



December 2017 Programme

For course information and to book a place, visit our website
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	
<p>Pick up a copy of our new look Course Information Booklet which is full of information about the Recovery College and the courses we run! And you can find information about all of our services by going online - www.mindspacepk.com.</p> <p>We are open for drop-in socials between Christmas and New Year - see times in the Calendar below. Everyone is welcome!</p> <p><i>Mindspace wishes you all a very Merry Christmas and a Happy New Year!</i></p>					<p>1</p> <p>10:00am Discovering Mindfulness</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>4</p> <p>10:00am CONNECT</p> <p>2:00pm YourSpace Social Group</p>	<p>5</p> <p>10:00am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p> <p>2:00pm Taking Control</p> <p>4:00pm Myspace (12 to 14 year olds only)</p>	<p>6</p> <p>10:00am Mindfulness Practice</p>	<p>7</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> <p>2:00pm Relaxation</p>	<p>8</p> <p>10:00am Understanding and Managing Anxiety</p> <p>10:00am Discovering Mindfulness</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>	
<p>11</p> <p>10:00am CONNECT</p> <p>2:00pm YourSpace Social Group</p>	<p>12</p> <p>10:00am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p> <p>4:00pm Myspace (12 to 14 year olds only)</p>	<p>13</p> <p>10:00am Mindfulness Practice</p>	<p>14</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> <p>2:00pm Relaxation</p> <p>2:00pm Let's Talk About Borderline Personality Disorder</p>	<p>15</p> <p>10:00am Discovering Mindfulness</p> <p>11:00am Café Connections @ Blend</p> <p>1:30pm Christmas lunch at the Isle of Skye</p> 	
<p>18</p> <p>10:00am CONNECT</p> <p>10:00am The Confidence Gap</p> <p>2:00pm YourSpace Social Group</p>	<p>19</p> <p>10:00am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p> <p>4:00pm Myspace (12 to 14 year olds only)</p>	<p>20</p> <p>10:00am Mindfulness Practice</p>	<p>21</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> <p>2:00pm Relaxation</p>	<p>22</p> <p>10:00am Discovering Mindfulness</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>	
<p>25 CLOSED</p> 	<p>26 CLOSED</p>	<p>27</p> <p>11:00am - 3:00pm YourSpace Social Group</p>	<p>28</p> <p>MINDSPACE CLOSED</p>	<p>29</p> <p>MINDSPACE CLOSED</p>	



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MON	TUE	WED	THU	FRI
1 CLOSED 	2 CLOSED	3 9:30am PDA Peer Support 10:00am Mindfulness Practice	4 10:30am Creative Mindfulness: Knit and Natter 2:00pm Relaxation	5 10:00am Exploring Confidence and The Confidence Gap 11:00am Café Connections @ Blend 2:00pm YourSpace Social Group
8 2:00pm YourSpace Social Group	9 11:00am Café Connections @ Café Biba 2:00pm Taking Control (12 weeks)	10 9:30am PDA Peer Support 10:00am Mindfulness Practice	11 10:30am Creative Mindfulness: Knit and Natter 2:00pm Relaxation 1:30pm Vision Board Workshop	12 10:00am Exploring Confidence and The Confidence Gap 10:00am Discovering Mindfulness (8 weeks) 11:00am Café Connections @ Blend 2:00pm YourSpace
15 2:00pm YourSpace Social Group	16 11:00am Café Connections @ Café Biba 2:00pm Taking Control	17 9:30am PDA Peer Support 10:00am Mindfulness Practice	18 10:30am Creative Mindfulness: Knit and Natter 2:00pm Relaxation	19 10:00am Discovering Mindfulness 11:00am Café Connections @ Blend 2:00pm YourSpace Social Group
22 10:00am CONNECT Information Session 2:00pm YourSpace Social Group	23 11:00am Café Connections @ Café Biba 2:00pm Taking Control	24 9:30am PDA Peer Support 10:00am Mindfulness Practice	25 10:30am Creative Mindfulness: Knit and Natter 2:00pm Relaxation 2:00pm Let's Talk About Borderline Personality Disorder	26 9:30am Write to Recovery 10:00am Discovering Mindfulness 11:00am Café Connections @ Blend 2:00pm YourSpace Social Group
29 9:30am CONNECT (16 weeks) 2:00pm YourSpace Social Group	30 9:30am CONNECT 11:00am Café Connections @ Café Biba 2:00pm Taking Control	31 9:30am PDA Peer Support 10:00am Mindfulness Practice 2:00pm Understanding Stress	<p style="margin: 0;">NEW COURSE! <i>Wednesday 31st January</i></p> <p style="margin: 0;"><u>Understanding Stress</u> <i>2.00-4.00pm</i></p> <p style="margin: 0;">Modern life is full of hassles, frustrations and demands which can cause a lot of stress. Gain confidence in your own ability to cope by learning more about stress, why we get stressed and how we can manage it.</p>	