

Bunbury

Milligan
Wardandi Country
35 Milligan Street
Bunbury

Term 1 • 2023

Course Schedule



Mind Time

Join us as we ignite the five senses and guide you to a peaceful place in your mind. Learn a daily practice to help you tune into your senses with intention, and relax and unwind.

Tue 31 Jan | 10am - 12pm



Mindful Garden Creation

Come along to this interactive workshop full of gardening fun. Learn to upcycle and transform everyday objects into a functional addition to your garden. Be prepared to get your hands dirty!

Tue 21 Feb | 10am - 12pm



Drum Circle

Connect with others in a drum circle. Together we'll explore Djembe drums and percussion instruments and discover effective meditation practices for mindfulness and motivation. No experience (or talent!) is necessary.

Tue 21 Mar | 10am - 12pm



Discover Colour

Ignite your creativity through the discovery of colour and emotion in a hands-on painting workshop. Together we'll explore the influence of colour in our everyday lives and produce colourful creations.

Tue 4 Apr | 10am - 12pm

Who can participate?

Everyone over the age of 18 is welcome to attend

How do I enrol?

Please enrol online:
warecoverycollege.org.au/courses

Where are the courses held?

These courses will be held at
Milligan, Wardandi Country, Conference Room, 35 Milligan Street, Bunbury, WA 6230

What is the cost?

All courses are free

How can I find out more?

Call 1300 285 751
Email info@warecoverycollege.com.au



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