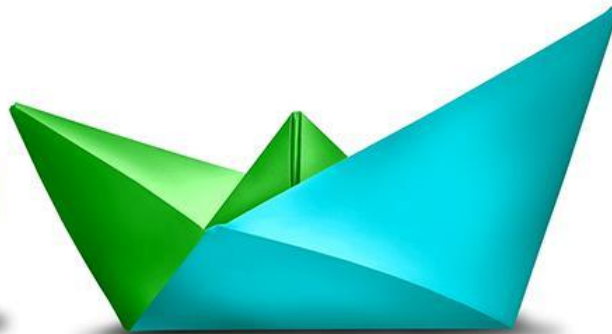


Education as a Catalyst for Change:

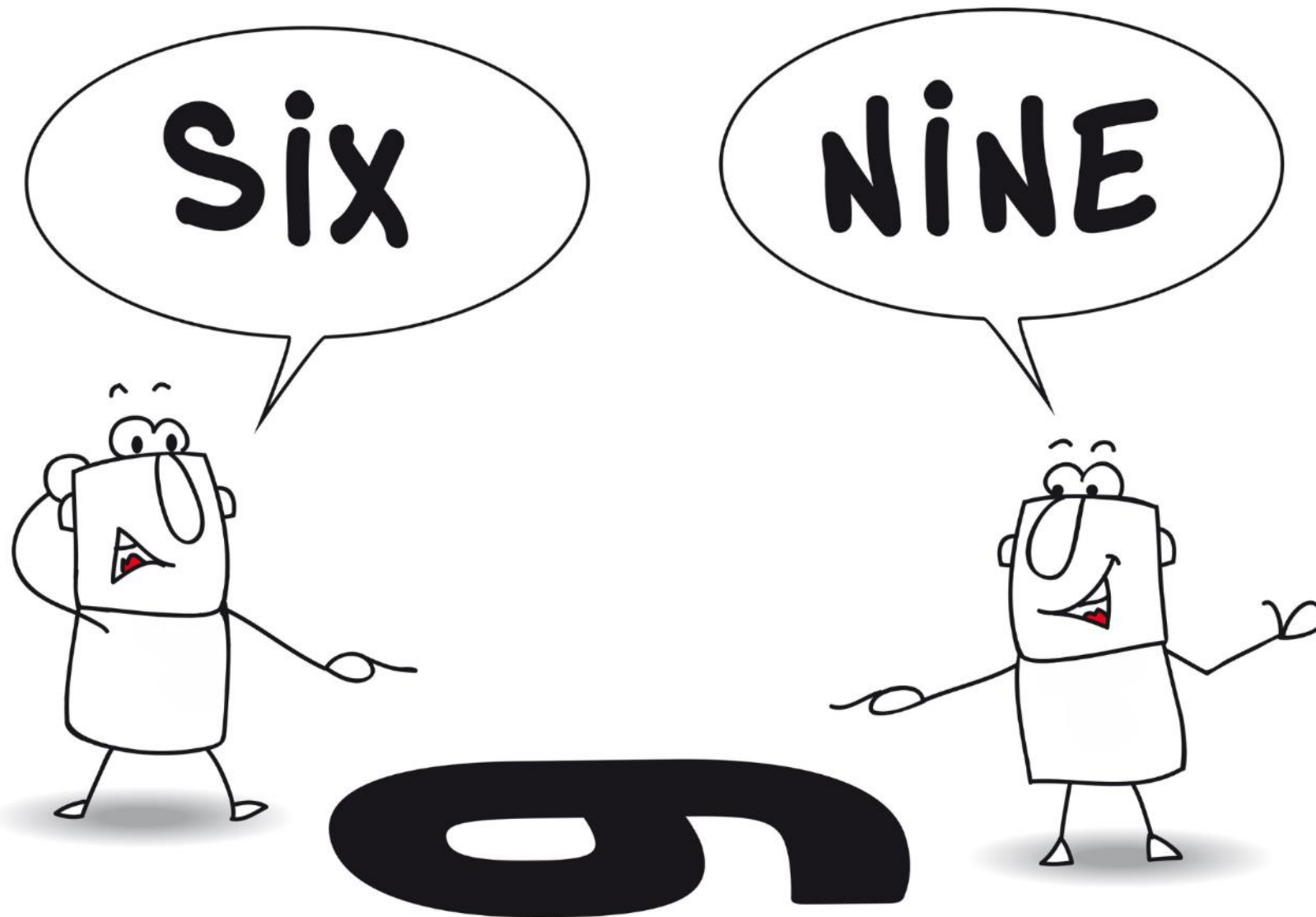
Building Bridges to Citizenship



Welcome to the WA Recovery College.
We're so glad you're here!



