

Learn, Recover, Grow



Winter Online Learning Timetable

Principal Supporters



Places are limited

Mental Health Recovery: Using a Wellbeing Approach

Commences: 3rd August

Concludes: 9th October

To register:

Step 1

<https://swsrecoverycollege.com.au/learn-2/enrolment-form/> or **CLICK HERE**

Step 2

SWSRC Team will be in contact with you to provide you with access to Catapult online learning platform and invite to optional zoom meeting welcome session.

Eligibility: For people with a mental ill health lived experience, carers or service providers who reside or work within South Western Sydney.

Our popular Mental Health Recovery: Using a Wellbeing Approach (formerly Understanding Recovery) 10 week course is now available online via Catapult self-directed learning! This course provides an overall understanding and insight into mental health recovery.

Each week you will work through a topic at your own pace and at a time convenient for you. You will be supported by our Peer Trainers who will provide opportunities for you to join in three optional group zoom sessions at the beginning, middle and end of course and whom will provide you with feedback at the end of each topic.

Topics include:

- What is Mental Health Recovery?
- Strengths Approach
- Building Your Resilience
- Understanding Mental Health and the Act
- Navigating the Mental Health System
- Exploring Alcohol, Drug Use and Wellbeing
- Exploring Depression
- Exploring Bipolar
- Exploring Grief and Loss
- Exploring Personality Disorders

Mental Health Recovery: Advancing Your Wellbeing Knowledge

Occurs – July: 27th | August: 3rd, 10th, 17th, 24th, 31st | September: 7th, 14th, 21st and 28th

To register:

Step 1

<https://swsrecoverycollege.com.au/learn-2/enrolment-form/> or **CLICK HERE**

Step 2

SWSRC Team will be in contact with you to provide you with details to access the weekly zoom meeting sessions.

Eligibility: For people with a mental ill health lived experience, carers or service providers within South Western Sydney who have previously completed at least 5 weeks of the Mental Health Recovery: Using a Wellbeing Approach (formerly Understanding Recovery) course.

Introducing our new 'Mental Health Recovery: Advancing Your Wellbeing Knowledge' 10 week course!

This course builds on the insight developed in 'Mental Health Recovery: Using a Wellbeing Approach' course and is designed as an extension for those who have attended at least 5 of the topics within the first course. This course will be delivered in an online format using the zoom meeting platform.

Topics include:

- Mental Health Recovery in Review
- Healthy Relationships
- Understanding & Responding to Trauma
- Understanding & Responding to Trauma cont.
- Exploring Anxiety
- Exploring PTSD
- Exploring Schizophrenia
- Exploring Stigma
- Supported Decision Making
- Effective Advocacy



Places are limited



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Taking Care of You

Course #1 Commences: 17th August

Course #2 Commences: 7th September

Course #1 Ends: 4th September

Course #2 Ends: 24th September

To register:

Step 1

<https://swsrecoverycollege.com.au/learn-2/enrolment-form/> or **CLICK HERE**

Step 2

SWSRC Team will be in contact with you to provide you with access to Catapult online learning platform.

Eligibility: For people with a mental ill health lived experience, carers or service providers who reside or work within South Western Sydney

Taking Care of You 3 week course is now available online via Catapult self-directed learning with two course delivery periods to choose from!

In the midst of our busy lives, we can neglect our wellbeing which then impacts our relationships and ability to adequately communicate our needs. Personal boundaries move and frustration, burnout and dissatisfaction can creep in. This short course will assist you to identify and understand when your wellbeing is suffering, when boundaries need attention and strategies you can use. Each week you will work through a topic at your own pace and at a time convenient for you. You will be supported by our Peer Trainers whom will provide you with feedback at the end of each topic.

Outcomes:

- Increased understanding of wellbeing and burnout
- Increased understanding of setting personal boundaries
- Develop stronger communication skills
- Develop skills to enhance healthier relationships

Buried in Treasures

Next course will be commencing October 2020 (Spring Term)

To express interest in the next course (October) contact:

Email

swsrecoverycollege@mdservices.com.au

Or Call

(02) 4621 8400

or [CLICK HERE](#)



Places are limited

Buried in Treasures (BiT) is a 15 week course based on research to assist people to understand the reasons why they live in excessive clutter and the difficulties they experience in deciding what to keep and what to discard.

 Please be advised that this course is currently mid-way and not accepting enrolments at this time.

