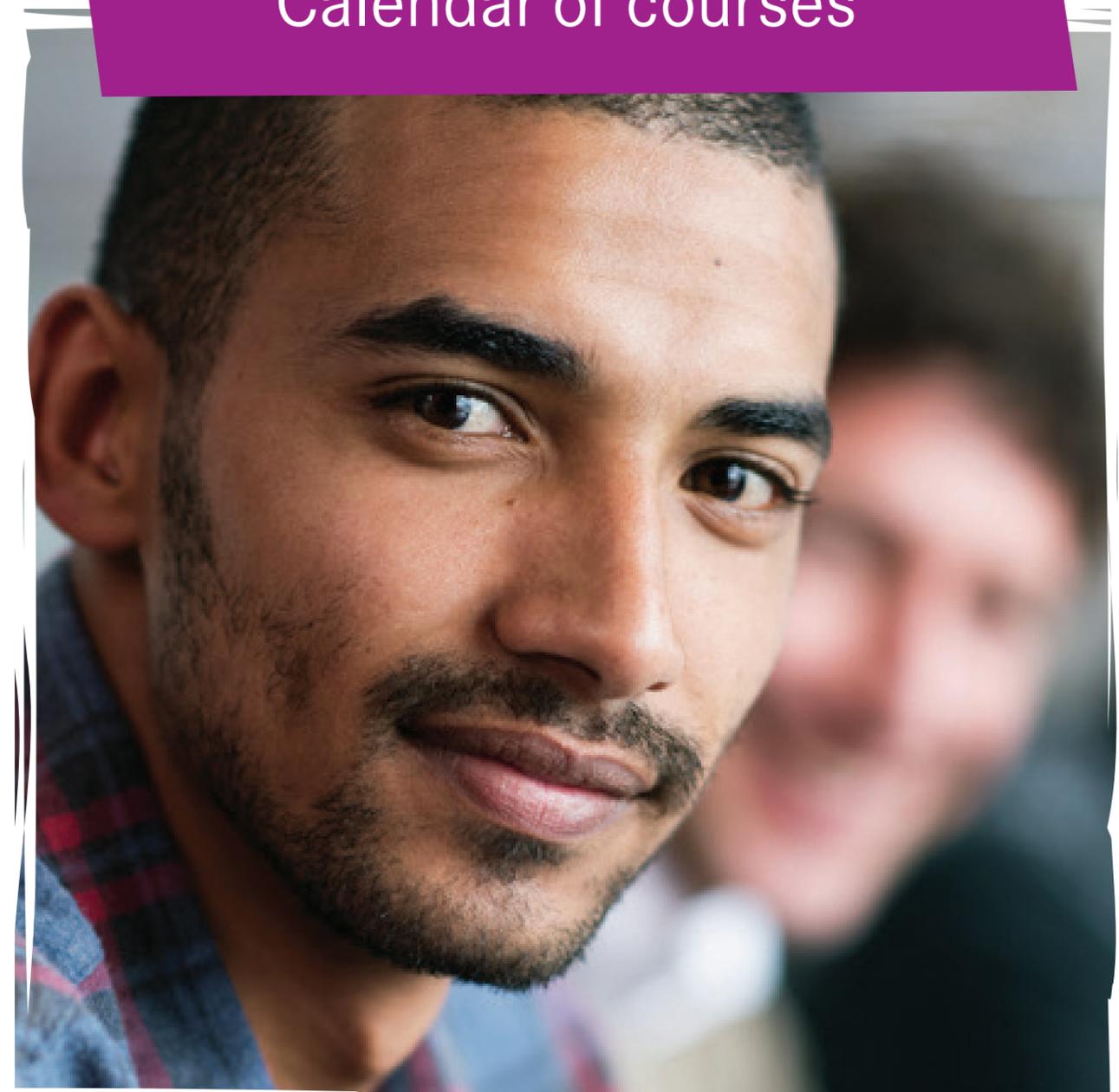


March – April 2019

Mind Recovery College™ Calendar of courses

Emotional intelligence	Exploring grief and loss
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.	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.
Wednesdays 17 and 24 April 2019 10:00 am - 1:00 pm	Thursdays 4, 11 and 18 April 2019 10:00 am - 1:00 pm



Registered NDIS provider

Mind Connect

1300 286 463

mindconnect@mindaustralia.org.au

mindaustralia.org.au



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

March – April 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.)

What is recovery?	Managing stress	Confident me	Food and mood
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.	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.	This course will explore confidence, self-esteem and how to have a good relationship with yourself. By the end, the aim is that you will walk out of the course thinking... I am me and I'm ok.	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.
Monday 4 March 2019 10:00 am - 1:00 pm	Monday 18 March 2019 10:00 am - 1:00 pm	Mondays 25 March 1, 8 and 15 April 2019 10:00 am - 1:00 pm	Wednesdays 6, 13 and 20 March 2019 10:00 am - 1:00 pm
Exploring the experience of bipolar	Assertiveness skills	Peer support work, what's it all about	Advance statements
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.	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.	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.	Advance statements are a way of telling your loved ones and health care practitioners how you wish to receive support. In this course, you will learn about why they were introduced and their practical use. The facilitator will also share their experience of writing and using an advance statement. You will be supported in identifying what can be included, who can be involved in the development of your advance statement, and what to do with your advance statement once it is completed.
Monday 29 April 2019 10:00 am - 1:00 pm	Fridays 5, 12, 26 April and 3 May 10:00 am - 1:00 pm	Thursday 7 March 2019 10:00 am - 1:00 pm	Thursdays 14 and 21 March 2019 10:00 am - 1:00 pm
Exploring the experience of anxiety	Understanding self harm	Journaling for recovery	Suicide - breaking the silence
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.	At times, life can be hard to cope with, especially if you have experienced trauma. Sometimes it seems that the only way to feel better or to express yourself is to self harm. The aim of this course is to explore the facts and realities of self harm, how it is treated and most importantly, ways in which people manage it or support someone they care about.	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.	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.
Thursday 28 March 2019 10:00 am - 1:00 pm	Mondays 1, 8, 15 and 29 April 10:00 am - 1:00 pm	Tuesdays 2, 9, 16 and 23 April 2019 10:00 am - 1:00 pm	Wednesdays 3 and 10 April 2019 10:00 am - 1:00 pm

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