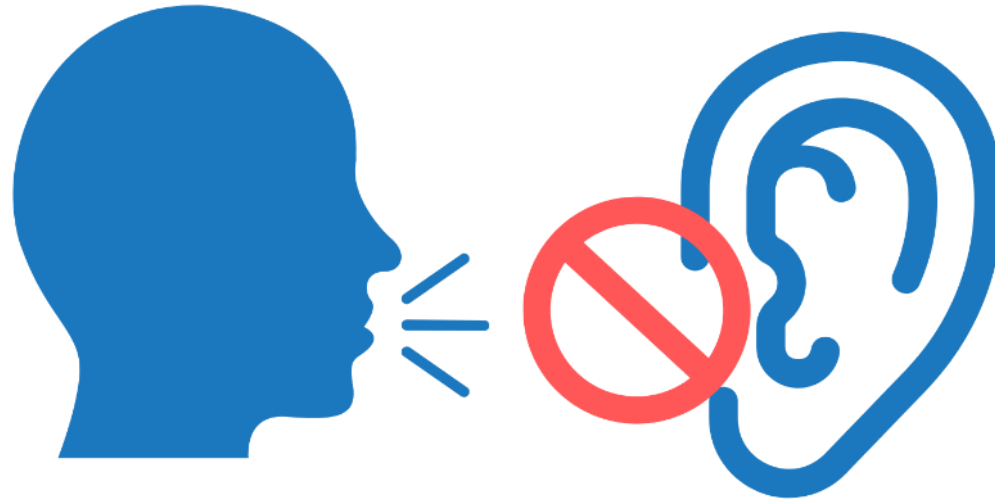


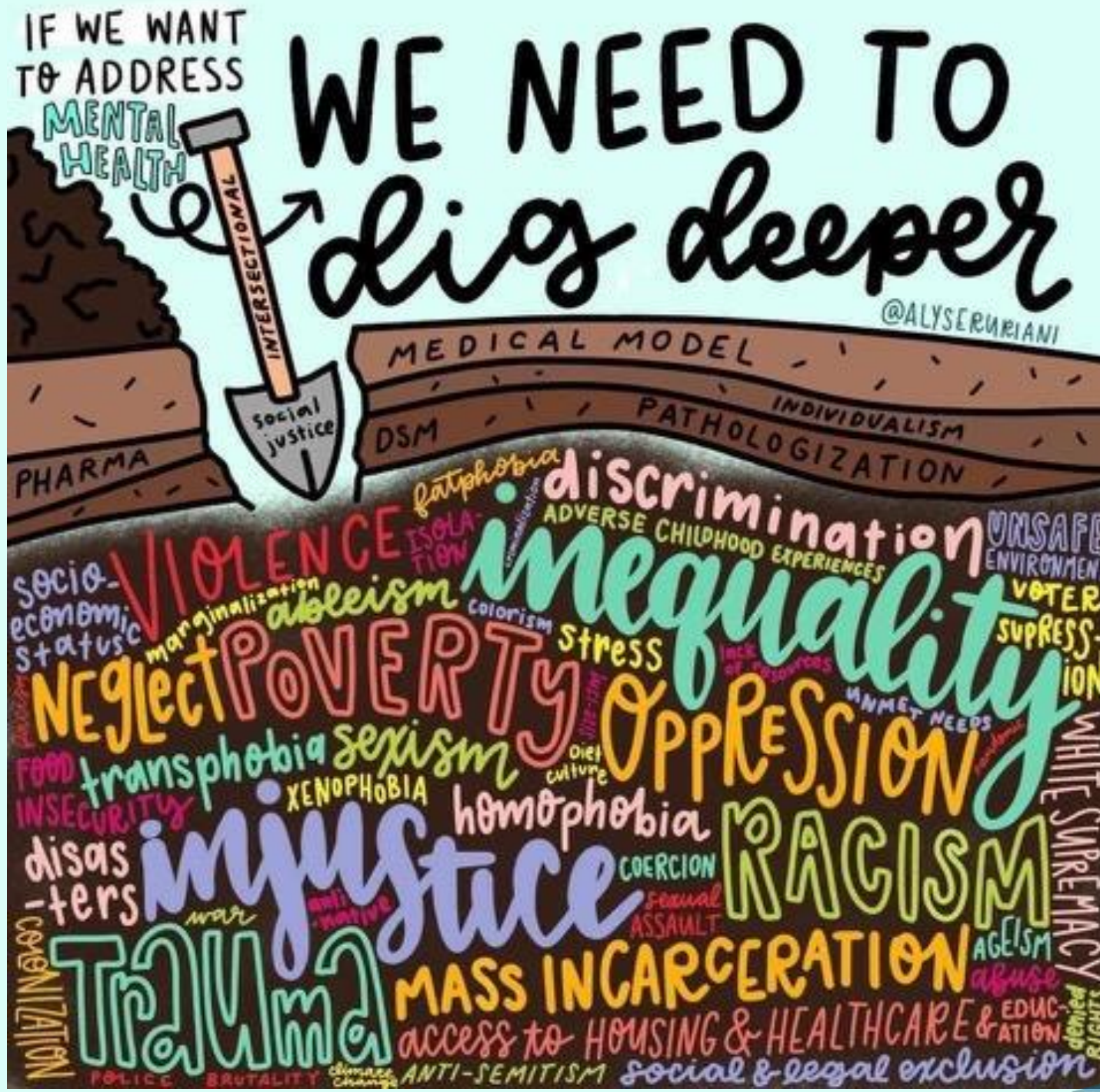


Hermeneutical Injustice



Epistemic Injustice









Recovery Capital

Internal (personal)

External (community)

