



Term 2 2025 Course Guide

Free Workshops for the Western Sydney Community

- **What is Mental Health?** • **Health and Wellbeing** • **Skills for Life** • **Accredited Programs** •

Growing, Learning, and Thriving, Together

Personal growth is everywhere online: videos promising solutions, miracle cures, and even invented syndromes.... It can be overwhelming to navigate this flood of ideas. But, at its core, personal growth comes down to a set of simple principles:

- It's a choice.
- It can be super hard.
- There are no quick fixes.
- What works varies for each person, but many of the key concepts apply to us all.

Becoming Resilient helps us manage stress, mental health, and loss, and helps us create the life we want.

Building Self-confidence is a lifelong journey, founded on understanding ourselves and our core values. **Effective Communication** is another skill we refine throughout lives, so that we can express our needs, wants, and feelings clearly and honestly.

In honour of personal growth, we're running our **3-Part Personal Growth Workshop Series!**

We look forward to coming together to support the most important person in your life: you.

- Jayke Burgess, Program Manager



Our mission is to educate and inspire the broader community about mental health, to support recovery, and to provide a safe and respectful environment for our students to learn and grow.



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

www.wsydrecoverycollege.org.au

Term 2 2025 Workshops

What is Mental Health?

This stream focuses on mental health conditions, recovery, and the mental health system.

- **Home Sweet Home, Blacktown**
10:00am - 2:00pm, Thursday 8th May
How can you create a more organised space – and a calmer mind – one step at a time?
- **Navigating the Mental Health System [Arabic], Parramatta**
10:00am - 2:00pm, Saturday 10th May
This workshop will be delivered in Arabic by two bilingual educators.
How can you find the right support within the mental health system?
- **Alcohol, Drug Use and Mental Health, Blacktown**
10:00am - 3:00pm, Wednesday 21st May
How does alcohol and drug use impact mental health, and how can people address both?
- **Understanding Schizophrenia, Online (Zoom)**
10:00am - 2:00pm, Saturday 24th May
What are the most common misconceptions about schizophrenia, and what is their impact?
- **ADHD, Autism and Neurodivergence, Parramatta**
2 Day Course: 10:00am - 2:00pm, Saturday 31st May, and 10:00am - 2:00pm, Saturday 7th June
Why do some people's brains work differently to most other people's brains?
- **Understanding OCD, Parramatta**
10:00am - 2:00pm, Wednesday 4th June
Why is Obsessive-Compulsive Disorder (OCD) also known as the "Doubting Disease"?
- **Let's Talk Gambling [Arabic], Blacktown**
10:00am - 2:00pm, Thursday 5th June
This workshop will be delivered in Arabic by two bilingual educators.
What are the dangers of compulsive gambling, and how do they impact people's lives?

Health and Wellbeing

This stream focuses on information and techniques to improve your physical and mental wellbeing.

- **Grief and Loss, Online (Zoom)**
10:00am - 2:00pm, Saturday 17th May
How can we support ourselves and others through grief, and learn to find life beyond loss?

Skills for Life

This stream aims to help students build skills to assist in their everyday lives and in times of stress.

Enrol in our 3-Part "Personal Growth" Workshop Series!

- 1. Building Self-Confidence, Online**
5:30pm - 9:00pm, Thursday 15th May
Are some people just naturally confident, or can anyone develop their own self-confidence?
- 2. Effective Communication Skills, Online**
5:30pm - 9:00pm, Thursday 22nd May
What are the different styles of communication, and which is the most effective one to use?
- 3. Becoming Resilient, Online**
5:30pm - 9:00pm, Thursday 29th May
What does it mean to be resilient, and how can we learn to bounce back from life's challenges?

Accredited Courses

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

- **Youth Aboriginal and Torres Strait Islander Mental Health First Aid, Parramatta**
2 Day Course: 9:30am - 4:30pm Wednesday 28th May, and 9:30am - 4:30pm Thursday 29th May
What is unique about mental health support for Aboriginal and Torres Strait Islander youth?

Term 2 2025 Calendar

Workshops are scheduled Wednesday through Saturday

May

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
07	08 Home Sweet Home <i>Blacktown</i> 10:00am - 2:00pm	09	10 Navigating the Mental Health System (Arabic), Parramatta 10:00am - 2:00pm
14	15 Building Self-Confidence <i>Online (Zoom)</i> 5:30pm - 9:00pm	16	17 Grief and Loss <i>Online (Zoom)</i> 10:00am - 2:00pm
21 Alcohol, Drug Use and Mental Health, Blacktown 10:00am - 3:00pm	22 Effective Communication Skills, Online (Zoom) 5:30pm - 9:00pm	23	24 Understanding Schizophrenia <i>Online (Zoom)</i> 10:00am - 2:00pm
28 Youth Aboriginal Mental Health First Aid, Day 1 of 2 <i>Parramatta, 9:30am - 4:30pm</i>	29 Youth Aboriginal MHFA, Day 2, Parramatta, 9:30am - 4:30pm Becoming Resilient <i>Online (Zoom), 5:30pm - 9:00pm</i>	30	31 ADHD, Autism and Neurodivergence, Day 1 of 2 <i>Parramatta, 10:00am - 2:00pm</i>

June

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
04 Understanding OCD <i>Parramatta</i> 10:00am - 2:00pm	05 Let's Talk Gambling (Arabic) <i>Blacktown</i> 10:00am - 2:00pm	06	07 ADHD, Autism and Neurodivergence, Day 2 of 2 <i>Parramatta, 10:00am - 2:00pm</i>
11	12	13	14

How to Enrol

If you would like to enrol in any of our workshops:

- Visit www.wsydrecoverycollege.org.au and fill out the online enrolment form
- Email us at wsydrecoverycollege@onedoor.org.au or call **02 9199 6195**

If you have enrolled in one of our courses before, we can register your enrolment to save you time filing out another form!

If any courses are booked out, we can notify you if a place becomes available.



Scan the QR code to see our upcoming workshops!

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.

All programs delivered by the college are co-produced. This means that the content is co-designed and co-delivered by people with lived experience of mental health conditions as a consumer or carer and mental health professionals. Co-production promotes shared understanding and breaks down barriers and reduces stigma and increases a community of understanding and support.

The Western Sydney Recovery College program is run by the not-for-profit organisation One Door Mental Health and made possible by funding from the Western Sydney Primary Health Network.



Frequently Asked Questions

Who can attend?

Our workshops are for everyone! Anyone who lives, works or studies in the Western Sydney Local Health District area are welcome to enrol. Students must be 18 years of age or older to attend.

Where are workshops held?

Our workshops are delivered in-person at venues across Western Sydney, and online via Zoom.

We offer accessible learning opportunities through both in-person and online workshops, ensuring all community members can engage regardless of location or circumstances. This flexibility caters to various learning styles and adapts to changing needs, maintaining high standards all formats.

How many students will there be?

The majority of our workshops have groups of between 8 and 12 students, and recognised and accredited programs may have up to 20 students.

How much does it cost?

All our workshops, including recognised and accredited programs, are free of charge for anyone in the Western Sydney community.

I haven't used Zoom before, how does it work?

The team at Western Sydney Recovery College will be happy to do an orientation with you to ensure you're comfortable! Please let us know if you would like to book an orientation session.

Infection Prevention and Control

For students attending in-person workshops, please adhere to standard infection prevention and control measures. Wash hands thoroughly with soap and water or use alcohol-based hand sanitisers, wear masks as required, and maintain physical distancing where possible.

If you are feeling unwell, please avoid attending the workshop and seek medical advice. These steps are necessary to ensure a safe and healthy environment for everyone.

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.

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