Same webinar delivered twice



Managing Our Emotions

Webinar #1 Date: 23rd July
Time: 10:00am – 11:30am

To register:

Webinar #1

<http://tiny.cc/7qzcsz>

or [CLICK HERE](#)

Managing Our Emotions

Webinar #2 Date: 1st September
Time: 6:00pm – 7:30pm

To register:

Webinar #2

<http://tiny.cc/rrzcsz>

or [CLICK HERE](#)

Uncertainty, anxiety and fear are normal emotional reactions to an abnormal situation that may have us feeling like we are sailing in uncharted waters.

How do we make sense of and cope with our emotional reactions whilst remaining emotionally and psychologically well during a time of social distancing?

Being emotionally grounded is the key. This webinar will explore how we can manage our emotions through different regulation modes, what these normally look like in our daily lives and how we can use self-regulation to navigate through our current circumstances. We will also explore how managing our emotions supports our overall well-being to ensure we will exit this period with a greater understanding of ourselves and give us lifelong keys for ongoing personal development.

Outcomes:

- Increased understanding of how we manage emotions through different regulation strategies
- Exploring and developing healthy emotion regulation skills that supports our overall well-being, now and into the future.

Vicarious Trauma

Date: Tuesday 4th August

Time: 2:30pm – 4:30pm

To register:

Step 1

<http://tiny.cc/f9zcsz>

or [CLICK HERE](#)

Eligibility: For people with a mental ill health lived experience, carers or service providers who reside or work within South Western Sydney.

Trauma has been described as experiences that overwhelm the ordinary human responses to life and can arise from single or repeated events that are physically or emotionally harmful.

What about when trauma is transferred through empathetic engagement? Research highlights that vicarious trauma can be as significant and debilitating as struggling with trauma. With this in mind, how do we utilise trauma informed care principles to look after ourselves and draw upon our strengths to support our recovery?

This online webinar will explore the signs and symptoms of Vicarious Trauma and explore self-care strategies to manage trauma responses and to maintain our well-being.

Outcomes:

- Increased understanding of Vicarious Trauma and its impacts
- Increased ability to recognise signs and symptoms of Vicarious Trauma
- Increased understanding of the Principles of Trauma Informed Care to support recovery
- Explore self-care strategies and strengths approach to manage trauma responses





Self-Care & Wellness for Young People

Date: Tuesday 11th August

Time: 6:00pm – 7:30pm

To register:

Please visit

<http://tiny.cc/5y0csz>

or **CLICK HERE**

Maintaining our mental health and well-being is critical in navigating the challenges presented by social distancing and what this entails for each individual and family unit.

Young people experience anxiety, fear and loneliness yet may not have developed the ability to communicate that effectively, particularly with adult family members.

This webinar will assist both parents and young people in understanding the impacts of social distancing on mental health and well-being, while providing practical ideas and strategies for support.

Outcomes:

- Increased understanding of the impacts associated with social distancing and it's connection with mental health and well-being
- Explore strategies that will help support a young person and strengthen the family unit to navigate through this period of change

Healthy Relationships

Webinar #1 Date:

Wednesday, 29th July

Time: 10am – 11:30am

To register:

Webinar #1

<http://tiny.cc/cc1csz>

or **CLICK HERE**

Healthy Relationships

Webinar #2 Date:

Saturday, 29th August

Time: 10am – 11:30am

To register:

Webinar #2

<http://tiny.cc/yc1csz>

or **CLICK HERE**

Same webinar delivered twice



Relationships form the cornerstone of our lives, whether they are work based relationships, relationships we have with clinicians or service providers or personal relationships including partners, family and friends.

This 1.5 hr webinar will explore what a healthy relationship is, recognise signs of an unhealthy relationship and how to maintain a healthy relationship whilst managing or supporting mental health challenges. It will also explore boundaries and how to respond to unhealthy relationships.

Outcomes:

- Ability to recognise what a healthy relationship looks like and how to nurture it
- Explore unhealthy relationships and how to protect yourself
- Increased understanding of personal boundaries and how to implement them and respect boundaries of others



Compassion Fatigue for Carers

Webinar Date:

Wednesday 19th August

Time: 10:00am – 11:30am

To register:

Please visit

<http://tiny.cc/l71csz>

or **CLICK HERE**

Fulfilling a caring role for our loved ones is a natural by-product of loving them, and is often something we do without counting the cost for us.

In many circumstances we don't necessarily recognise that we are fulfilling the role of a carer as we are simply being a parent, partner, child or friend. However, it can often feel like we are running on empty and that we don't have much more to offer. This webinar will explore the concept of compassion fatigue related to the carers role, and how we maintain our sense of self and wellbeing while continuing to offer compassion and support to the people we care for.

