

Online

Term 2 • 2024

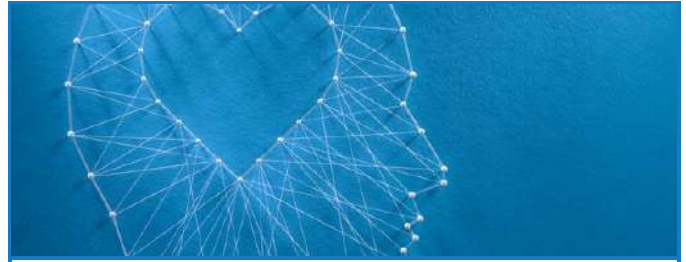
Course Schedule



What Does Recovery Mean to Me?

Recovery looks different to each of us. Explore a combination of theory, online art mediums, recovery history and terminology, to discern what exactly recovery means to you.

Mon 22 & 29 Apr | 6:30pm-8pm



Compassionate Listening for Reconnection

Learn the skills to become a compassionate listener and enhance your communication skills, while building your self-esteem and confidence.

Tue 23 Apr | 10am-12:30pm



The Stress-Free, Creative and Sustainable Wardrobe

Spend less money and time on your wardrobe without losing your sense of style while exploring the KonMari Method, and capsule wardrobe.

Tue 30 Apr | 10am-1pm



Shifting Your Mindset: Possibility vs Scarcity

Do you feel like there is always something 'missing' in your life? Join us for simple tips and tricks to shift your mindset from negative to positive.

Wed 1 May | 10am-12:30pm

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:
Online via Zoom

What is the cost?

All courses are free

How can I find out more?

Call: 1300 285 751

Email: info@warecoverycollege.org.au



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Reconnect to Your Inner Child

Understand how to reconnect with your inner child and rekindle your relationship with yourself on a journey to increase your self-awareness.

Sat 4 May | 10am-2pm



The Philosophy of Deeply Listening

Do you want to find new ways to listen more deeply to yourself and others? Develop some enriching, everyday practices to incorporate into your life and begin to tune into the world around you.

Mon 6 & 13 May | 10am-1pm



Assertive Communication for the Fearful and Anxious

Express yourself with more ease, and gain confidence in prioritising and communicating your thoughts and needs to others.

Mon 6 & 13 May | 6pm-9pm



Eat Healthy on a Budget

Eating healthy on a tight budget can be challenging. Explore some economical ideas to assist decision making, and discover low-cost, time-friendly recipes.

Tue 7 May | 10am-12:30pm

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Become Present in the Now

Uncover techniques, simple pleasures and increased self-awareness as you discover the benefits of connecting to the present moment.

Thu 16 Mar | 10am-12:30pm



Embracing Vulnerability: Unlocking Personal Growth and Authentic Connections

What if your vulnerabilities could be your greatest assets? Embrace, nurture and reshape personal vulnerabilities into positive personal development.

Tue 21 May | 10am-12:30pm



Expanding Life with a Chronic Illness

Chronic illness can feel limiting. Discern how to regain autonomy and explore self-regulation techniques to help you navigate a fulfilling daily life.

Tue 28 May | 10am-12:30pm



Laughter is the Best Medicine

Discover the incredible benefits of laughter as a tool for stress relief and learn practical strategies to infuse joy into every day.

Wed 29 May | 10am-12:30pm

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Relationships: From Drama to Empowerment

Feeling stuck in endless cycles of drama? Let's explore the 'Drama Triangle', and how we can use it to enhance social interactions and productivity.

Tue 4 Jun | 2pm-5pm



Our Thoughts and Words Create Our Worlds

Transform your mindset and reality, master the ability to overcome negative thoughts, and adapt your outlook in challenging situations.

Wed 12 Jun | 10am-12:30pm

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Everyone over the age of 18 is welcome to attend

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