

May – June 2019

## Mind Recovery College™ Calendar of courses

“  
The Mind Recovery College has readjusted my thinking about myself and about others. Instead of being a victim of life, I feel like I'm a student of life. – Kerry Anne, Thargomimba campus  
”

We'll inspire and support you through co-produced education to:

- find your own direction in life
- choose personal change and growth
- increase appreciation of your potential and choices
- open new doors
- foster hope
- become experts in your own self care
- help family, friends, carers and professionals to better understand mental ill-health and its impacts on motivation and functioning.



**Mind Connect**

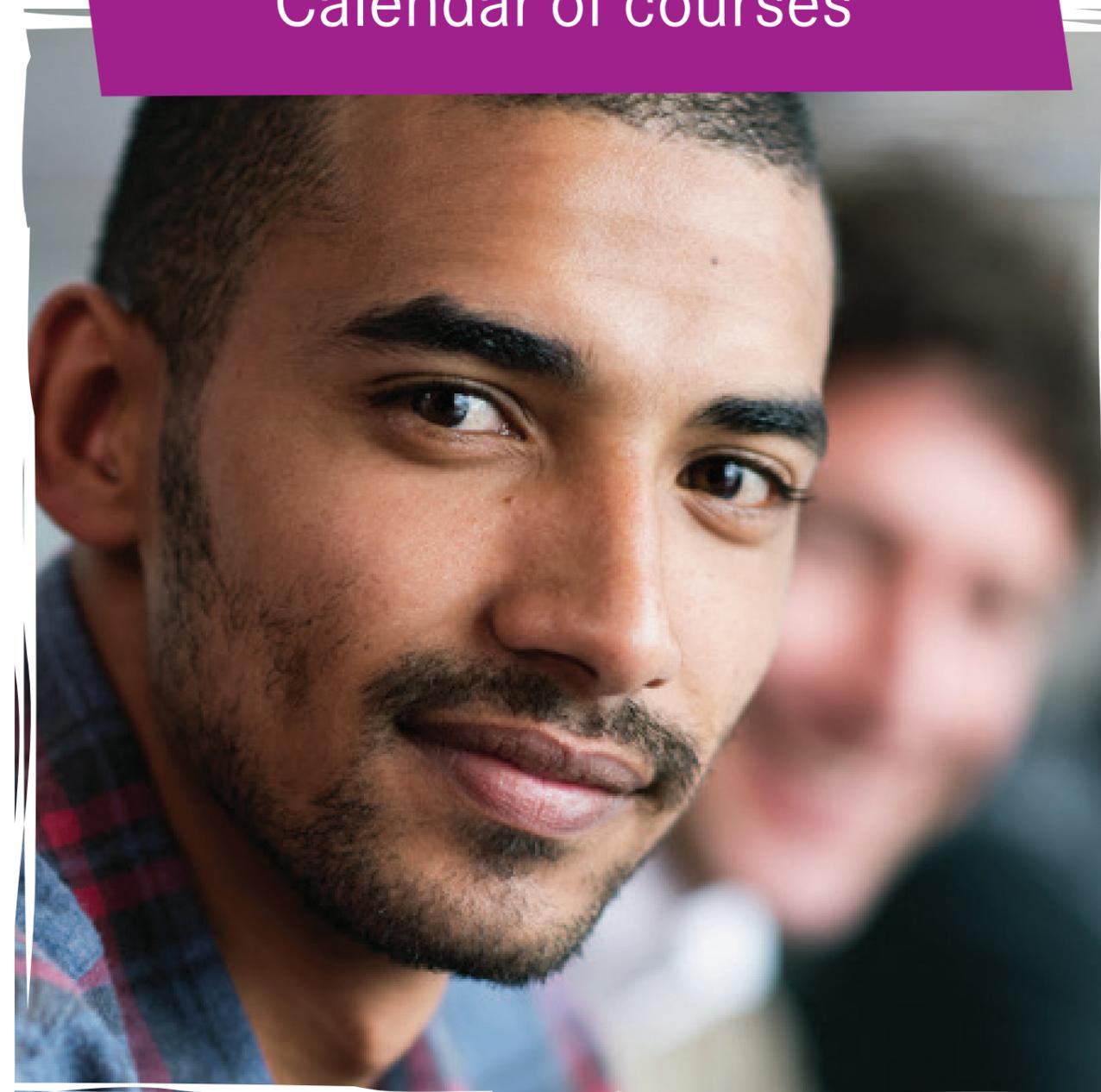
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[mindconnect@mindaustralia.org.au](mailto:mindconnect@mindaustralia.org.au)

[mindaustralia.org.au](http://mindaustralia.org.au)



Registered NDIS provider



Expression of interest to attend any of these courses is invited now!