Outcomes:

- Explore and identify the signs and symptoms of compassion fatigue
- Understand how and why compassion fatigue transpires
- Identify ways of caring for ourselves and reduce the risk of compassion fatigue

Supporting Someone in Crisis

Webinar #1 Date:

Thursday, 3rd September

Time: 10am – 11:30am

To register:

Webinar #1

<http://tiny.cc/eo2csz> or [CLICK HERE](#)

Supporting Someone in Crisis

Webinar #2 Date:

Saturday, 12th September

Time: 10am – 11:30am

To register:

Webinar #2

<http://tiny.cc/io2csz> or [CLICK HERE](#)

Same webinar delivered twice



This webinar will explore what a mental health crisis is, what it may look like for different people, potential early warning signs and supports that may be required to help ease the difficulties being experienced.

It will also explore when a crisis has become an emergency, how to access services and the rights of an individual experiencing crisis.

Outcomes:

- Increased understanding of what a crisis is and how to recognise a crisis
- Increased understanding of local support services for crisis situations
- Explore practical ways for service providers, friends and families to support an individual in crisis

Same webinar delivered twice



5 Ways to Wellbeing

Webinar #1 Date:

Monday, 24th August

Time: 1:30pm – 3:30pm

To register:

Webinar #1

<http://tiny.cc/3t2csz> or [CLICK HERE](#)

5 Ways to Wellbeing

Webinar #2 Date:

Tuesday, 8th September

Time: 9:30am – 11:30am

To register:

Webinar #2

<http://tiny.cc/8t2csz> or [CLICK HERE](#)

The 5 Ways to Wellbeing are five actions to improve your ability to cope with the ups and downs of everyday life.

The 5 Ways to Wellbeing are five actions that everyone can do to feel healthier and happier as you build your own internal resilience to cope with daily challenges and the changing world we live in. The aim is to encourage and support one's ability to implement these life style changes themselves and in time take it one step further by becoming a 'champion' of the 5 ways to Wellbeing.

We encourage you to come and join in a simple but powerful opportunity for growth individually but also if you choose the wider community.

Outcomes:

- Introduction to 5 Ways to Wellbeing program
- Exploring What is Wellbeing
- Introducing the 5 Domains of Wellbeing and how we can live them out in everyday life.

Wellness Approach to Mental Health Recovery

Webinar #1 Date:

Friday, 31st July

Time: 10am – 11:30am

To register:

Webinar #1

<http://tiny.cc/gh3csz> or [CLICK HERE](#)

Wellness Approach to Mental Health Recovery

Webinar #1 Date:

Thursday, 24th September

Time: 2:30pm – 4:00pm

To register:

Webinar #2

<http://tiny.cc/vh3csz> or [CLICK HERE](#)

Same webinar delivered twice



Eligibility: For service providers working or living in South West Sydney, as part of our 'recovery oriented approach' training opportunities.

Living well with mental health challenges is possible. Mental health wellness is defined as a state of good mental health wellbeing in which you are able to recognise your own potential in making a contribution to your local community and utilise coping skills to deal with normal life stresses.

Research highlights that personal growth and active community participation has significant positive outcomes for people.

This session will unpack 'what is wellness in relation to improved mental health?' and provide concrete strategies for improving and maintaining wellness.

Outcomes:

- Increased understanding of the wellness approach
- Increased understanding of living well with mental health challenges
- Explore practical strategies to support mental health wellness

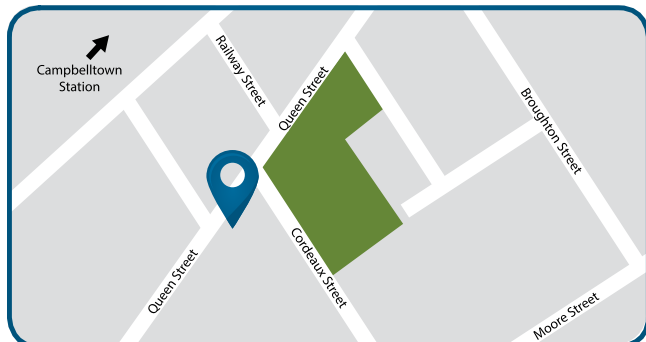
Contacts and Location

General Manager, Community, Mental Health & Training:

- ◆ Julie Deane

The Team:

- ◆ Debbie Graham – Manager, SWS Recovery College
- ◆ Janeen Harris – Administration and Training Support Officer
- ◆ Anna Buckingham – Peer Trainer
- ◆ Julie Icardi – Peer Trainer



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ABN: 98 003 008 928

Lifeline Crisis Support – 13 11 14

Beyond Blue – 1300 22 4636

We would like to acknowledge the Dharawal people, the traditional custodians of the land on which we work. We recognise the strengths, resilience and capacity of Aboriginal people and we pay our respect to Elders past, present and future.