

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

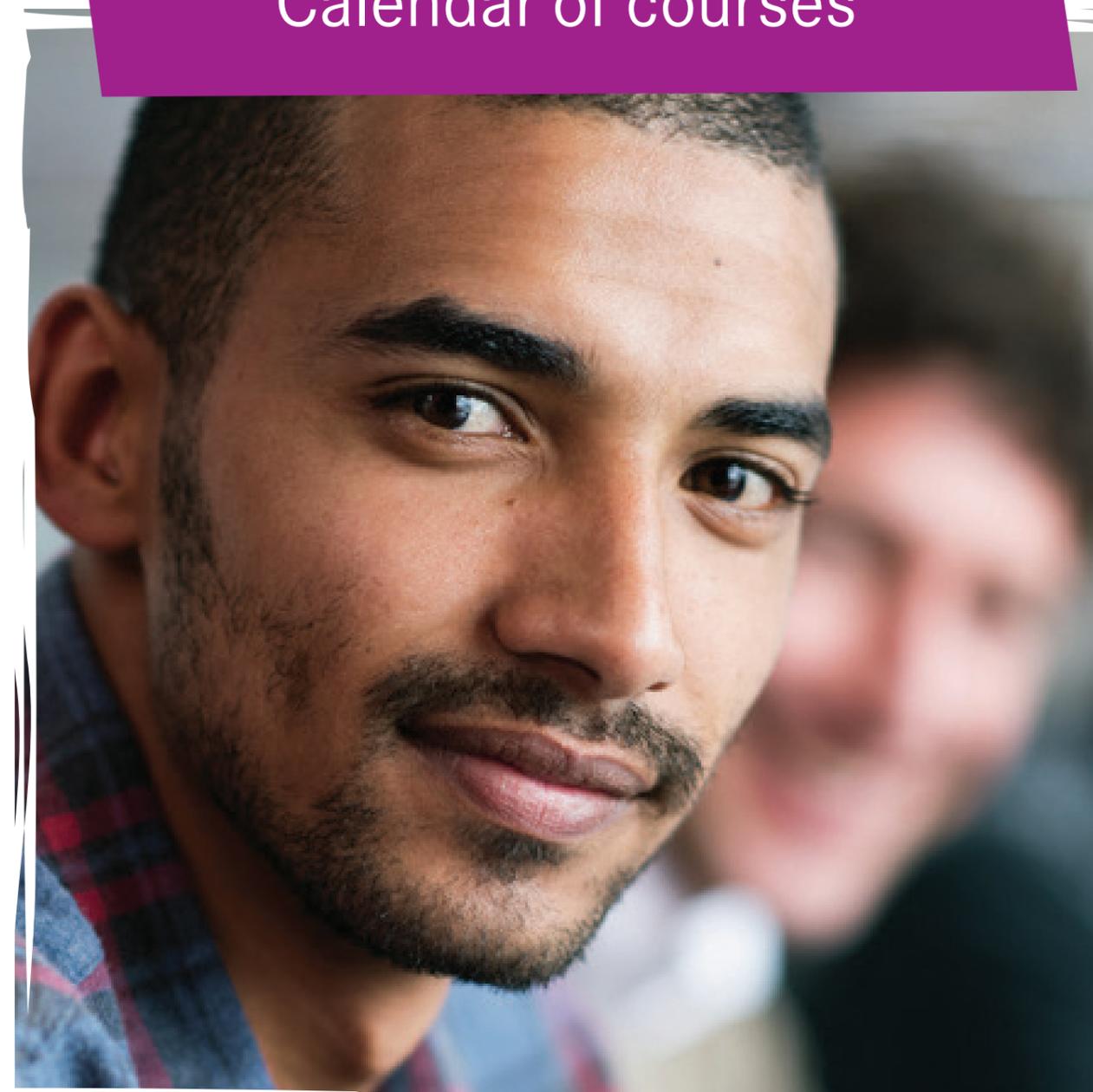
1300 286 463

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.

Wodonga

191 Beechworth Road

Mind Recovery College™ Calendar of courses

Wodonga

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Mind Centre for Health and Wellbeing in Wodonga 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.)

Self Care	Understanding anger	Looking forward and goal setting	Understanding personality disorder
<p>To take care of yourself and nurture your holistic wellbeing is an important skill to learn in life. Come to this course and develop strategies to build hope, establish a positive identity, find meaning and purpose in your weekly routine and begin to take control and responsibility for managing your life. We will utilise a range of different teaching methods and will support you to transfer your learning into your everyday life.</p> <p>Fridays 1, 8, 15, 22 and 29 March 2019 9:30 am - 12:30 pm</p>	<p>We all feel angry sometimes; it is part of being human. Anger can be useful, but it can also become a problem when it harms you or the people around you. In this course we will look to understand more about anger, how it works, factors which can make it worse and how to control it. We will consider some basic tools to deal with anger and ways to recognise your own anger signs.</p> <p>Tuesdays 5, 12, 19 and 26 March 2019 1:00-4:00 pm</p>	<p>Are you looking for the chance to live a fuller life but not sure where to start or what to do? This course will provide you with the opportunity to reconnect with the things in your life that make you feel fulfilled and give you skills in setting achievable goals for yourself. Whether it's reconnecting with family or friends or getting back into a hobby or activity you enjoy, having a plan provides focus and motivation for what you want to achieve, and the people and resources you may need, in order to make it happen.</p> <p>Wednesdays 6 and 13 March 2019 9:30 am - 12:30 pm</p>	<p>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.</p> <p>Tuesday 2 April 2019 1:00-4:00 pm</p>
Exploring the experience of bipolar	Exploring the experience of depression	What is recovery?	Understanding self harm
<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>Tuesday 9 April 2019 1:00-4:00 pm</p>	<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>Tuesday 16 April 2019 1:00-4:00 pm</p>	<p>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.</p> <p>Tuesday 23 April 2019 1:00-4:00 pm</p>	<p>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.</p> <p>Wednesdays 3, 10, 17 and 24 April 2019 9:30 am - 12:30 pm</p>
Understanding addictive behaviours	<p>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.</p> <p>Fridays 5, 12, 19 and 26 April 2019 9:30 am - 12:30 pm</p>		

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