

Mind Recovery College™

Calendar of courses

December 2018

Location – Glen Eira

Glen Eira Sports and Aquatic Centre
200 East Boundary Road
Bentleigh East VIC 3165

Event	When	
<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 5 December 11:30 am - 2:30 pm</p>	
<p>Journaling for recovery</p> <p>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.</p>	<p>Fridays 7, 14, 21 and 28 December 11:30 am - 2:30 pm</p>	
<p>Emotional intelligence</p> <p>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.</p>	<p>Wednesdays 12 and 19 December 11:30 am - 2.30 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-gleneira> 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

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