South Western Sydney
Recovery College

Learn, Recover, Grow

# Spring Online Learning Timetable

Principal Supporters

phn SOUTH WESTERN SYDNEY

MDS Macarthur Disability Services

One DOOR

## *Taking Care of You*

**Commences:** 23rd November **Concludes:** 14th December

**To register:**

**Step 1**

https://swsrecoverycollege.com.au/learn-2/enrolment-form/ **or CLICK HERE**

**Step 2**

SWSRC Team will be in contact with you to provide you with access to Catapult online learning platform.

**Eligibility:** *For people with a mental health lived experience, carers or service providers who reside or work within South Western Sydney.*

### Taking Care of You 3 week course is now available online via Catapult self-directed learning!

In the midst of our busy lives, we can neglect our wellbeing which then impacts our relationships and ability to adequately communicate our needs. Personal boundaries move and frustration, burnout and dissatisfaction can creep in. This short course will assist you to identify and understand when your wellbeing is suffering, when boundaries need attention and strategies you can use.

Each week you will work through a topic at your own pace and at a time convenient for you.

» *Week 1, starting 23rd Nov: Wellbeing & Burnout* » *Week 2, starting 30th Nov: Resilience* » *Week 3, starting 7th Dec: Assertiveness*

*You will be supported by our Peer Trainers whom will provide you with feedback at the end of each topic.*

**Outcomes:**

- Increased understanding of wellbeing and burnout
- Increased understanding of setting personal boundaries
- Develop stronger communication skills
- Develop skills to enhance healthier relationships

## *Healthy Relationships*

**Date:** Tuesday 24th November **Time:** 4:00pm to 5:30pm

***To register:***

Please visit: **https://bit.ly/2KoPhjs**

**or CLICK HERE**

**Relationships form the cornerstone of our lives, whether they are work based relationships, relationships we have with clinicians or service providers or personal relationships including partners, family and friends.**

For many of us, we struggle having relationships in general, as well as the knowledge on how to make them better and stronger, taking them from unhealthy to healthy.

This 1.5 hr webinar will explore the foundational principles of a healthy relationship and provide strategies to equip you to get the most out of them.

**Outcomes:**

- Ability to recognise what a healthy relationship looks like and how to nurture it
- Explore strategies to build better and stronger relationships

## *Exploring Anxiety*

**Date:** Thursday 26th November **Time:** 4:30pm to 6:00pm

***To register:***

Please visit: **https://bit.ly/394diXu**

**or CLICK HERE**

**Anxiety can be a normal and understandable aspect in our lives but what happens when it becomes too much and makes it more difficult to manage everyday circumstances?**

This 1.5 hour webinar will explore anxiety, its symptoms and practical ways to manage them effectively.

**Outcomes:**

- Increased understanding of anxiety and its role in our life
- Increased ability to recognise anxiety in ourselves and others
- Explore practical ways to manage anxiety

## *Exploring Schizophrenia Spectrum*

**Date:** Friday 27th November **Time:** 10:00am to 12:00pm

### *To register:*

Please visit: **https://bit.ly/2UTurL3**

**or CLICK HERE**

**Schizophrenia spectrum includes schizophrenia and schizoaffective disorders. They are serious chronic and lifelong mental disorders that affects how a person thinks, feels and behaves.**

These disorders could easily be viewed as some of the most stigmatising, and misunderstood mental illnesses; resulting in people diagnosed as struggling community discrimination in addition to the effects of actual symptoms.

### Outcomes:

- Increased understanding of schizophrenia and schizoaffective disorders including diagnostic criteria and treatments
- Explore strategies to live well and support recovery
- Increased understanding of the impact schizophrenia and schizoaffective disorder has on daily life

## *Supporting Someone In Mental Health Crisis*

**Date:** Thursday 3rd December **Time:** 4:00pm to 5:30pm

### *To register:*

Please visit: **https://bit.ly/395TQJZ**

**or CLICK HERE**

**All of us experience crisis situations, but what does this look like for someone experiencing a mental health crisis? This will be different for everyone, however how do we offer support to ensure the safety and wellbeing of the person?**

This webinar will explore what a mental health crisis is, and the potential early warning signs. It will also explore appropriate supports (including an emergency), the rights of the person and strategies to assist in preventing crisis.

### Outcomes:

- Increased ability to recognise when someone is experiencing a mental health crisis
- Increased understanding of crisis supports
- Explore prevention strategies

## *The Catch Up for Men*

**Date:** Tuesday 8th December **Time:** 2:00pm to 3:00pm

### *To register:*

Please visit: **https://bit.ly/338wVJY**

**or CLICK HERE**

**This casual online chat is an opportunity for men to connect with other men and share thoughts about mental health and draw upon individual experiences to discuss how men can be best supported by SWS Recovery College.**

If you have a passion for and ideas to improve men's mental health across SWS, why not join us?

## *Self-Care in Crisis (when supporting others)*

**Date:** Thursday 10th December **Time:** 4:00pm to 5:30pm

***To register:***

Please visit: https://bit.ly/3lV5BXj

**or CLICK HERE**

**Supporting someone in mental health crisis can be challenging and stressful. It's easy to focus on the person and neglect our own needs. How do you look after yourself in these situations to maintain your own mental health wellbeing?**

This webinar will focus on preparing you to be aware of your needs and explore a range of strategies to support your ability to cope in the midst of supporting someone in mental health crisis.

