



# Recovery College NZ

## Course Description

### Exploring Nutrition

This workshop will explore how you can use nutrition to support your physical and mental wellbeing. How you can manage common challenges such as overeating. And how you can set goals that will support you to feel healthier

### Exploring Grief

In this workshop you will gain a greater understanding of grief and the grief process. You will also identify strategies to move through the grieving process and support other people who are grieving.

### Exploring Acceptance

In this workshop you will gain a greater understanding of what acceptance is so you can develop a more empowered view that can be used to support your recovery journey.

### Exploring Stigma and Discrimination

This workshop will explore the impact of stigma and discrimination on people with lived experience. We will begin by looking at assumptions and unconscious bias before moving on to what stigma and discrimination are and what we can do to counteract its impact.

### Exploring Recovery for Women

Recovery from addiction or mental distress is a challenging process. It can be even more challenging for women with the multitude of barriers they face. This workshop will look at the mindset shift that needs to occur so we can come to a better understanding of what we need to focus on to strengthen our recovery.



### Exploring Creativity in Recovery

This workshop will look at why creativity is important in recovery and how we can start being creative today.

### Managing the Holiday Season: Planning for Success

This workshop will identify challenges that can arise during the holiday period and strategies that can be used to manage those challenges. We will also look at what we can do if things do not go to plan.

Find the current schedule of Groups, Hui, ABACUS & Recovery College workshops [here](#).