Internal Recovery Capital

Human



Physical



External Recovery Capital

Social



Cultural



WARCA Integrity Framework

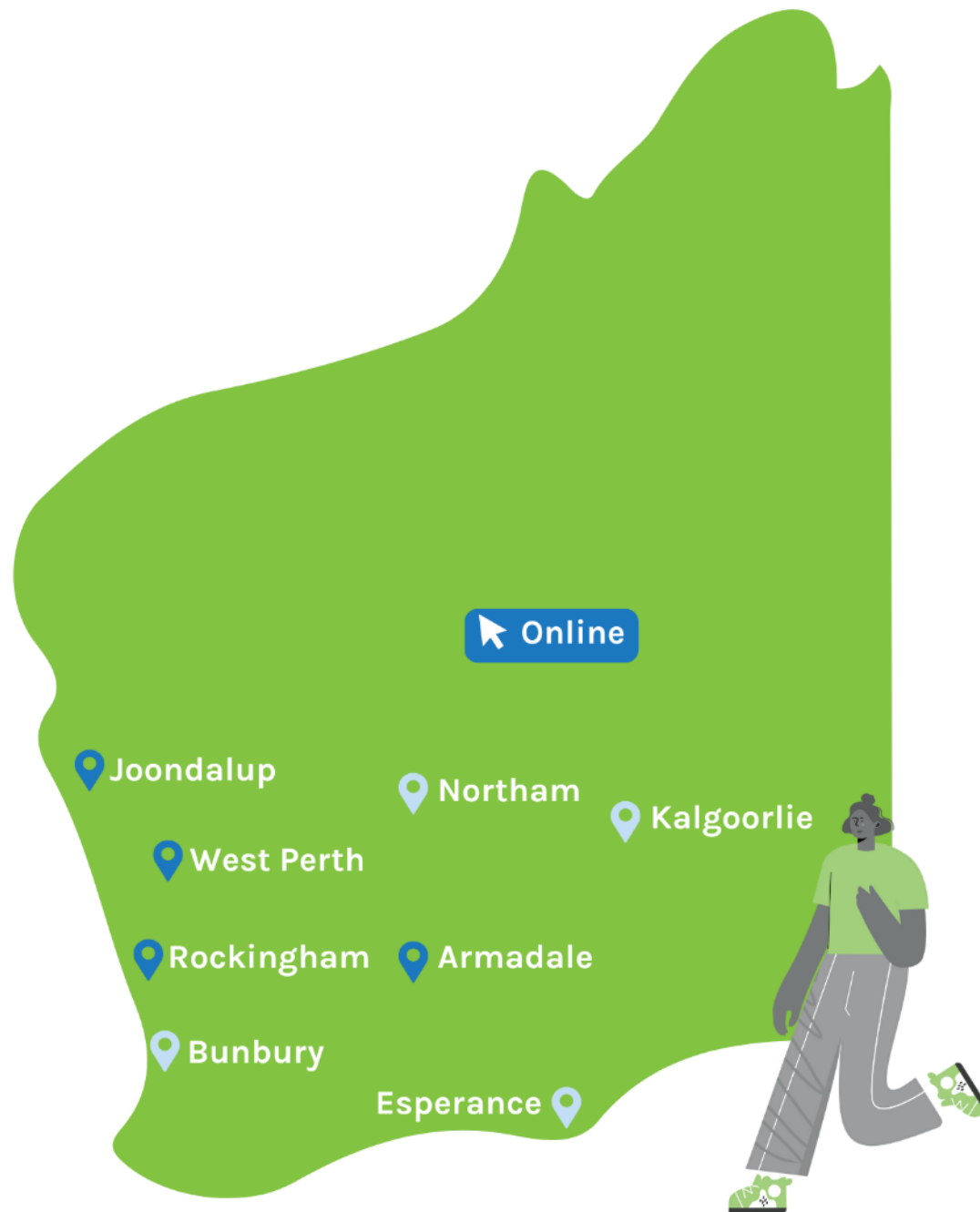


Alliance partners



Mill!GAN.





*“One day you will tell **your** story of how you overcame what you went through, and it will be **someone else's** survival guide.”*

- Brene Brown



Understanding and Living with Trauma

What is trauma and how does it manifest? Uncover the impacts of trauma, the ways it presents, and learn preventative measures to increase your confidence.

4 hour course / 1 session



Supporting Recovery from Substance Dependency

Are you supporting a loved one recovering from substance use? Develop strategies to support their recovery and learn ways to maintain your own mental health.

6 hour course / 3 sessions



Destination Wellness: Learning to Let Go

Embrace your physical and emotional space with the art of letting go. Build gratitude, explore slow living concepts, and enhance your focus on what matters to you.

3 hour course / 1 session



Destination Wellness: Finding Joy

Find joy in the midst of life's demands and challenges. Discover practical ways to cultivate a positive outlook and create a more fulfilling life.

3 hour course / 1 session



Compassionate Listening for Reconnection

Our self-esteem and self-confidence grows when we are seen and heard. Learn the skills to become a compassionate listener and enhance your communication skills.

2.5 hour course / 1 session



Mindful Garden Creation

Join us for some fun, hands-on gardening. Learn to upcycle and transform everyday objects into functional additions for your garden. Be ready to get your hands dirty!

2 hour course / 1 session



The Artist's Palette: Exploring Emotions Through Colour

Emotions play a vital role in our lives. Join us on a creative journey of self-awareness and discovery as we examine emotional balance through colour.

3 hour course / 1 session



The Stress Free, Creative and Sustainable Wardrobe

Want to spend less on your wardrobe without losing your style? Join us to examine the benefits of techniques like the KonMari Method and the Capsule Wardrobe.

