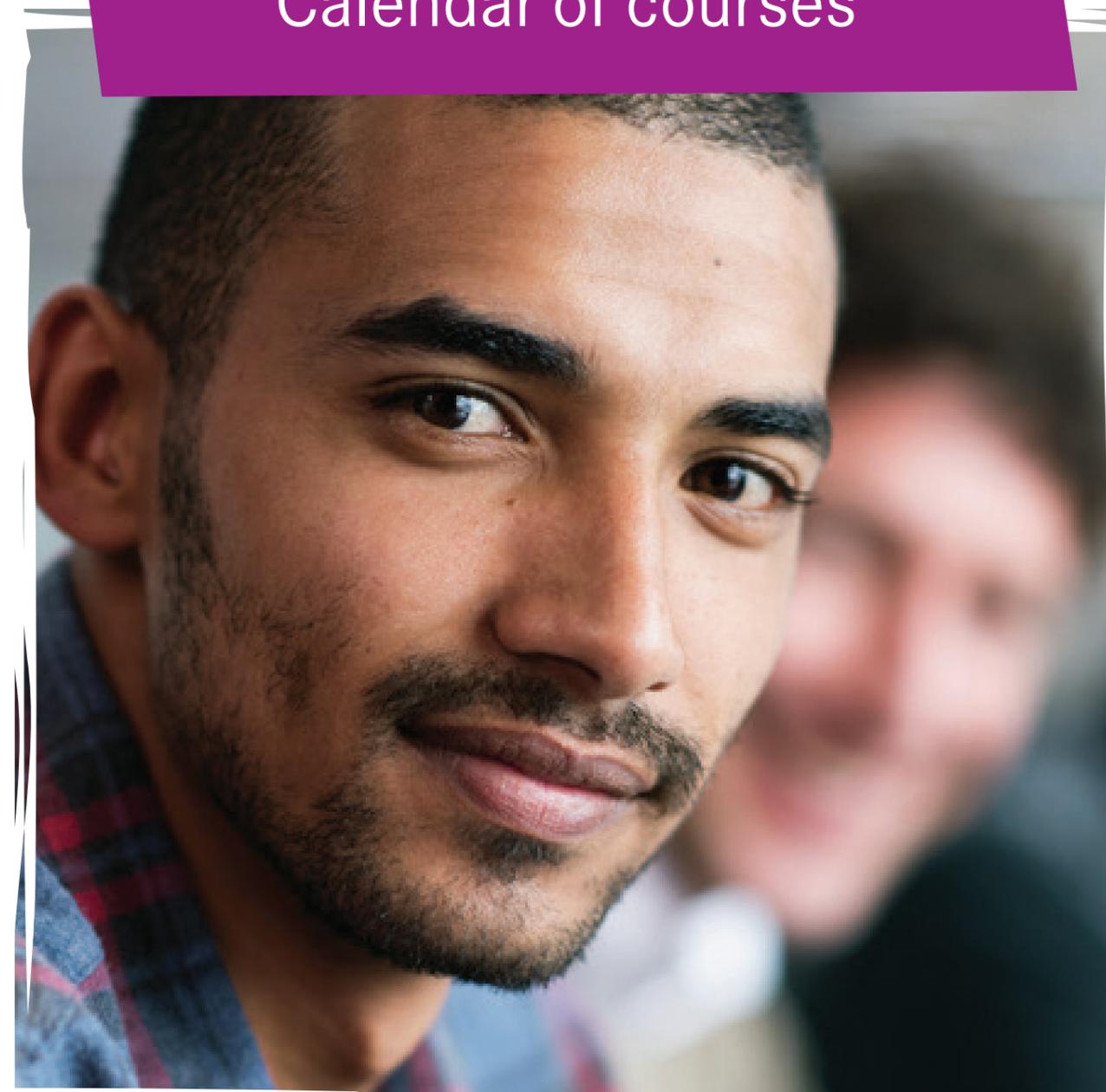


May – June 2019

# Mind Recovery College™ Calendar of courses

Understanding addictive behaviours	Understanding personality disorder
In this course, we will look at what leads us into addiction by exploring some of the contributing factors to various forms of addiction. Through an exploration of these factors we will begin to understand the drivers in addictive behaviour. With the support of the facilitators (who will be drawing on their experiences), we will look at developing some potential strategies for overcoming addictive behaviour, identifying networks and developing a strong sense of hope, beyond addiction.	Some people have difficulty managing aspects of their personality and this can typically affect their relationships, managing emotions, thoughts and behaviours. This course will explore helpful approaches to support people to manage their life and will draw on people's lived experiences to inform discussions and develop strategies for wellbeing.
<b>Wednesdays</b> <b>5, 12, 19 and 26 June</b> <b>1:00-4:00 pm</b>	<b>Thursday 27 June</b> <b>1:00-4:00 pm</b>



**Mind Connect**  
1300 286 463

[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.