Visit <https://www.mindaustralia.org.au/mind-recovery-college-courses> and complete the online form.

## Dandenong

Level 3, 33 Princes Highway

# Mind Recovery College™ Calendar of courses

## Dandenong

May – June 2019



Mind Centre for Health and Wellbeing in Dandenong is delighted to offer these courses from the award winning Mind Recovery College™ team. Places are limited, terms and conditions apply. (See terms and conditions in the online application form.)

Exploring grief and loss	Emotional intelligence	Peer support work, what's it all about	Journaling for recovery
<p>Whether it's the loss of a loved one, a valued relationship or part of our identity, we all experience grief and loss in our lives. During the course we will explore the cycle of grief and loss and how to be able to support yourself to work through it in a way that supports your wellbeing. The facilitators will draw on their own experiences in dealing with grief and loss to support you with your learning.</p>	<p>Have you ever wondered what it really means to be emotionally healthy and what part emotional intelligence plays in living this way. How do I measure my level of emotional intelligence? Can I learn to develop my emotional intelligence further? In this presentation we will discuss how we use our emotions when dealing with stress, coping with challenges in our lives, how we empathise with others and our self-esteem. By understanding our emotional intelligence and what has influenced its development, it is possible to bring a greater degree of healing into our lives.</p>	<p>So you think you want to be a peer support worker but don't really know what it's all about or how to get into it? Come along and speak to peer support workers about their experiences. For those wanting to pursue this career path, this course aims to provide a better understanding of peer work.</p>	<p>Journaling can be a powerful way to increase awareness and insight, promote change and growth, and further develop a sense of self. Journaling can be a deeply therapeutic experience. Writing down your thoughts, feelings, experiences and goals can help you to cope with grief, gain perspective, and resolve complex issues and decisions.</p>
<p><b>Mondays</b> <b>6, 13 and 20 May</b> <b>10:00 am - 1:00 pm</b></p>	<p><b>Mondays</b> <b>6 and 13 May</b> <b>1:00-4:00 pm</b></p>	<p><b>Monday 20 May</b> <b>1:00-4:00 pm</b></p>	<p><b>Thursdays</b> <b>2, 9, 16 and 23 May</b> <b>1:00-4:00 pm</b></p>
Coming out of the clutter closet	Suicide – breaking the silence	Disclosure	Exploring the experience of anxiety
<p>For many people who experience mental ill-health, a less than organised home is a by-product or a symptom of the challenge facing them. In this course, the aim is for you to look at some of the underlying difficulties that might be making it difficult for you to gain control, get some ideas on how to make changes and discover that you are not alone.</p>	<p>What leads people to feel like there is no alternative? What can we learn about it? Why are we so scared to talk about it? How do we talk about it? Come along to this course to discuss some of these questions and more.</p>	<p>So by now a professional (or a few professionals) have told you that you have a mental health diagnosis. Now what? Who do you tell? What do you say and how do you say it? This course aims to explore the various ways you can go about disclosing or not disclosing your health with the people in your life.</p>	<p>Anxiety is something that everybody experiences to some degree, ranging from worry through to full blown panic attacks. This three-hour course looks at the various forms of anxiety, what they are and how you can begin to find effective methods for noticing and dealing with it, helping you to recover from the effects often associated with it.</p>
<p><b>Thursdays</b> <b>30 May</b> <b>6, 13 and 20 June</b> <b>1:00-4:00 pm</b></p>	<p><b>Wednesdays</b> <b>12 and 19 June</b> <b>1:00-4:00 pm</b></p>	<p><b>Wednesday 26 June</b> <b>1:00-4:00 pm</b></p>	<p><b>Wednesday 29 May</b> <b>1:00-4:00 pm</b></p>
Exploring the experience of depression			
<p>Experiencing depression goes beyond feelings of sadness or unhappiness and can deeply disrupt how we think, feel and live. How people describe and manage depression is unique, but there are often common themes in the experience. This course is a space to increase your knowledge about depressive experiences and to share personal wisdom in discussion.</p>			
<p><b>Wednesday 5 June</b> <b>1:00-4:00 pm</b></p>			

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Mind Centre for Mental Health and Wellbeing  
Level 3, 33 Princes Highway, Dandenong VIC 3175