



MINDSPACE
RECOVERY COLLEGE

August 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>WRITE TO RECOVERY</p> <p>Words can be powerful. This 6 week course gives you the opportunity to find out how writing can help mental health recovery. It is a writing group, but the emphasis will be on mutual respect, confidentiality and ensuring we create a positive environment. There is no pressure to read out what you have written and no one will be watching over your shoulder while you write.</p> <p><i>Starts Thursday 23rd August, 2.00 - 4.00pm</i></p>		<p>1</p> <p>10:00am Mindfulness Practice</p>	<p>2</p> <p>2:00pm Relaxation</p>	<p>3</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>6</p> <p>2:00pm YourSpace Social Group</p>	<p>7</p> <p>11:00am Café Connections @ Café Biba</p> <p>2:00pm Exploring Recovery (4 weeks)</p>	<p>8</p> <p>10:00am Mindfulness Practice</p>	<p>9</p> <p>2:00pm Relaxation</p>	<p>10</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>13</p> <p>2:00pm YourSpace Social Group</p>	<p>14</p> <p>11:00am Café Connections @ Café Biba</p> <p>2:00pm Exploring Recovery</p>	<p>15</p> <p>10:00am Mindfulness Practice</p>	<p>16</p> <p>2:00pm Relaxation</p>	<p>17</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>20</p> <p>2:00pm YourSpace Social Group</p>	<p>21</p> <p>11:00am Café Connections @ Café Biba</p> <p>2:00pm Exploring Recovery</p>	<p>22</p> <p>10:00am Mindfulness Practice</p>	<p>23</p> <p>2:00pm Write to Recovery (6 weeks)</p> <p>2:00pm Relaxation</p>	<p>24</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>27</p> <p>2:00pm YourSpace Social Group</p>	<p>28</p> <p>11:00am Café Connections @ Café Biba</p> <p>2:00pm Exploring Recovery</p>	<p>29</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm Taking Control (12 weeks)</p>	<p>30</p> <p>2:00pm Write to Recovery</p> <p>2:00pm Relaxation</p>	<p>31</p> <p>10:00am Discovering Mindfulness (8 weeks)</p> <p>10:00am Wellness Recovery Action Planning (WRAP) (7 weeks)</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>



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MON	TUE	WED	THU	FRI
<p>3</p> <p>10:00am CONNECT Information Session</p> <p>2:00pm YourSpace Social Group</p>	<p>4</p> <p>11:00am Café Connections @ Café Biba</p>	<p>5</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm Taking Control</p>	<p>6</p> <p>2:00pm Write to Recovery</p> <p>2:00pm Relaxation</p>	<p>7</p> <p>10:00am Discovering Mindfulness</p> <p>10:00am Wellness Recovery Action Planning (WRAP)</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>10</p> <p>9:30am CONNECT (16 weeks)</p> <p>2:00pm YourSpace Social Group</p>	<p>11</p> <p>9:30am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p>	<p>12</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm Taking Control</p>	<p>13</p> <p>2:00pm Write to Recovery</p> <p>2:00pm Relaxation</p>	<p>14</p> <p>10:00am Discovering Mindfulness</p> <p>10:00am Wellness Recovery Action Planning (WRAP)</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>17</p> <p>9:30am CONNECT</p> <p>2:00pm YourSpace Social Group</p>	<p>18</p> <p>9:30am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p>	<p>19</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm Taking Control</p>	<p>20</p> <p>2:00pm Write to Recovery</p> <p>2:00pm Relaxation</p>	<p>21</p> <p>10:00am Discovering Mindfulness</p> <p>10:00am Wellness Recovery Action Planning (WRAP)</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>24</p> <p>9:30am CONNECT</p> <p>2:00pm YourSpace Social Group</p>	<p>25</p> <p>9:30am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p>	<p>26</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm Taking Control</p>	<p>27</p> <p>2:00pm Write to Recovery</p> <p>2:00pm Relaxation</p>	<p>28</p> <p>10:00am Discovering Mindfulness</p> <p>10:00am Wellness Recovery Action Planning (WRAP)</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>

NEW COURSE!

CONNECT

CONNECT is a 16-week training programme which aims to help adults who have personal experience of mental health issues benefit from learning or work opportunities.

Information Session: Monday 3rd September

Course starts: Monday 10th September

In partnership with

