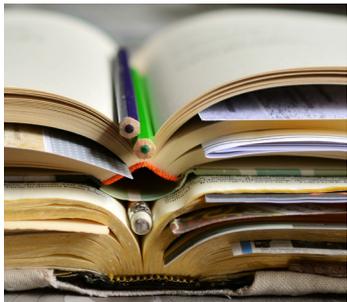


December 2018

Location – Abbotsford

Collingwood Football Club Community Centre
Ground Floor, Cnr Lulie and Abbott Streets
Abbotsford VIC 3067

Event	When	
<p>Learning to Learn</p> <p>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.</p>	<p>Wednesdays 5, 12 and 19 December 10:00 am – 1:00 pm</p>	
<p>Disclosure</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>Wednesday 5 December 1:30-4:30 pm</p>	
<p>What is Recovery?</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>Wednesday 12 December 1:30-4:30 pm</p>	
<p>Peer support, what's it all about?</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>Wednesday 19 December 1:30-4:30 pm</p>	

Stock photos. Posed by models.

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

Visit <https://www.mindaustralia.org.au/eoi-abbotsford> and complete the online form or call Mind Connect on 1300 286 463 to enrol over the phone.

If you are an NDIS participant you are able to use your funding to access these courses. If you are not an NDIS participant course fees may apply, please contact us to discuss your options.

Mind Connect

1300 286 463

[mindaustralia.org.au](https://www.mindaustralia.org.au)

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