3 hour course / 1 session



Life After Prison

Navigate the unique and challenging journey of life after prison. Together we will create a plan of how to make positive changes and create lasting, supportive connections.

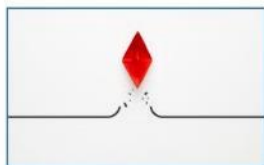
2 hour course / 1 session



Thriving with Adult ADHD

Join us as we explore the ways in which ADHD can manifest in our lives. We will discuss different strategies we can use to be more mindful and self-supportive connections.

6 hour course / 2 sessions



Boundaries: Healthy Limits That Will Set You Free

Boundaries can have a major impact on our mental wellbeing. Identify what your boundaries are and how you can implement them in your daily life.

3 hour course / 1 session



Seeing Value in Our Imperfections with the Art of Kintsugi

Celebrate what makes you unique, embrace your individuality, and join us as we find beauty in the imperfect with the transformative art of Kintsugi.

3 hour course / 1 session



Nature's Path to Self-Discovery: A Journey Within

Discover the remedy to modern day disconnection through reconnecting with nature to build relationships with others and yourself.

2.5 hours course / 1 session



A Stress Positive Approach to Life

Learn how to embrace stress as a driving force towards success. Discover the essential skills and tools to identify stressors and harness them as motivation for positive action.

3 hour course / 1 session



Ikigai: Your Reason for Being

Struggling with the challenges of life beyond prison or rehab? Increase your self-awareness, examine the challenges of parole/court, and explore strong foundations of support.

3 hour course / 1 session



Speaking Each Other's Language

Communication wields power in shaping understanding, emotions, and actions. Discover techniques to nurture meaningful connections.

2.5 hour course / 1 session



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.

3 hour course / 1 session



Explaining Addiction: What Drives It?

Let's examine common beliefs around addiction and substance use, and how perceptions have changed over time. We'll identify misconceptions and pathways for further learning.

