

March – April 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

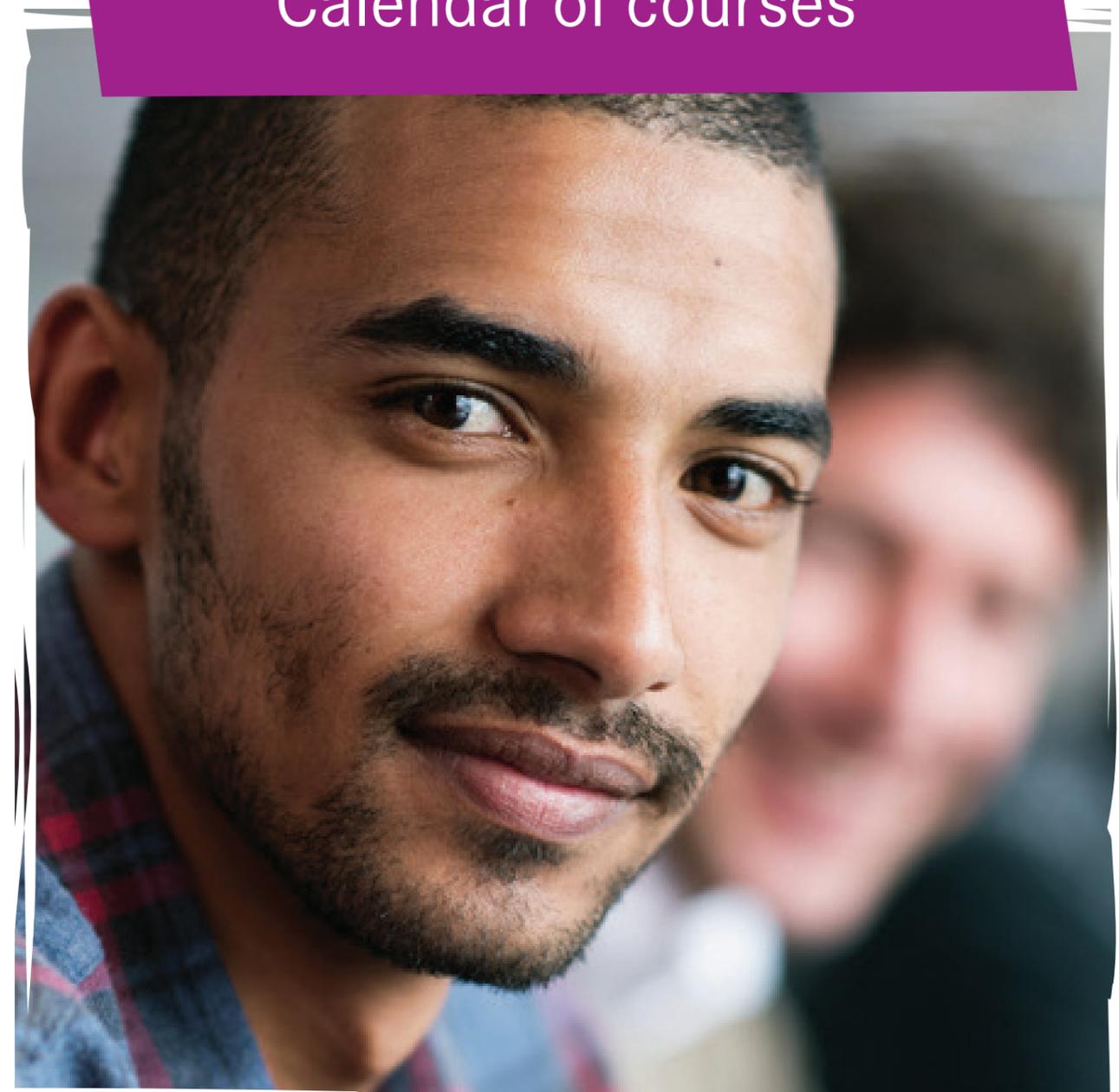
1300 286 463

mindconnect@mindaustralia.org.au

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.

Morwell

217-219 Princes Drive

Mind Recovery College™ Calendar of courses

Morwell

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Mind Centre for Health and Wellbeing in Morwell 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.)

Learning to learn	Support networks	Disclosure	Smart spending
Knowing a bit more about how you learn can increase your confidence when trying to learn new things. This course will help you understand the process and your own learning style. You will come away with your own set of tips for making learning easier.	This course will help you to identify who in your life can help support your recovery. It will also explore your role in receiving and guiding what you need from your friends, family and community and examines the importance of communication and supportive relationships.	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.	People come to budgeting at various stages of their lives and come to realise how supportive it is to one's mental wellbeing. Lack of organisation around money and spending can lead to a great amount of anxiety, a feeling of being out of control and an inability to save money. The idea of this course is to look at why budgeting is important and factors to think about when making a budget. The final outcome will be for each student to actually create a budget.
Tuesdays 5, 12 and 19 March 2019 12:30-4:30 pm	Monday 25 March 2019 12:30-4:30 pm	Tuesday 26 March 2019 12:30-4:30 pm	Wednesdays 6, 13 and 20 March 2019 12:30-4:30 pm
What is recovery?	Journaling for recovery	Exploring grief and loss	Challenging stigma and discrimination
More and more people are talking about recovery and mental health issues, but what does this actually mean? In this course, we explore a few different ways of thinking about recovery. We'll also look at some ideas for living well while experiencing the things our society calls mental ill-health.	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.	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.	During this course we will discuss some of the ways in which you experience discrimination and stigma and how it can be an obstacle to wellbeing. By getting together to discuss these issues, we hope that you will find some benefit and an ability to be better able to challenge the system to find new ways to do things.
Wednesday 27 March 2019 12:30-4:30 pm	Thursdays 7, 14, 21 and 28 March 2019 12:30-4:30 pm	Mondays 1, 8 and 15 April 2019 12:30-4:30 pm	Tuesdays 2, 9, 16 and 23 April 2019 12:30-4:30 pm
Assertiveness skills	Train the trainer	Carer and consumer participation training	Exploring the experience of depression
Assertiveness is a way of communicating that allows us to express our point of view and state our needs clearly. In this course you will have the chance to gain assertiveness skills. We will explore and learn what assertive communication is, ways we can communicate and behave, what assertive communication looks like, and techniques for assertive behaviour including saying no and giving and receiving feedback.	This course provides information on different learning styles, the training process and training techniques. It includes how to use lived experience effectively in a training session and how to manage ourselves. Participants will have an opportunity to prepare and deliver a micro-teach session. It will be lots of fun!	The lived experience of consumers and carers can play an active role in influencing how mental health providers deliver services. There are increasing opportunities for consumers and carers to participate in service improvement such as, advisory groups, forums, surveys and research. In this course you will learn about how you can use your lived experience to contribute to improving service delivery through consumer and carer participation. This course will give you the tools, techniques and resources to contribute to service improvement as well as valuable life skills.	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.
Wednesdays 3, 10, 17 and 24 April 2019 12:30-4:30 pm	Thursdays 4, 11 and 18 April 2019 12:30-4:30 pm	Monday 29 April 2019 12:30-4:30 pm	Tuesday 30 April 2019 12:30-4:30 pm

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