



January 2018 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
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 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	NEW COURSE! <i>Wednesday 31st January 2.00-4.00pm</i> <u>Understanding Stress</u> 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.	



MINDSPACE
RECOVERY COLLEGE

February 2018 Programme

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MON	TUE	WED	THU	FRI
<p>NEW COURSE! <i>Starts Friday 2nd February</i></p> <p>Write to Recovery <i>9.30 - 11.30am</i></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>21</p> <p>9:30am PDA Peer Support</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm Understanding and Developing Resilience</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>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>	