3 hour course / 1 session



Sensory Preferences: Yours, Mine and Ours

What are your sensory preferences? Identify which sensory input (touch, taste, smell, pressure, sound etc.) helps us to relax, focus and feel energised.

6 hour course / 2 sessions



Choice Overload: Moving Beyond Decision Paralysis

This course will explore the psychology behind decision-making. We'll gain insight into how Decision Paralysis impacts daily life, and develop a personalised approach to making more timely and effective decisions.

3 hour course / 1 session



Writing for Recovery

This course will explore writing circles, and how they can provide a nurturing space to explore, understand, and ultimately facilitate personal healing, through storytelling and self-expression.

3 hour course / 1 session



Soothing the Nervous System Through Crochet

Experience the calming benefits of crochet in this hands-on workshop. Engage in a crochet project and discover how this creative practice can enhance mindfulness and soothe your nervous system.

2.5 hour course / 1 session



Shame and Guilt: Navigating the Difficulties of Self-Conscious Emotions

Explore strategies to build self-compassion and emotional resilience, and gain insights into managing these challenging emotions with greater ease.

3 hour course / 1 session

Scan to view all-course library



*“[The educators] lived
in my shoes. They
understand me.”*

**Exercise and
Wellbeing** (Wandoo
Rehabilitation Prison)

*“It helped me to
ponder possibilities.
Dare to dream. Reflect
on what brings joy.
Amazing to have space
to do this within the
context of my current
circumstances.”*

Midlife Revival

*“I brought my father to
this course as we have
been having difficulty
communicating and it
was a great experience
for both of us.”*

**Speaking Each Other's
Languages**

"I learnt so much about myself whilst with others, that it's eased my isolation and made me hungry to learn more. I can have a positive input into society."

**Thriving with Adult
ADHD**

"The knowledge and experiences shared have been transformational for me already - they have impacted my life in a WARCA space and beyond."

**Bunbury Educator
Foundation Program**

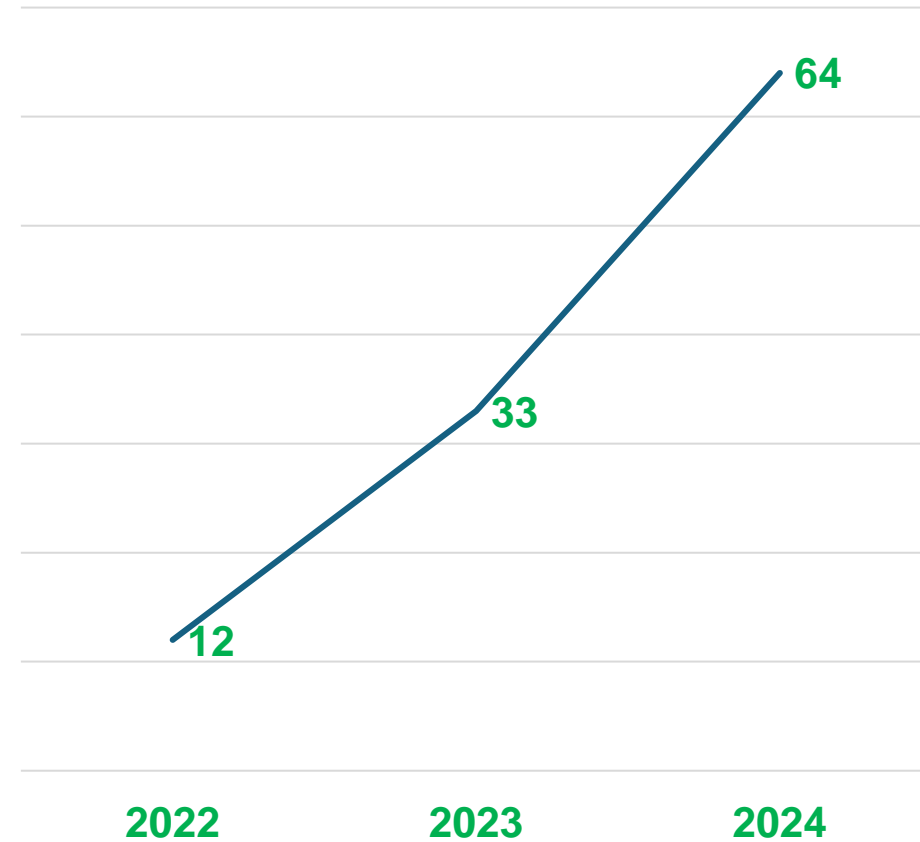
"Thank you for providing a range of free courses that I can participate in as a community member."

