



MINDSPACE  
RECOVERY COLLEGE

# July 2018 Programme

For more information and to book a place, check our website  
[www.mindspacepk.com](http://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>2</p> <p><b>2:00pm</b> YourSpace Social Group</p>	<p>3</p> <p><b>10:00am</b> Facilitation Skills for Co-facilitators (2 sessions)</p> <p><b>11:00am</b> Café Connections @ Café Biba</p> <p>2:00pm Taking Control</p>	<p>4</p> <p><b>10:00am</b> PDA Mental Health Peer Support Information Session</p> <p><b>10:00am</b> Mindfulness Practice</p> <p><b>12:00pm</b> Mindfulness Practice (Advanced)</p> <p><b>2:00pm</b> PDA Mental Health Peer Support Information Session</p>	<p>5</p> <p>10:00am Facilitation Skills for Co-facilitators</p> <p><b>2:00pm</b> Relaxation</p>	<p>6</p> <p>10:00am Discovering Mindfulness</p> <p><b>11:00am</b> Café Connections @ Blend</p> <p><b>2:00pm</b> YourSpace Social Group</p>
<p>9</p> <p><b>10:00am</b> Exploring Recovery (4 sessions)</p> <p><b>2:00pm</b> YourSpace Social Group</p>	<p>10</p> <p><b>11:00am</b> Café Connections @ Café Biba</p>	<p>11</p> <p><b>10:00am</b> Mindfulness Practice</p> <p><b>12:00pm</b> Mindfulness Practice (Advanced)</p>	<p>12</p> <p>10:00am Exploring Recovery</p> <p><b>2:00pm</b> Relaxation</p>	<p>13</p> <p>10:00am Discovering Mindfulness</p> <p><b>11:00am</b> Café Connections @ Blend</p> <p><b>2:00pm</b> YourSpace Social Group</p>
<p>16</p> <p>10:00am Exploring Recovery</p> <p><b>2:00pm</b> YourSpace Social Group</p>	<p>17</p> <p><b>11:00am</b> Café Connections @ Café Biba</p>	<p>18</p> <p><b>10:00am</b> Mindfulness Practice</p> <p><b>12:00pm</b> Mindfulness Practice (Advanced)</p>	<p>19</p> <p>10:00am Exploring Recovery</p> <p><b>2:00pm</b> Relaxation</p>	<p>20</p> <p>10:00am Discovering Mindfulness</p> <p><b>11:00am</b> Café Connections @ Blend</p> <p><b>2:00pm</b> YourSpace Social Group</p>
<p>23</p> <p><b>2:00pm</b> YourSpace Social Group</p>	<p>24</p> <p><b>11:00am</b> Café Connections @ Café Biba</p>	<p>25</p> <p><b>10:00am</b> Mindfulness Practice</p> <p><b>12:00pm</b> Mindfulness Practice (Advanced)</p>	<p>26</p> <p><b>2:00pm</b> Relaxation</p>	<p>27</p> <p>10:00am Discovering Mindfulness</p> <p><b>11:00am</b> Café Connections @ Blend</p> <p><b>2:00pm</b> YourSpace Social Group</p>
<p>30</p> <p><b>2:00pm</b> YourSpace Social Group</p>	<p>31</p> <p><b>11:00am</b> Café Connections @ Café Biba</p>	<p><b>New Courses!</b></p> <p><u>Facilitation Skills for Co-facilitators</u> Starts Tuesday 3rd July at 10.00am Supports people with lived experience of mental ill-health develop skills to facilitate and deliver courses alongside Mindspace recovery facilitators.</p> <p><u>Exploring Recovery</u> Starts Monday 9th July at 10.00am We all want to live a meaningful and satisfying life. This course is an opportunity to learn with and from each other about what recovery can mean for us.</p>		



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MON	TUE	WED	THU	FRI
<b>WRITE TO RECOVERY</b> 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. <i>Starts Thursday 23rd August, 2.00 - 4.00pm</i>		<b>1</b> <b>10:00am</b> Mindfulness Practice <b>12:00pm</b> Developing Mindfulness Practice	<b>2</b> <b>2:00pm</b> Relaxation	<b>3</b> <b>11:00am</b> Café Connections @ Blend <b>2:00pm</b> YourSpace Social Group
<b>6</b> <b>2:00pm</b> YourSpace Social Group	<b>7</b> <b>11:00am</b> Café Connections @ Café Biba <b>2:00pm</b> Exploring Recovery (4 weeks)	<b>8</b> <b>10:00am</b> Mindfulness Practice <b>12:00pm</b> Developing Mindfulness Practice	<b>9</b> <b>2:00pm</b> Relaxation	<b>10</b> <b>11:00am</b> Café Connections @ Blend <b>2:00pm</b> YourSpace Social Group
<b>13</b> <b>2:00pm</b> YourSpace Social Group	<b>14</b> <b>11:00am</b> Café Connections @ Café Biba <b>2:00pm</b> Exploring Recovery	<b>15</b> <b>10:00am</b> Mindfulness Practice <b>12:00pm</b> Developing Mindfulness Practice	<b>16</b> <b>2:00pm</b> Relaxation	<b>17</b> <b>11:00am</b> Café Connections @ Blend <b>2:00pm</b> YourSpace Social Group
<b>20</b> <b>2:00pm</b> YourSpace Social Group	<b>21</b> <b>11:00am</b> Café Connections @ Café Biba <b>2:00pm</b> Exploring Recovery	<b>22</b> <b>10:00am</b> Mindfulness Practice <b>12:00pm</b> Developing Mindfulness Practice	<b>23</b> <b>2:00pm</b> Write to Recovery (6 weeks) <b>2:00pm</b> Relaxation	<b>24</b> <b>11:00am</b> Café Connections @ Blend <b>2:00pm</b> YourSpace Social Group
<b>27</b> <b>2:00pm</b> YourSpace Social Group	<b>28</b> <b>11:00am</b> Café Connections @ Café Biba <b>2:00pm</b> Exploring Recovery	<b>29</b> <b>10:00am</b> Mindfulness Practice <b>12:00pm</b> Developing Mindfulness Practice <b>2:00pm</b> Taking Control (12 weeks)	<b>30</b> <b>2:00pm</b> Write to Recovery <b>2:00pm</b> Relaxation	<b>31</b> <b>10:00am</b> Discovering Mindfulness (8 weeks) <b>10:00am</b> Wellness Recovery Action Planning (WRAP) (7 weeks) <b>11:00am</b> Café Connections @ Blend <b>2:00pm</b> YourSpace Social Group