



South Eastern Sydney  
**RECOVERY COLLEGE**  
Learning and Growth for Mental Health

# EXPLORING ALCOHOL, DRUG USE & WELLBEING

# S010024-ENG

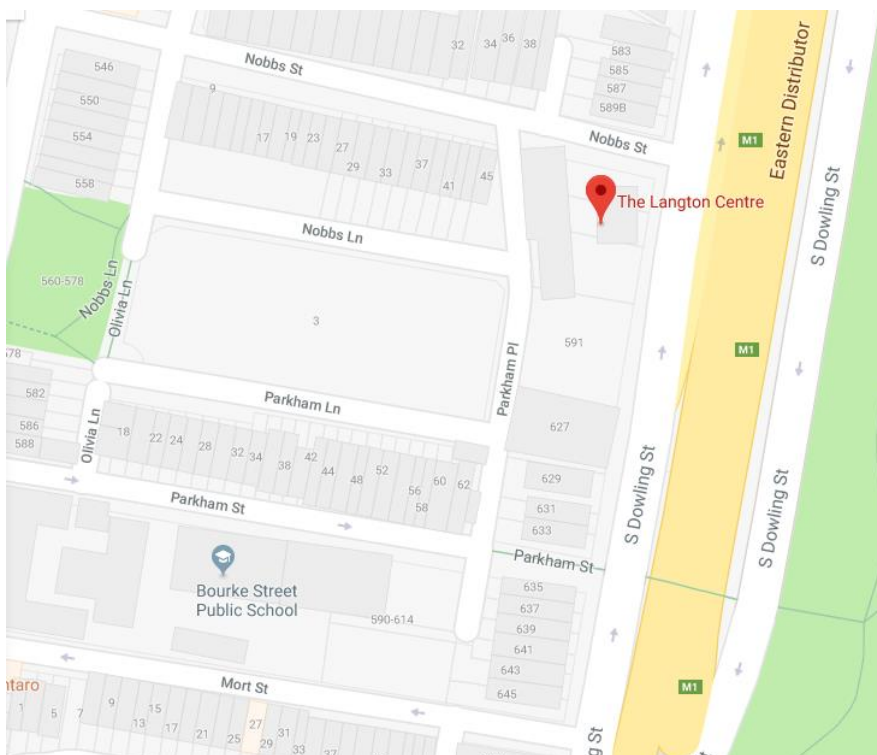
3 Hour Course

Date: Wednesday 14<sup>th</sup> February 2018

Time: 10.00am – 1.00pm

Venue: The Langton Centre, 591-623 S Dowling St, Surry Hills NSW 2010

This course will explore the impacts alcohol & other drug use can have on a person's health and wellbeing. It is co-facilitated by a Peer Educator with a lived experience and a drug & alcohol professional in a safe and non-judgemental environment. The course will provide students with resources and information about services that are available to support & improve health outcomes.



Course Information Sheet

For more information  
please contact the  
Recovery College Team  
Ph: 9113 2981  
Website:  
[www.seslhd.health.nsw.gov.au/Recovery\\_College](http://www.seslhd.health.nsw.gov.au/Recovery_College)  
Email: [SESLHD-RecoveryCollege@health.nsw.gov.au](mailto:SESLHD-RecoveryCollege@health.nsw.gov.au)