**Decoding Colour:
Revealing the Subtle
Messages in Your
Wardrobe**

"The course was fabulous! I really felt I had achieved something special and am grateful to be a part of this "movement". Thank you so much to the facilitators that shared space with us."

**Bunbury Educator
Foundation Program**

Pop ups run

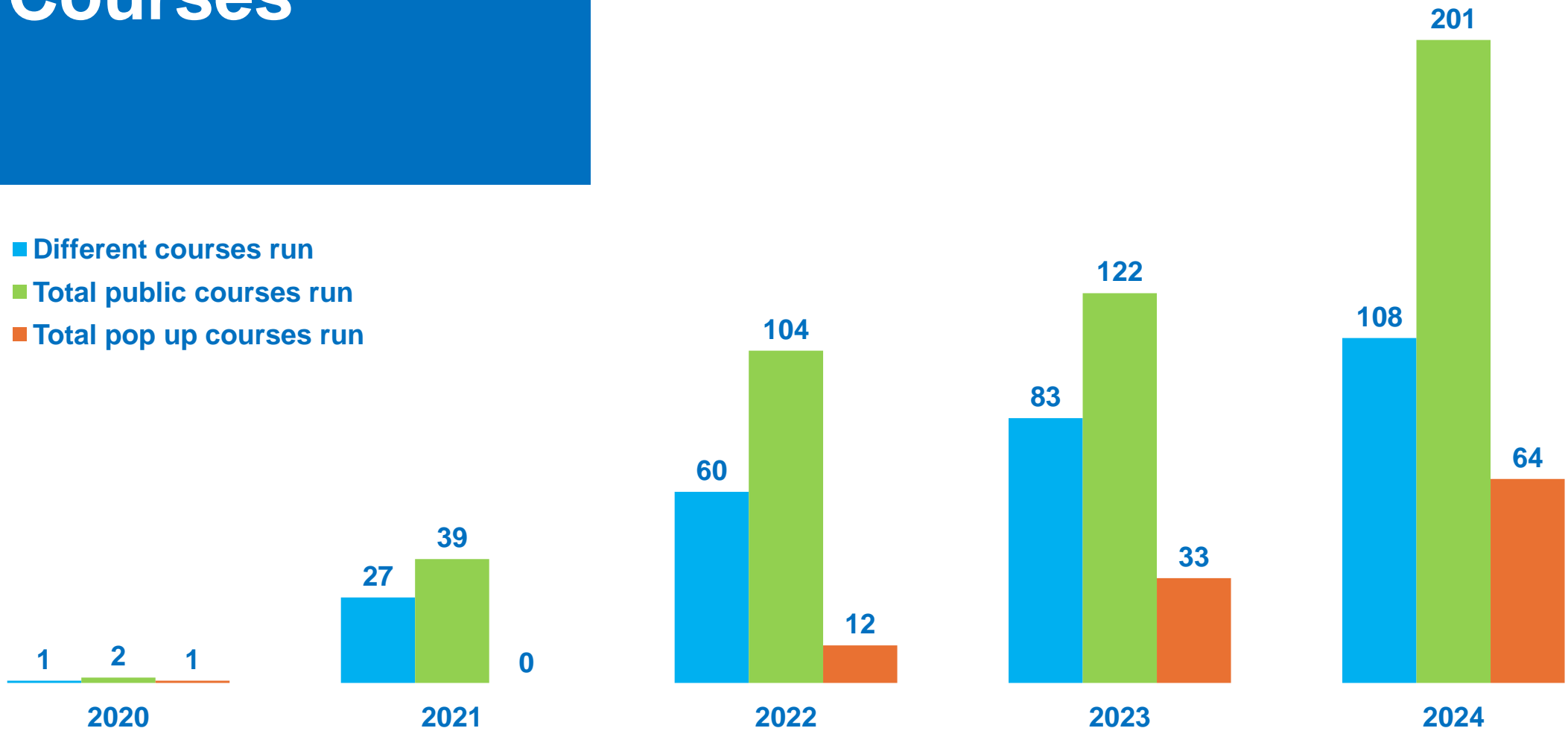


We run pop ups at...

