

Bunbury

Term 1 • 2024

Course Schedule



Find Your Zen in Zentangles

Increase your focus, reduce stress and improve your sense of wellbeing with Zentangles, a form of modern meditation.

Thu 29 Feb | 5pm-8pm



Managing Stress: A Flexible Approach for Parents & Carers

Explore your relationship between stress and your caring responsibilities, while adopting intentional approaches to managing stressful situations.

Fri 1 Mar | 10am-12pm



Nature's Path to Self-Discovery: A Journey Within

Explore the solution to modern disconnection by learning about the power of reconnecting with nature and its benefits for your wellbeing.

Thu 14 Mar | 5pm-8pm



Basics of Budgeting

Discover your subconscious needs, and how they impact your spending. Learn to intentionally budget for yourself and those you look after.

Fri 15 Mar | 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, 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.org.au



Scan QR code

MILLIGAN.

Bunbury

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Behind the Masks We Wear

Join us on a creative and explorative journey where we will examine the masks we wear and appreciate our authentic selves.

Mon 18 Mar | 10am-12pm



In the Eyes of the Bead-Holder

Discover the power of presence. Use colourful, fun materials to 'bead' present in the moment and promote self-awareness and mindfulness.

Sat 23 Mar | 10am-2pm

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