



# April 2019 Programme

For course information and to book a place, visit our website:

[www.mindspacepk.com](http://www.mindspacepk.com)

Alternatively phone 01738 639657 or come in person to

18 - 20 York Place, Perth PH2 8EH

Places available

Course already underway

MON	TUE	WED	THU	FRI
<b>1</b> <b>9:30am</b> CONNECT (10 of 16) <b>1.30pm</b> WRAP (5 of 6) <b>2:00pm</b> YourSpace Social Group	<b>2</b> <b>9:30am</b> CONNECT (10 of 16) <b>11:00am</b> Café Connections @ Café Biba <b>2:00pm</b> Taking Control (9 of 10)	<b>3</b> <b>9:30am</b> PDA Peer Support	<b>4</b> <b>10:00am</b> Discovering Mindfulness (2 of 8)	<b>5</b> <b>11:00am</b> Café Connections @ Blend <b>2:00pm</b> YourSpace Social Group
<b>8</b> <b>9:30am</b> CONNECT (11 of 16) <b>1.30pm</b> WRAP (6 of 6) <b>2:00pm</b> YourSpace Social Group	<b>9</b> <b>9:30am</b> CONNECT (11 of 16) <b>11:00am</b> Café Connections @ Café Biba <b>2:00pm</b> Taking Control (10 of 10) <b>5.00pm</b> OurSpace (1 of 4)	<b>10</b> <b>9:30am</b> PDA Peer Support	<b>11</b> <b>10:00am</b> Discovering Mindfulness (3 of 8) <b>2.00pm</b> Understanding Bi-polar	<b>12</b> <b>11:00am</b> Café Connections @ Blend <b>2:00pm</b> YourSpace Social Group
<b>15</b> <b>9:30am</b> CONNECT (12 of 16) <b>2:00pm</b> YourSpace Social Group	<b>16</b> <b>9:30am</b> CONNECT (12 of 16) <b>11:00am</b> Café Connections @ Café Biba <b>5.00pm</b> OurSpace (2 of 4)	<b>17</b>	<b>18</b>	<b>19</b> <b>CLOSED</b>
<b>22</b> <b>CLOSED</b>	<b>23</b> <b>9:30am</b> CONNECT (12 of 16) <b>11:00am</b> Café Connections @ Café Biba <b>5.00pm</b> OurSpace (3 of 4)	<b>24</b> <b>9:30am</b> PDA Peer Support <b>10:00pm</b> Facilitation Skills for Co-facilitators (1 of 2)	<b>25</b> <b>10:00am</b> Discovering Mindfulness (4 of 8) <b>10:00pm</b> Facilitation Skills for Co-facilitators (2 of 2)	<b>26</b> <b>11:00am</b> Café Connections @ Blend <b>2:00pm</b> YourSpace Social Group
<b>29</b> <b>9:30am</b> CONNECT (13 of 16)	<b>30</b> <b>9:30am</b> CONNECT (14 of 16) <b>11:00am</b> Café Connections @ Café Biba <b>5.00pm</b> OurSpace (4 of 4)	<b>NEW COURSES THIS MONTH:</b> <b>Understanding Bi-polar</b> There are many misconceptions about bipolar disorder, a life long disorder characterised by episodes of often persistent highs, and often persistent lows. <i>One-off class Thursday 11th April 2.00—4.00pm</i> <b>OurSpace@MindSpace</b> This group gives you a chance to discuss a wide range of thought-provoking topics and practice Mindfulness. Open to all who wish learn more about mental health and wellbeing. <i>Starts Tuesday 9th April 5.00—7.00pm</i> <b>Facilitation Skills for Co-facilitators</b> This two day course aims to provide you with the skills to develop and facilitate your own course or workshop. <i>24th &amp; 25th April 10.00am—12.00pm</i>		Remember to refer to the <i>Course Information booklet</i> or <i>online at <a href="http://www.mindspacepk.com">www.mindspacepk.com</a></i> for further details on all courses and sessions.