**Outcomes:**

- Increased ability to identify and prioritise personal needs whilst supporting someone in crisis
- Explore strategies to maintain personal mental health wellbeing

## *Self-Care Bag/Kit (live Facebook premiere)*

**Date:** Friday 11th December **Time:** 4:30pm to 4:45pm

**To view:**

**Like us on Facebook:**
www.facebook.com/swsrecoverycollege **or CLICK HERE**

**RSVP as 'going' to our event:**
https://www.facebook.com/events/212533393617407/ **or CLICK HERE**

**A self-care bag or kit is an effective tool that can be created and used to support an individual to calm or distract, in moments of distress.**

Join our facebook video premier to explore how to create an effective self-care bag or kit for yourself or someone you support.

## *Understanding Mental Illness and Recovery (in Arabic)*

*فهم المرض النفسي والتعافي (العربية)*

**Date:** Tuesday 15th December
**Time:** 4:00pm to 6:00pm

التاريخ: الثلاثاء 15 ديسمبر
الوقت: 4:00 عصراً – 6:00 مساءً

***Presented by:***
South Western Sydney Recovery College

مقدمة من:
كلية جنوب غرب سيدني للتعافي

***Registration link:***
https://bit.ly/2RMcLQ5 **or CLICK HERE**

رابط التسجيل:
https://bit.ly/2RMcLQ5

**Expand your knowledge of mental illness and mental health recovery in a safe and judgment free webinar.**

توسيع معرفتك بالمرض النفسي و التعافي النفسي في ندوة الويب المجانية الآمنة و غير الحكمية.

Explore whether mental health recovery is possible and the strategies and principles for learning new information and skills and where to go to for supports.

استكشاف ما إذا كان التعافي النفسي ممكناً، و الاستراتيجيات و المبادئ اللازمة لتعلم معلومات و مهارات جديدة، و إلى أين يمكن التوجه للحصول على الدعم.

**Outcomes:**

- Increased understanding of what mental illness is
- Understanding of the principles of mental health recovery
- Develop skills to support mental health recovery

الفوائد التعليمية:

- زيادة فهم ما هو المرض النفسي
- فهم مبادئ التعافي النفسي
- تطوير المهارات لدعم التعافي النفسي

## *Window of Tolerance*

**Date:** Thursday 17th December **Time:** 10:00am to 11:30am

### *To register:*

Please visit: **https://bit.ly/3lVN511**

**or CLICK HERE**

**Everyone has a window of tolerance; a place where we function at our best. A zone where we do not feel overwhelmed and know how to manage the stresses of everyday life. If we are taken out of our window of tolerance, we are able to manoeuvre our way back and continue to function.**

What is the 'Window of Tolerance' and why is it important? For people with mental health challenges staying within the window of tolerance is crucial otherwise it has the potential to negatively impact mental health and hinder recovery.

**Outcomes:**

- Increase understanding of the Window of Tolerance and its place in mental health recovery.
- Increased ability to recognise when we are out of the Window of Tolerance.
- Explore strategies to remain within the window of tolerance to support mental health recovery.

# *Holiday Period Closure*

*Please be advised that South Western Sydney Recovery College will be closed from 4:00pm Friday 18th December and will re-open 9:00am Wednesday 6th January.*

***Courses and workshops will re-commence in Summer term starting 27th January 2021.***

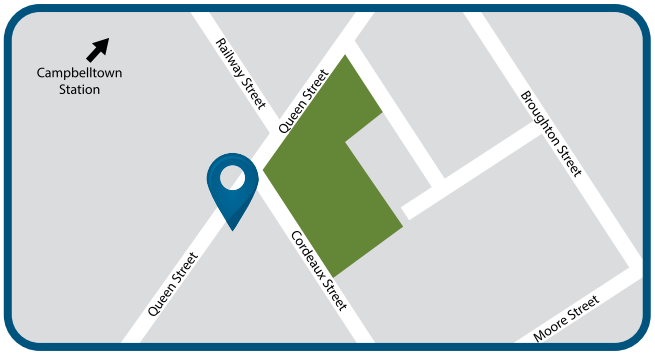
# Staff and Location

### eral Manager, Community, Mental Health & Training:

» **Julie Deane**

### The Team:

» **Debbie Graham – Manager, SWS Recovery College**
» **Janeen Harris – Administration and Training Support Officer**
» **Anna Buckingham – Peer Trainer**
» **Amy Marshall – Peer Trainer**
» **Ozlem Cinar – Peer Trainer**




### Head Office Physical Address:

**Level 8/138 Queen Street**
**Campbelltown 2560**

### Postal Address:

**PO Box 284 Campbelltown 2560**

# Contact Details

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Facebook: www.facebook.com/swsrecoverycollege

ABN: 98 003 008 928

South Western Sydney
Recovery College

Lifeline Crisis Support – 13 11 14

Beyond Blue – 1300 22 4636

We would like to acknowledge the Dharawal people, the traditional custodians of the land on which we work.
We recognise the strengths, resilience and capacity of Aboriginal people and we pay our respect to Elders past, present and future.