- Employment groups
 - Prisons
- Therapeutic communities
 - AOD groups
 - Wellness groups
 - CaLD groups
 - Carer groups
- Parenting Groups
 - Youth centres
- Community centres/libraries

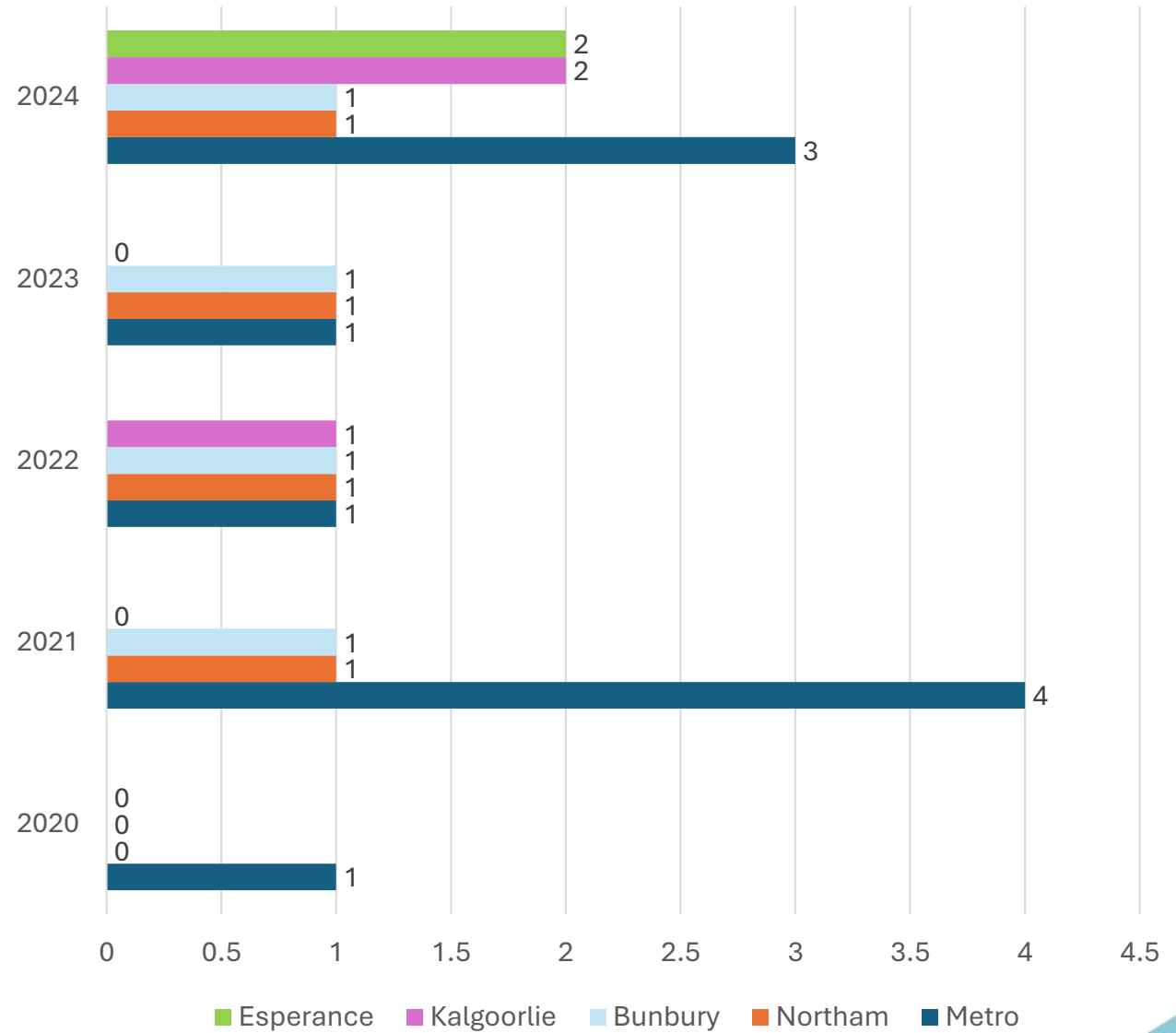
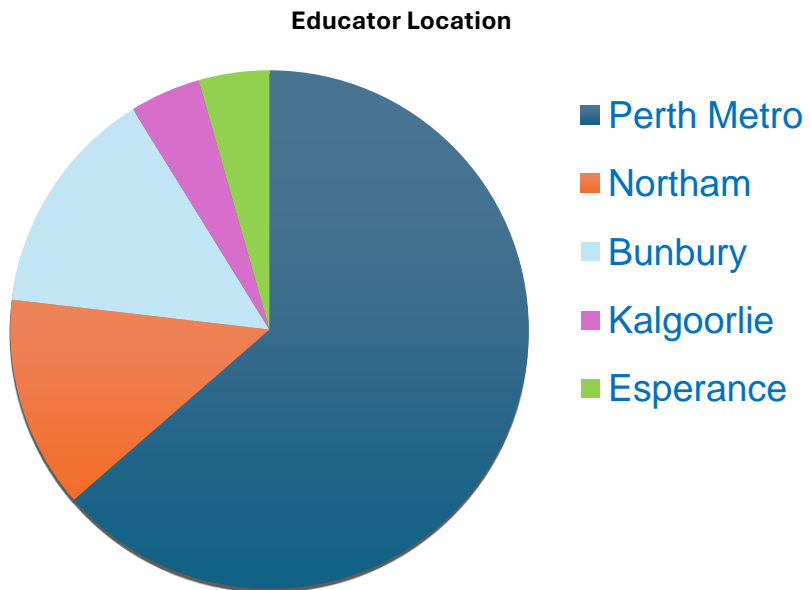
Courses

