



Term 1 2026 Course Guide

Free Workshops for the Western Sydney Community

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

Will you open yourself to new ideas this year?

2026 has arrived in a flash, and already so much is happening! Looking after our mental health isn't a luxury, it's essential. The tone of social and international media can make it seem as though communities are divided and disconnected, yet that rarely reflects our everyday lives.

We are fortunate to live in a vibrant, multicultural society shaped by diverse perspectives, cultures and ways of living. I often joke that my own family is like a mini United Nations: six different religions spanning highly conservative to left-wing anarchy, more than ten languages, and no division or hate. Only learning, love, and a shared commitment to living well together.

Learning broadens our world. It introduces new ideas, new ways of being, and practical tools to support mental wellbeing. Whether you're interested in health and wellbeing, developing new skills, or understanding mental health, there is a course designed to meet you where you are.

Let's come together to learn at this important moment in our history.

- *Jayke Burgess, Program Manager
Western Sydney Recovery College*



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.wsyrecoverycollege.org.au

Term 1 2026 Workshops

What is Mental Health?

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

- **Domestic Violence and Mental Health, Online (Zoom)**

2-Day Course: 5:30pm - 9:00pm Wednesday 11th March and 5:30pm - 9:00pm Thursday 12th March
What are the hidden mental health effects of domestic violence, and how do we recognise them?

- **Understanding Personality Disorder, Online (Zoom)**

10:00am - 4:00pm Saturday 14th March
What makes personality disorder so complex and often misunderstood?

- **Navigating the Mental Health System, Parramatta**

10:00am - 3:00pm Wednesday 18th March
How can you find the right support within the complex mental health system?

- **Understanding Bipolar, Online (Zoom)**

5:30pm - 9:00pm Wednesday 25th March
Why do some people experience such wide fluctuations in mood and emotions?

- **Alcohol, Drug Use and Mental Health, Online (Zoom)**

5:30pm - 9:00pm, Wednesday 1st April
How does alcohol and drug use impact mental health, and how can people address both?

Health and Wellbeing

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

Enrol in our 3-Part "Wellbeing Essentials" Workshop Series!

- 1. Physical and Mental Health, Blacktown**

10:00am - 2:00pm Thursday 12th March
How are physical and mental health connected, and how do they affect each other?

- 2. Self-Care, Blacktown**

10:00am - 2:00pm Thursday 19th March
What are the best ways to prioritise self-care in when you live a busy life?

- 3. Mindfulness, Blacktown**

10:00am - 12:00pm Thursday 26th March
How can mindfulness help to improve your mental and emotional wellbeing?

Skills for Life

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

- **Practising Assertiveness, Online (Zoom)**

10:00am - 2:00pm Saturday 21st March
Why do some people find it easy to ask for what they want, and is it a skill anyone can learn?

- **Conversations about Change, Online (Zoom)**

10:00am - 2:00pm Saturday 28th March
How do we have difficult conversations with the people we love and care about?

Accredited Courses

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

- **Pasifika Mental Health First Aid, Granville**

Please Note - This course is only open to Pasifika community members and immediate family members.
2 Day Course: 9:30am - 4:30pm Thursday 19th March and 9:30am - 4:30pm Friday 20th March
What makes mental health support for Pacific Islander communities unique?

Term 1 2026 Calendar

Workshops are scheduled Wednesday through Saturday

March

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11	12	13	14
Domestic Violence & Mental Health, Day 1 of 2, Online (Zoom), 5:30pm - 9:00pm	Physical and Mental Health Blacktown, 10:00am - 2:00pm Domestic Violence & Mental Health Day 2, Online (Zoom), 5:30pm - 9:00pm		Understanding Personality Disorder, Online (Zoom) 10:00am - 4:00pm
18	19	20	21
Navigating the Mental Health System, Parramatta 10:00am - 3:00pm	Self-Care Blacktown, 10:00am - 2:00pm Pasifika Mental Health First Aid Day 1 of 2, Granville, 9:30am - 4:00pm	Pasifika Mental Health First Aid, Day 2 of 2, Granville 9:30am - 4:00pm	Practising Assertiveness Online (Zoom) 10:00am - 2:00pm
25	26	27	28
Understanding Bipolar Online (Zoom) 5:30pm - 9:00pm	Mindfulness Blacktown 10:00am - 12:00pm		Conversations about Change Online (Zoom) 10:00am - 2:00pm

April

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
01	02	03	04
Alcohol, Drug Use and Mental Health, Online (Zoom) 5:30pm - 9:00pm			
08	09	10	11
12	13	14	15

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 filling 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, breaks down barriers, 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 across 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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