**Morwell**

217-219 Princes Drive

# Mind Recovery College™ Calendar of courses

**Morwell**

May – June 2019



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.)

<b>Food and mood</b>	<b>Let's get moving</b>	<b>Steps to employment</b>	<b>Exploring the experience of bipolar</b>
<p>Food can affect our mood and mental wellbeing. This course will help you to identify foods that nourish your body and soul. We will develop an understanding about nutrition, good health and energy, and explore how we can best achieve optimal health and wellbeing. The course will help you develop more awareness of why, when and what you eat and how to change your habits, manage your cravings and add nutrients that can support more positive daily moods.</p> <p><b>Mondays</b> <b>6, 13, 20 and 27 May</b> <b>1:00-4:00 pm</b></p>	<p>This four week course offers students an opportunity to participate in physical activity whilst also learning about motivation, health, overcoming challenges and sustainable changes. It's a fun and interactive course for students of all abilities and skill levels. If you want to kick start a healthier lifestyle in a supportive and dynamic setting come and join us.</p> <p><b>Wednesdays</b> <b>1, 8, 15 and 22 May</b> <b>1:00-4:00 pm</b></p>	<p>Employment is often identified by people who have experienced mental health difficulties or addictions as representing a key part of their recovery journey. In this course we will explore topics such as setting employment goals, job seeking, application and interview skills, how to best manage the transition back to work, manage personal information in the workplace, seek benefit advice and how to find out about local employment support.</p> <p><b>Tuesdays</b> <b>7, 14, 21 and 28 May</b> <b>4 and 11 June</b> <b>1:00-4:00 pm</b></p>	<p>Experiencing extreme changes in mood and thinking can impact all areas of our lives, our relationships, career goals and aspirations. How people describe and manage these mood changes is unique but there are often common experiences that people share. This course can help to increase your knowledge about the bipolar experience and share personal wisdom in discussion. There is great value in how we learn to manage it and how we find ways through the ups and downs.</p> <p><b>Wednesday 29 May</b> <b>1:00-4:00 pm</b></p>
<b>Anxiety – It's just not that simple</b>	<b>Understanding and planning for the NDIS</b>	<b>Coming out of the clutter closet</b>	<b>Managing stress</b>
<p>Anxiety for many is a constant companion. Often we think we are the only one in the world who has these horrible fears and for many it's just easier to avoid social situations altogether. Many people have been through the fears that anxiety produces and have come out healthier and happier on the other side. This course uses a learning environment where students can begin to understand some of the causes of anxiety, become aware of their personal triggers and explore strategies that help them better manage their anxiety and re-engage with their world. This course can be a follow on from the 'exploring experience of anxiety' course.</p> <p><b>Thursdays</b> <b>2, 9, 16, 23 and 30 May</b> <b>and 6 June</b> <b>1:00-4:00 pm</b></p>	<p>This course is a must for anyone who is interested in what the NDIS will provide for people with mental health related disability and how to prepare for your NDIS planning session. We will also cover what you can do if you don't qualify for the scheme. The course will explore what your life is like now and how you would like it to change in the future. You'll understand how with an NDIS plan you will be able to pursue your passions and dreams and develop your creativity to live a life of meaning and purpose. This course will also help health professionals, friends, family, and carers to understand what the NDIS is and how it can support positive change for someone living with mental health related disability.</p> <p><b>Monday 3 June</b> <b>1:00-4:00 pm</b> <b>Thursday</b> <b>13 June and 20 June</b> <b>1:00-4:00 pm</b> <b>Tuesday 25 June</b> <b>1:00-4:00 pm</b></p>	<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><b>Mondays</b> <b>17 and 24 June</b> <b>1 and 8 July</b> <b>1:00-4:00 pm</b></p>	<p>We all experience stress – some big, some small – whether it's noisy neighbours, family issues, money worries, challenges at work, looking for work, and so on. Come along to this introductory course to examine the causes and effects of stress, and practical activities and methods that may help you to manage the stress in your life.</p> <p><b>Tuesday 18 June</b> <b>1:00-4:00 pm</b></p>

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