

Identifying strengths



Course: Identifying Strengths

This course is about using your Strengths - Are you curious about what the word 'strengths' means?

This course is for anyone who is wanting to reconnect with their strengths and to feel empowered in life.

Broad and diverse, individually defined and uniquely applied; we all have strengths. Strengths are a personal resource that help us achieve. Come and listen to and learn how others define their strengths. Rediscover yours or simply uncover a new 'strength'. Share your stories and help others in this non-judgemental and safe space.

This course will be delivered by Metro South Health staff; facilitated by a person with a lived/living mental health and/or addiction issue, and a mental health professional.

Learning will take place through the sharing of stories and strategies, viewing videos, doing group activities, with educational and practical resources.

Duration: One session of 90 minutes.

Located at sites within Metro South Health service.

What is a Recovery College ?

The Brisbane South Recovery College is a learning space that will provide you with knowledge and skills to reflect on personal experiences, provide hope, build resilience, provide opportunities to connect with others and feel supported.

How to enrol

Option 1:

- Go to the website <https://metrosouth.health.qld.gov.au/mental-health/brisbane-south-recovery-college>
- Click on 'How to enrol'.

Option 2:

- Contact us to request an enrolment form on recovery.college@health.qld.gov.au

A team member will contact you to confirm your enrolment details and discuss if any support is required for you to attend.

Frequently Asked Questions

Is there a cost?

No. All courses are FREE of charge.

What happens if I cannot attend the course?

We understand that some people may find it difficult to attend a course. We are available to talk to you about any questions you may have and how we may be able to support you to attend and learn.

Do I need to be referred?

No. You do not need to be referred. As a student you can simply complete the enrolment form.

Contact Brisbane South Recovery College

recovery.college@health.qld.gov.au