



MINDSPACE
RECOVERY COLLEGE

February 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>NEW COURSE! <i>Starts Friday 2nd February</i> <i>9.30 - 11.30am</i></p> <p>Write to Recovery</p> <p>If you ever put pen to paper to work through difficult feelings, you might already know how powerful words can be. This 6 week course is a writing group, but the emphasis will be on mutual respect, confidentiality and creating 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>1</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> <p>2:00pm Relaxation</p>	<p>2</p> <p>9:30am Write to Recovery (6 weeks)</p> <p>10:00am Discovering Mindfulness</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>5</p> <p>9:30am CONNECT</p> <p>2:00pm YourSpace Social Group</p>	<p>6</p> <p>9:30am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p> <p>2:00pm Taking Control</p>	<p>7</p> <p>9:30am PDA Peer Support</p> <p>10:00am Mindfulness Practice</p>	<p>8</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> <p>2:00pm Relaxation</p>	<p>9</p> <p>9:30am Write to Recovery</p> <p>10:00am Discovering Mindfulness</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>12</p> <p>9:30am CONNECT</p> <p>2:00pm YourSpace Social Group</p>	<p>13</p> <p>9:30am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p> <p>2:00pm Taking Control</p>	<p>14</p> <p>9:30am PDA Peer Support</p> <p>10:00am Mindfulness Practice</p>	<p>15</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> <p>2:00pm Relaxation</p>	<p>16</p> <p>9:30am Write to Recovery</p> <p>10:00am Discovering Mindfulness</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>19</p> <p>9:30am CONNECT</p> <p>2:00pm YourSpace Social Group</p>	<p>20</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 (14 - 16 year olds only) (6 weeks)</p>	<p>21</p> <p>9:30am PDA Peer Support</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm Understanding and Developing Resilience (2 weeks)</p> <p>4:00pm Myspace @ Mindspace Drop-In</p>	<p>22</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> <p>2:00pm Relaxation</p>	<p>23</p> <p>9:30am Write to Recovery</p> <p>10:00am Discovering Mindfulness</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>26</p> <p>9:30am CONNECT</p> <p>2:00pm YourSpace Social Group</p>	<p>27</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 (14-16 yrs only)</p>	<p>28</p> <p>9:30am PDA Peer Support</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm Understanding and Developing Resilience</p>	<p>NEW COURSE! <i>Starts Wed 21st Feb 2pm</i></p> <p>Understanding and Developing Resilience</p> <p>Being resilient is about coping with life's challenges and recognising that it is how you respond that really counts. Come along to find out how developing resilience can help you bounce back after tough times so you can overcome life's hurdles and lead a fulfilling life.</p>	



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MON	TUE	WED	THU	FRI
<p>NEW SESSION!</p> <p>Understanding Bipolar</p> <p>This session gives you the opportunity to find out more about bipolar - what it is and how it affects those with the condition. The session will explore the symptoms, diagnosis and treatment of bipolar with discussions of personal experiences if you feel comfortable doing so. The session is free and everyone is welcome to attend, whether you or someone you know is affected by bipolar, or you just want to find out more about it.</p>			<p>1</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> <p>2:00pm Relaxation</p>	<p>2</p> <p>9:30am Write to Recovery</p> <p>10:00am Discovering Mindfulness</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
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