



**October 2018**

**Location – Nunawading**

Level 1, 353 Whitehorse Road  
Nunawading VIC 3131

Event	When	
<p><b>Becoming private rental ready – learning about the rental market</b></p> <p>The entire process of finding and maintaining rental housing can be quite complex. One needs to get their finances in order, search for properties, inspect them, submit applications, pay the bond, sign the lease, complete the condition report, set up utilities, and the list goes on! All this can be quite daunting for someone who hasn't rented before or someone who has had difficulties managing a tenancy in the past. This course aims to provide students with an overview of the entire process of finding and maintaining rental housing, while providing students with opportunities to develop their rental readiness skills and prepare for the rental market.</p>	<p><b>Wednesdays</b> <b>3, 10, 17 and 24 October</b> 1:00-4:00 pm</p>	
<p><b>Understanding addictive behaviours</b></p> <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><b>Mondays</b> <b>8, 15, 22 and 29 October</b> 1:00-4:00 pm</p>	
<p><b>Challenging stigma and discrimination</b></p> <p>During this course we will discuss some of the ways in which you experience discrimination and stigma and how it can be an obstacle to wellbeing. By getting together to discuss these issues, we hope that you will find some benefit and an ability to be better able to challenge the system to find new ways to do things.</p>	<p><b>Tuesdays</b> <b>9, 16, 23 and 30 October</b> 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.

**Mind Connect**

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