



Exploring Recovery: Making Mandalas

Explore what wellbeing and recovery means to you through connecting with nature and the mindful art of making mandalas.

Thur 28 April | 10am - 12pm



Life After Prison

Find support to navigate the unique and challenging journey of life after prison. Together we will explore ways to make positive changes and create lasting and supportive connections.

Thur 5 May | 10am - 12pm



Making Scents

Join us on a journey to learn about the healing properties of essential oils and crystals as you make your own roller bottle, and explore the healing value natural scents can have in our lives.

Thur 12 May | 10am - 12pm



Balance in Recovery

Find out how to prioritise your personal needs, self-care and support in recovery and learn ways to create balance in your life.

Thur 19 May | 10am - 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 **Lotteries House, 70 Davidson Terrace, Joondalup & Joondalup Family Centre, 25 Jolstra Crescent, Joondalup**

How do I enrol?

Please enrol online:
warecoverycollege.org.au/courses



Scan QR code

How can I find out more?

Call **1300 285 751**
Email info@warecoverycollege.org.au



Incidental Learning Techniques

Life can be busy, so it's vital to make the time we spend with our children productive and fun. Together we will explore ways to identify and achieve educational learning outcomes through play and fun.

Thur 26 May | 10am - 12pm



Reconnecting with Children

Together we explore pathways to increase connection and reconnection with children after any separation including rehab, prison, or separation. This supportive, peer-led course provides opportunities for exploration, understanding and hope.

Thur 2 June | 10am - 12pm



Self-Discovery Through Cubism

Over two weeks we will use art as the medium to tell our story, our thoughts, and our emotions to connect with ourselves and each other, and convey a message to the world.

Thur 16 & 23 June | 10am - 1pm



Date with a Donkey

Come along and meet Legacy the therapy donkey! Discover the benefits of connecting with pets and animals and the valuable lessons we can learn from them.

Thur 30 June | 10am - 12pm

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