

September 2018

Location – Nunawading

Level 1, 353 Whitehorse Road
Nunawading VIC 3131

Event	When	
<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>Monday 3 September 1:00-4:00 pm</p>	
<p>Confident me</p> <p>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.</p>	<p>Tuesdays 4, 11, 18 and 25 September 1:00-4:00 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>Monday 10 September 1:00-4:00 pm</p>	
<p>Support networks</p> <p>This course will help you to identify who in your life can help support your recovery. It will also explore your role in receiving and guiding what you need from your friends, family and community and examines the importance of communication and supportive relationships.</p>	<p>Wednesday 12 September 1:00-4:00 pm</p>	
<p>Looking forward and goal setting</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>Mondays 17 and 24 September 1:00-4:00 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-nunawading> and complete the online form.

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