




December 2018 Programme

For more information or to book your 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
3 9:30am CONNECT 2:00pm YourSpace Social Group 5:00pm Mindfulness and Positivity	4 9:30am CONNECT 11:00am Café Connections @ Café Biba	5 10:00am Mindfulness Practice 7:00pm Parents/Carers - Young People's Mental Health	6 10:00am Confidence Gap 2:00pm Relaxation 2:00pm Write to Recovery	7 10:00am Discovering Mindfulness 11:00am Café Connections @ Blend 2:00pm YourSpace Social Group
10 9:30am CONNECT 2:00pm YourSpace Social Group	11 9:30am CONNECT 11:00am Café Connections @ Café Biba 2:00pm Understanding and Managing Anxiety Drop-in	12 10:00am Mindfulness Practice	13 2:00pm Relaxation 2:00pm Write to Recovery	14 10:00am Discovering Mindfulness 11:00am Café Connections @ Blend 2:00pm YourSpace Social Group
17 9:30am CONNECT 2:00pm YourSpace Social Group	18 9:30am CONNECT 11:00am Café Connections @ Café Biba	19 10:00am Mindfulness Practice	20 2:00pm Relaxation 2:00pm Write to Recovery	21 10:00am Discovering Mindfulness 11:00am Café Connections @ Blend 2:00pm YourSpace Social Group
24 1:00pm - 3:00pm YourSpace Social Group	CLOSED	CLOSED	27 12:00pm - 3:00pm YourSpace Social Group	28 12:00pm - 3:00pm YourSpace Social Group
31 1:00pm - 3:00pm YourSpace Social Group	<p><i>Mindspace wishes everyone a very Merry Christmas and a Happy New Year!</i></p> 			





MINDSPACE
RECOVERY COLLEGE

January 2019 Programme

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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>Remember to refer to the <i>Course Information booklet</i> or online at www.mindspacepk.com for further details on all courses and sessions.</p> 	<p>1 CLOSED</p>	<p>2 CLOSED</p>	<p>3</p>	<p>4</p>
	<p><i>Happy New Year</i></p>			
<p>7</p> <p>2:00pm YourSpace Social Group</p>	<p>8</p> <p>11:00am Café Connections @ Café Biba</p>	<p>9</p> <p>9:30am PDA Peer Support</p> <p>10:00am Mindfulness Practice</p>	<p>10</p> <p>2:00pm Relaxation</p>	<p>11</p> <p>11:00am Café Connections @ Blend</p> <p>10:00am Understanding Depression</p> <p>2:00pm YourSpace Social Group</p>
<p>14</p> <p>2:00pm YourSpace Social Group</p>	<p>15</p> <p>11:00am Café Connections @ Café Biba</p>	<p>16</p> <p>9:30am PDA Peer Support</p> <p>10:00am Mindfulness Practice</p>	<p>17</p> <p>10:00am Discovering Mindfulness (8 weeks)</p> <p>2:00pm Relaxation</p>	<p>18</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>21</p> <p>10:00am CONNECT Information Session</p> <p>2:00pm YourSpace Social Group</p>	<p>22</p> <p>11:00am Café Connections @ Café Biba</p>	<p>23</p> <p>9:30am PDA Peer Support</p> <p>10:00am Mindfulness Practice</p>	<p>24</p> <p>10:00am Discovering Mindfulness</p> <p>2:00pm Relaxation</p> <p>2:00pm Facilitation Skills for Co-facilitators (2 sessions)</p>	<p>25</p> <p>10:00am The Confidence Gap (3 weeks)</p> <p>10:00am Facilitation Skills for Co-facilitators</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>28</p> <p>9:30am CONNECT (16 weeks)</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 Understanding and Managing Anxiety Drop-in</p> <p>2:00pm Taking Control (10 weeks)</p> <p>4:00pm Myspace (14 - 16 year olds) (8 weeks)</p>	<p>30</p> <p>9:30am PDA Peer Support</p> <p>10:00am Mindfulness Practice</p> <p>7:00pm Parents/Carers - Young People's Mental Health</p>	<p>31</p> <p>10:00am Discovering Mindfulness</p> <p>2:00pm Relaxation</p>	<p>COURSES THIS MONTH</p> <p>Understanding Depression</p> <p>Friday 11th January 10am</p> <p>Facilitation Skills for Co-facilitators (2 sessions)</p> <p>Thursday 24th January 2pm</p> <p>The Confidence Gap (3 sessions)</p> <p>Friday 25th January 2pm</p>