

**Community
Learning
Growth**

Western Sydney Recovery College

Term 2 2021

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.

Mindfulness, Mental Health & our Multicultural Community

This term, we encourage you to start your Recovery College studies with care and gratitude by attending **Mindfulness**. WSRC are thankful that 2021 has allowed us to offer face-to-face workshops again, although we continue with some online courses this term as well.

We also acknowledge the change and uncertainty that may continue to be experienced for those of you working in the community and mental health sectors, so will finish the term in June with a short **Self-Care & Burnout** workshop delivered online.

Featured to the right are our bilingual educators, Adla and Abbey, who deliver workshops for the Arabic-speaking community in the Auburn area. This term **Mindfulness** and **Effective Communication Skills** will be held in Arabic.

Finally, are again holding a workshop on **Problem Gambling** run by the Multicultural Problem Gambling Service for NSW. This workshop provides an introduction to problem gambling in multicultural communities and explores its impact on mental health.

Reintroducing Skills for Life and Talking about Mental Health

This term we offer some workshops that we have not been able to hold for some time. With a focus on our **Skills for Life** stream, workshops about communication skills will support you to have a conversation about change with a friend or loved one, work on your own communication skills, and encourage you to practice your assertiveness skills.

At the end of the term three workshops will be held that are designed to provide students with the skills to speak in front of a small audience of people about their mental health journey. **Talking about Mental Health** may interest any student involved in group work in the mental health sector.



WSRC bilingual Educators Adla and Abbey deliver Self-Care in Arabic at Auburn.

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
- Riverstone
- Online using Zoom

How many students will there be? This will depend on the venue and type of workshop.

Online workshops will have between 8-12 students, regular face-to-face workshops will have up to 8 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 will provide students with information about recovery, mental health conditions, and the mental health system in the Western Sydney area and across Australia.

Introduction to Problem Gambling

This workshop will explore the various impacts of problem gambling on the individual and the family focusing on mental health and multicultural communities. The workshop will provide examples of warning signs and the types of support that are available for those experiencing problem gambling and their families.

This workshop will be delivered by Multicultural Problem Gambling Service for NSW.

Navigating the Mental Health System

This workshop will assist students in navigating the mental health system in Western Sydney. It covers what services are available, how to access them and the terminology used by mental health workers.

Understanding Depression

This workshop builds understanding of depression and how it impacts on individuals, their carers and families. The program also explores recovery, coping strategies and self-management techniques.

Understanding Personality Disorders

This workshop looks at the history, prevalence and types of mental health conditions that are called personality disorders. It helps students to understand what it is like to live with these conditions, and discusses supports and treatments along with self-care and self-management strategies.

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.

Mindfulness

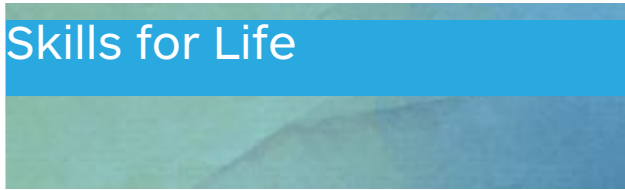
Many people find mindfulness an effective approach to support their mental health recovery or just to help reduce stress and improve their coping skills. This four part workshop series will explain what mindfulness is and how mindfulness techniques can help improve overall wellbeing by reducing stressful feelings and emotions. Practical exercises will help students apply and practice mindfulness skills.

Arabic This workshop will be conducted in Arabic by Bilingual Educators in Auburn this term.

Self-Care & Burnout for Workers

This shortened online version of our Self-Care workshop provides a safe space for community workers to switch off from distractions and tune in to their own body and mind. This workshop will offer a designated break, and share information about compassion fatigue, burnout, mindfulness and healthy self-care habits.





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.

Conversations about Change

In this workshop students 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 them.

Effective Communication Skills

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.

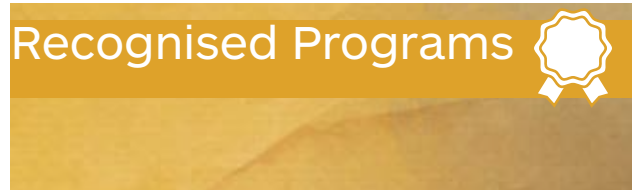
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Practising Assertiveness

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

Talking about Mental Health

Would you like to learn how to talk to groups about mental health? This might be a formal or informal presentation to a carers group, a committee, a student group or in an organisation. This workshop series will give students the skills to speak in front of a group of people and write short presentations.



