

Bunbury

Milligan Community Centre,
Wardandi Country,
35 Milligan Street, Bunbury

Term 1 • 2022

Course Schedule



Mind over Meth

Are you supporting a family member or a friend who is recovering from methamphetamine use? In this course, you will gain insight into how methamphetamine affects the brain, develop mindfulness strategies to actively support your friend or family member on their journey of recovery and learn ways to maintain your own mental health.

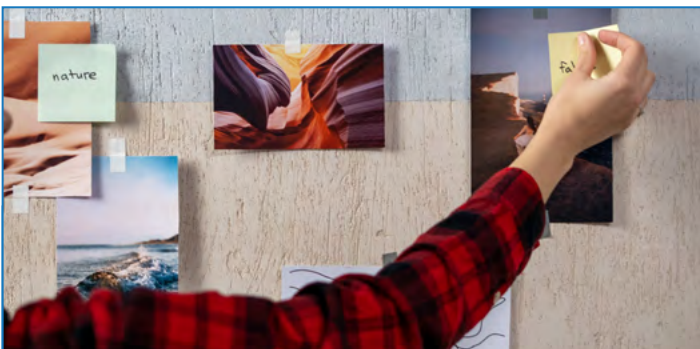
Wed 9, 16 & 23 Feb | 9.30am - 11.30am



The Power of Music

Music can make us feel calm, joyous, energised, sad, inspired - or sometimes evoke a combination of emotions. This course explores how music affects your physical and emotional wellbeing. Through hands-on practical sessions, experience how beat, rhythm and music styles influence the body and state of mind.

Wed 23 Feb & 2 Mar | 5.30pm - 7.30pm



Vision Boarding

In this course you will create a vision board and learn how to set goals by using backwards planning. The vision board will help you to visualise how you would like the future to look and will be a valuable tool to take home to keep your goals in clear view.

Wed 11 & 18 Mar | 9am - 12pm

Who can participate?

Everyone **over the age of 18** is welcome to attend.

What is the cost?

All courses are **free**.

Where are the courses held?

These courses will be held at:

**Milligan Community Centre, Wardandi Country,
35 Milligan Street, Bunbury.**

How do I enrol?

Please enrol online: warecoverycollege.org.au/courses

How can I find out more?

Call 1300 285 751

Email info@warecoverycollege.org.au