



Harness Self-Compassion

Learning self-compassion can be truly life changing. In this course you will learn and practice a growth mindset, mindfulness, forgiveness and gratitude for ourselves as well as others.

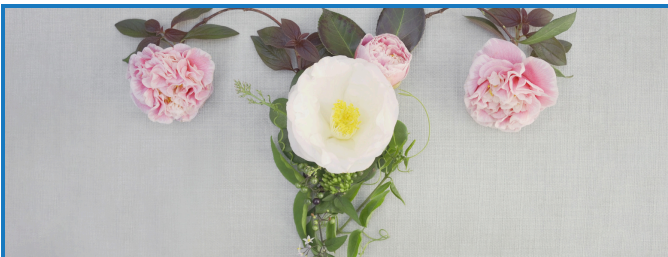
Fri 28 Feb | 10am-12:30pm



Home Budgeting Demystified

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

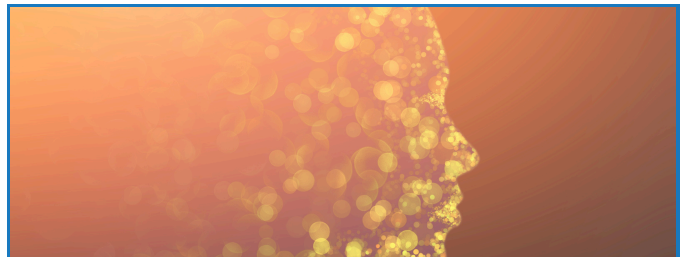
Thu 6 Mar | 10am-12pm



Peri-menopause: A Holistic Approach

Perimenopause and figuring out how to navigate this time, can be challenging. Together, we will explore holistic care as an option to support your emotional and physical wellbeing.

Thu 13 Mar | 10am-12pm



Hardwiring Happiness

Discover practical, science-backed techniques to boost your mental and emotional well-being. Learn how to rewire your brain for greater resilience and a more positive outlook.

Wed 19 Mar | 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:
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



Scan QR code

Online

Term 1 • 2025

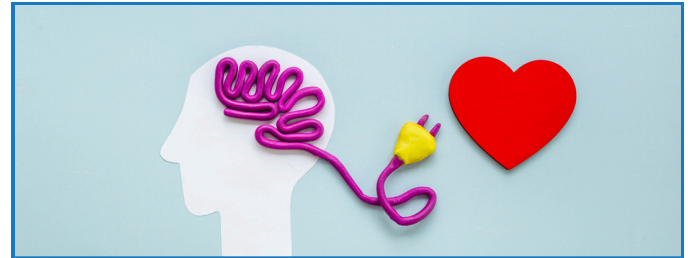
Course Schedule



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.

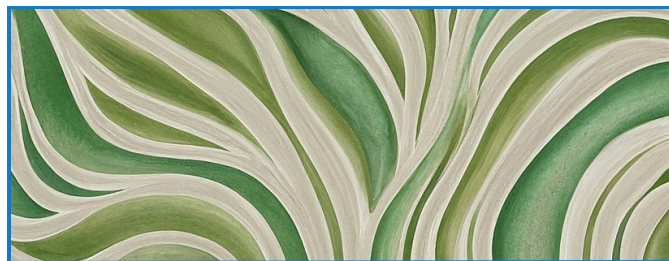
Tue 1 Apr | 10am-12:30pm



Dopamine Insight: Finding Balance in a Distracted World

Let's take a look at our own dependence on stimuli - the pings, the beeps and the rings can sometimes take control! Let's build new habits that serve us.

Thu 3 Apr | 10am-12:30pm



Hypermobility and You

We will explore our own experiences with hypermobility, discover how other health conditions may be linked, and learn in some mindfulness exercise to help us connect with and better appreciate the skin we are in.

Tue 8 Apr | 10am-12:30pm

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