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

Mental Health First Aid

These specialist two day programs are accredited by Mental Health First Aid Australia. On completion of each two day program students may complete an online testing component in order to obtain accreditation.

Aboriginal & Torres Strait Islander Mental Health First Aid

This 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.

Note: This course is open to Indigenous and non-Indigenous workers and community members.

Youth Mental Health First Aid

This is a specialist two day program that provides students with the knowledge and skills to assist young people experiencing a mental health crisis. This course is intended for adults working or living with adolescents, however, the course can be relevant for those helping people who are a little younger or older.

Key

- What is Mental Health?
- Health and Wellbeing
- Skills for Life
- Recognised Programs
- The Student Voice

Term 2 2021 Calendar

April 2021

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
18	19	20	21 Blacktown: Mindfulness 10am-12noon	22 Online (Zoom): Understanding Depression (1/2) 10am-12noon	23	24
25	26	27	28	29 Online (Zoom): Understanding Depression (2/2) 10am-12noon	30	

May 2021

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
2	3	4	5 Blacktown: Practising Assertiveness 10am-2pm	6 Parramatta: Youth MHFA, Day 1/2 9am-4.30pm	7 Parramatta: Youth MHFA, Day 2/2 9am-4.30pm	8
9	10	11	12 Online (Zoom): Intro to Problem Gambling 10am-12noon	13	14	15
16	17 Parramatta: Aboriginal MHFA, Day 1/2 9am-4.30pm	18 Parramatta: Aboriginal MHFA, Day 2/2 9am-4.30pm Online (Zoom): Und. Personality Disorders 1/2 10am-12noon	19 Blacktown: Conversations about Change 10am-2pm	20 Online (Zoom): Und. Personality Disorders 2/2 10am-12noon	21	22
23	24	25	26 Online (Zoom): Effective Comm. Skills 1/2 10am-12noon Auburn: Mindfulness (Arabic) 10am-12noon	27	28	29
30	31					

June 2021

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1	2 Online (Zoom): Effective Comm. Skills 2/2 10am-12noon	3 Riverstone: Talking about Mental Health 1/3 10am-12noon	4	5
6	7	8	9 Riverstone: Navigating the MH System, 10am-2pm	10 Riverstone: Talking about Mental Health 2/3 10am-12noon	11	12
13	14	15	16 Auburn: Effective Communication Skills (Arabic) 10am-2pm	17 Riverstone: Talking about Mental Health 3/3 10am-12noon	18	19
20	21	22	23	24 Online (Zoom): Self-Care & Burnout 10am-12noon	25	26
27	28	29	30			

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.

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 and complete the enrolment form.
- Mail: Post a hard copy enrolment form to Western Sydney Recovery College Level 3, 81 Flushcombe Road Blacktown NSW 2148
- Email: wsydrecoverycollege@onedoor.org.au.
- Phone: 02 9199 6195 - Please note this is our new number.

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

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 2148

Parramatta

Holiday Inn
18-40 Anderson Street
Parramatta 2150

Riverstone

Riverstone Neighbourhood Centre
9 Park Street
Riverstone 2765

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

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 any workshop if you develop cold or flu symptoms, if you have been in contact with a known COVID-19 case and have been advised to isolate or if you have attended any current venues listed by NSW Health and need to be tested. If you have symptoms or have been identified as a close contact of a COVID-19 case, please get tested.

Depending on the restrictions and guidelines at the time of the workshop and the venue being used, we may:

- Contact you the day before the workshop to run through a COVID questionnaire - to confirm you are well, have not been overseas or in contact with a known COVID case
- Request that you bring your own coffee cup to the workshop

We will provide:

- Hand sanitiser
- Disinfectant wipes
- Optional disposable face masks
- Optional disposable gloves
- Separately packed lunches

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.



Phone: 02 9199 6195

Email: wsydrecoverycollege@onedoor.org.au

Web: www.wsydrecoverycollege.org.au

Facebook: [wsydrecoverycollege](https://www.facebook.com/wsydrecoverycollege)

Mail: L3 81 Flushcombe Rd
Blacktown NSW 2148



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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