



MINDSPACE
RECOVERY COLLEGE

April 2018 Programme

For more information and to book a place, check our website

www.mindspacepk.com

Call 01738 639657

■ Places available ■ Course already underway

or visit us at 18 - 20 York Place, Perth PH2 8EH

MON	TUE	WED	THU	FRI
<p>2</p> <p>MINDSPACE CLOSED</p> 	<p>3</p> <p>9:30am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p>	<p>4</p> <p>9:30am PDA Peer Support</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm Understanding OCD</p>	<p>5</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> <p>2:00pm Relaxation</p>	<p>6</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>9</p> <p>9:30am CONNECT</p> <p>2:00pm YourSpace Social Group</p>	<p>10</p> <p>9:30am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p>	<p>11</p> <p>9:30am PDA Peer Support</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm The Confidence Gap (2 weeks)</p>	<p>12</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> <p>2:00pm Relaxation</p>	<p>13</p> <p>10:00am Discovering Mindfulness (8 weeks)</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>16</p> <p>9:30am CONNECT</p> <p>2:00pm YourSpace Social Group</p>	<p>17</p> <p>9:30am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p> <p>2:00pm Taking Control (12 weeks)</p>	<p>18</p> <p>9:30am PDA Peer Support</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm The Confidence Gap</p>	<p>19</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> <p>2:00pm Relaxation</p>	<p>20</p> <p>10:00am Discovering Mindfulness</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>23</p> <p>9:30am CONNECT</p> <p>2:00pm YourSpace Social Group</p>	<p>24</p> <p>9:30am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p> <p>2:00pm Taking Control</p> <p>4:00pm Myspace @ Mindspace</p>	<p>25</p> <p>9:30am PDA Peer Support</p> <p>10:00am Mindfulness Practice</p> <p>4:00pm Myspace @ Mindspace Drop-In</p>	<p>26</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> <p>2:00pm Relaxation</p>	<p>27</p> <p>10:00am Discovering Mindfulness</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>30</p> <p>9:30am CONNECT</p> <p>2:00pm YourSpace Social Group</p>	<p>New Courses!</p> <p><u>Understanding OCD</u> <i>Wednesday 4th April 2.00 - 4.00pm</i> Obsessive Compulsive Disorder (OCD) is a common mental health condition where people have obsessive thoughts and compulsive behaviours. Come along to find out more about OCD, its possible causes and how you can access treatment and support.</p> <p><u>The Confidence Gap</u> <i>Starts Wednesday 11th April 2.00 - 4.00pm</i> Learn how to build confidence and self-worth using techniques for long lasting results through the practice of mindfulness-based therapy.</p>			



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MON	TUE	WED	THU	FRI
<p>Wellness Recovery Action Planning</p> <p>WRAP is about you, for you! Develop a plan that will help you stay in the driving seat of your own recovery and wellbeing.</p> <p><i>Starts Thursday 17th May 2.00 - 4.00pm</i></p>	<p>1</p> <p>9:30am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p> <p>2:00pm Taking Control</p> <p>4:00pm Myspace @ Mindspace (15 to 18 year olds only) (8 weeks)</p>	<p>2</p> <p>9:30am PDA Peer Support</p> <p>10:00am Mindfulness Practice</p>	<p>3</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> <p>2:00pm Relaxation</p>	<p>4</p> <p>10:00am Discovering Mindfulness</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>7</p> <p>9:30am CONNECT</p> <p>2:00pm YourSpace Social Group</p>	<p>8</p> <p>9:30am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p> <p>2:00pm Taking Control</p> <p>4:00pm Myspace @ Mindspace (15 to 18 year olds only)</p>	<p>9</p> <p>9:30am PDA Peer Support</p> <p>10:00am Mindfulness Practice</p>	<p>10</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> <p>2:00pm Relaxation</p>	<p>11</p> <p>10:00am Discovering Mindfulness</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>14</p> <p>9:30am CONNECT</p> <p>2:00pm YourSpace Social Group</p>	<p>15</p> <p>9:30am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p> <p>2:00pm Taking Control</p> <p>4:00pm Myspace @ Mindspace (15 to 18 year olds only)</p>	<p>16</p> <p>9:30am PDA Peer Support</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm Understanding Bipolar</p>	<p>17</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> <p>2:00pm Relaxation</p> <p>2:00pm Wellness Recovery Action Planning (WRAP) (7 weeks)</p>	<p>18</p> <p>10:00am Discovering Mindfulness</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>21</p> <p>9:30am CONNECT</p> <p>2:00pm YourSpace Social Group</p>	<p>22</p> <p>9:30am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p> <p>2:00pm Taking Control</p> <p>4:00pm Myspace @ Mindspace (15 to 18 year olds only)</p>	<p>23</p> <p>9:30am PDA Peer Support</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm Understanding Psychosis (3 weeks)</p>	<p>24</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> <p>2:00pm Relaxation</p> <p>2:00pm Wellness Recovery Action Planning (WRAP)</p>	<p>25</p> <p>10:00am Discovering Mindfulness</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>28</p> <p>9:30am CONNECT</p> <p>2:00pm YourSpace Social Group</p>	<p>29</p> <p>9:30am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p> <p>2:00pm Taking Control</p> <p>4:00pm Myspace @ Mindspace (15 to 18 year olds only)</p>	<p>30</p> <p>9:30am PDA Peer Support</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm Understanding Psychosis</p>	<p>31</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> <p>2:00pm Relaxation</p> <p>2:00pm Wellness Recovery Action Planning (WRAP)</p>	<p>Understanding Psychosis</p> <p>Psychosis can be a symptom of many conditions but is often misunderstood. Come along and learn more.</p> <p><i>Starts Wednesday 23rd May 2.00 - 4.00pm</i></p>