

Bunbury

Term 2 • 2024

Course Schedule



Managing Emotions: To Thrive, Not Just Survive

Embark on a journey of self-discovery, embracing preferred ways of living, being, and relating for emotional wellbeing in your daily life.

Fri 26 Apr | 10am-12:30pm



Basics of Budgeting

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

Thu 23 May | 6pm-8:30pm



Ikigai: Your Reason for Being

Explore the Japanese philosophy of Ikigai where we learn the powers of blending "life" and "purpose." Find reasons to embrace each day by uncovering your purpose to make every day meaningful.

Sat 1 Jun | 10am-1pm

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.

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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.

Sat 8 Jun | 10am-1pm



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.

Thu 13 Jun | 6pm-8pm

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