- Different courses run
- Total public courses run
- Total pop up courses run



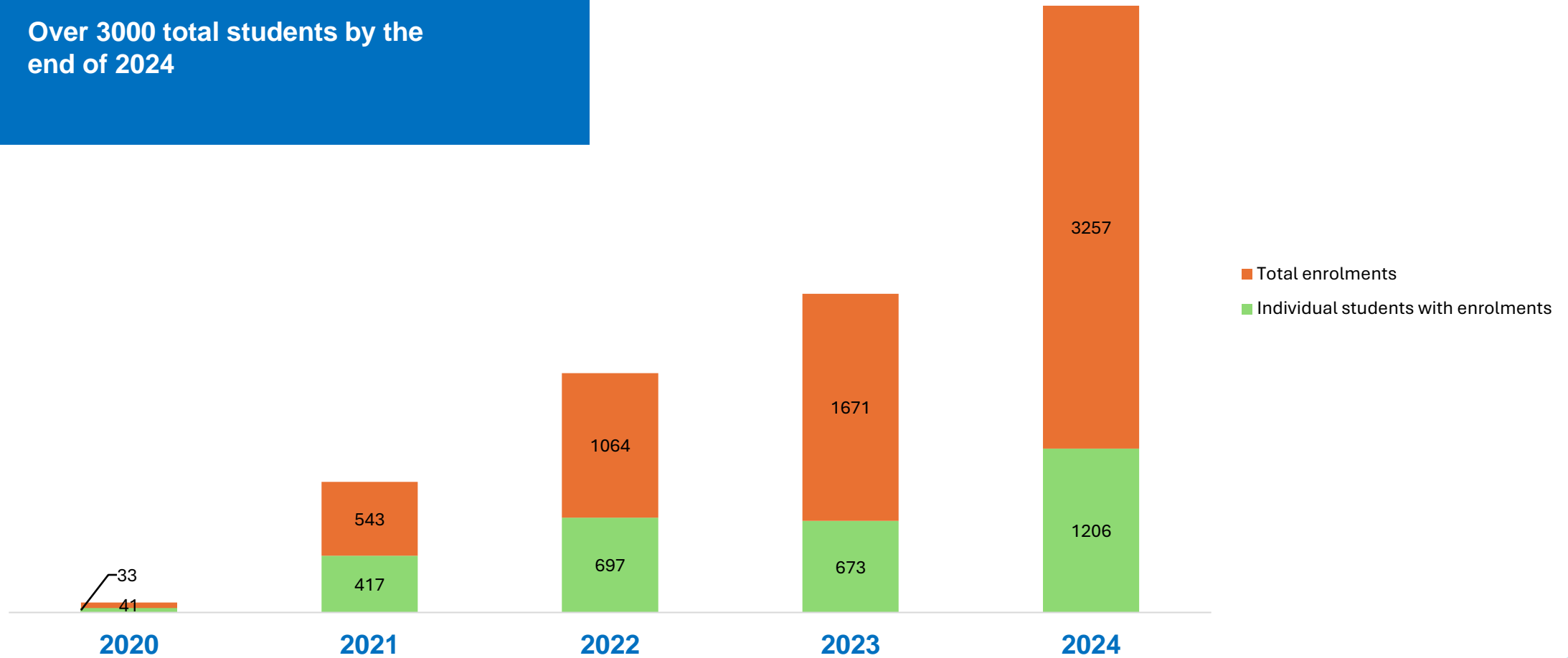
Educators

262 educators have completed the Educator Foundation Program



Students

Over 3000 total students by the end of 2024







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LinkedIn: @wa-recovery-college-alliance-warca