 2:00pm
19	20	21	22	23 Navigating the Mental Health System [Arabic], Auburn, 10:00am - 2:00pm	24	25 Practising Assertiveness, Online (Zoom) 10:00am - 2:00pm
26	27	28	29	30 Understanding OCD, Blacktown, 10:00am - 2:00pm	31	01

## June 2024

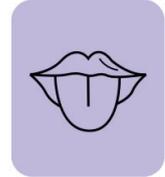
SUN	MON	TUES	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
02	03	04	05	06	07	08
09	10	11	12 Alcohol, Drug Use and Mental Health, Parramatta, 10:00am - 2:00pm	13	14	15
16	17	18	19	20 Pasifika MHFA, Day 1/2, Guildford, 9:30am - 4:30pm Understanding Anxiety [Arabic], Auburn, 10:00am - 2:00pm	21 Pasifika MHFA, Day 2/2 Guildford, 9:30am - 4:30pm	22
23	24	25	26	27	28	29
30	01	02	03	04	05	06

## Mindfulness Exercise - 5-4-3-2-1 Grounding Technique

This technique helps you stay present and reduce anxiety by engaging your senses.

1. Notice 5 things you can see: Look around and focus on five distinct items. Describe their colours, shapes, and textures.
2. Acknowledge 4 things you can touch: Feel the texture of four different objects. Notice their temperature, weight, and material.
3. Identify 3 things you can hear: Close your eyes and listen. Pick out three sounds, whether near or far.
4. Recognise 2 things you can smell: Breathe in and detect two scents. If you can't smell anything, think of your favourite smells.
5. Name 1 thing you can taste: Take a sip of a drink, chew gum, or simply recall a taste you enjoy.

Repeat this process slowly, taking deep breaths between each step. This technique can be used anywhere to ground yourself in the present moment.



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





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