

Nunawading Campus, Victoria

Interested in learning more about mental health? The Mind Recovery College™ is where people with real life experiences share what works. We believe that important learning happens through tough life experiences, including mental distress. Our course facilitators have knowledge and expertise in helping others learn. In the courses they use their lived experience of mental health, wellbeing and life skills they have found helpful on their own recovery journey.

“Mind Recovery College™ has readjusted my thinking about myself and about others. Instead of being a victim of life, I feel like I’m a student of life.” - Kerry Anne, student

Your **first session** at the college is **free** so come along and see for yourself what it is all about and how it might be helpful. We welcome all people, but if cost is a barrier please contact our friendly team to discuss your circumstances and options. We are a National Disability Insurance Scheme (NDIS) provider for your learning needs. ‘Partners in Recovery’ funding options may also be available.

Location

Level 1
353 Whitehorse Road
Nunawading VIC 3131

Course	Day	Start date	Time	No of sessions	Cost
Managing stress	Tuesday	27 March	1.00-4.00pm	1	\$60.72
Choose to be happy	Friday	6 April	1.00-4.00pm	8	\$485.76
Confident me	Monday	9 April	1.00-4.00pm	4	\$242.88
Self care	Tuesday	10 April	10.00am-1.00pm	5	\$303.60
Journaling for recovery	Tuesday	10 April	1.00-4.00pm	4	\$242.88
Becoming private rental ready	Wednesday	11 April	1.00-4.00pm	4	\$242.88
Steps to employment	Monday	7 May	1.00-4.00pm	6	\$364.32
Exploring grief and loss	Tuesday	15 May	1:00-4:00 pm	3	\$182.16
Peer support: what it's all about?	Tuesday	22 May	10.00am-1.00pm	1	\$60.72
Exploring the experience of bipolar	Tuesday	5 June	1.00-4.00pm	1	\$60.72
What is recovery?	Tuesday	12 June	1.00-4.00pm	1	\$60.72
Advanced statements	Wednesday	13 June	10.00am-1.00pm	2	\$121.44
Exploring the experience of anxiety	Tuesday	19 June	1.00-4.00pm	1	\$60.72

Please complete a Mind Recovery College™ enrolment form if you wish to attend our courses.