



MINDSPACE
RECOVERY COLLEGE

March 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 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>
<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>4:00pm Myspace @ Mindspace (14-16 yrs only)</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>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>4:00pm Myspace @ Mindspace (14-16 yrs only)</p>	<p>14</p> <p>9:30am PDA Peer Support</p> <p>10:00am Mindfulness Practice</p>	<p>15</p> <p>10:00am Understanding Bipolar</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> <p>2:00pm Relaxation</p>	<p>16</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 yrs only)</p>	<p>21</p> <p>9:30am PDA Peer Support</p> <p>10:00am Mindfulness Practice</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>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>29</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> <p>2:00pm Relaxation</p> <p>2:00pm Supporting and Protecting Adults at Risk of Harm</p>	<p>30</p> <p>MINDSPACE CLOSED</p>



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April 2018 Programme

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MON	TUE	WED	THU	FRI
<p>2</p> <p>MINDSPACE CLOSED</p> 	<p>3</p> <p>9:30am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p>	<p>4</p> <p>9:30am PDA Peer Support</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm Understanding OCD</p>	<p>5</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> <p>2:00pm Relaxation</p>	<p>6</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>9</p> <p>9:30am CONNECT</p> <p>2:00pm YourSpace Social Group</p>	<p>10</p> <p>9:30am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p>	<p>11</p> <p>9:30am PDA Peer Support</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm The Confidence Gap (2 weeks)</p>	<p>12</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> <p>2:00pm Relaxation</p>	<p>13</p> <p>10:00am Discovering Mindfulness (8 weeks)</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>16</p> <p>9:30am CONNECT</p> <p>2:00pm YourSpace Social Group</p>	<p>17</p> <p>9:30am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p> <p>2:00pm Taking Control (12 weeks)</p>	<p>18</p> <p>9:30am PDA Peer Support</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm The Confidence Gap</p>	<p>19</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> <p>2:00pm Relaxation</p>	<p>20</p> <p>10:00am Discovering Mindfulness</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>23</p> <p>9:30am CONNECT</p> <p>2:00pm YourSpace Social Group</p>	<p>24</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</p>	<p>25</p> <p>9:30am PDA Peer Support</p> <p>10:00am Mindfulness Practice</p> <p>4:00pm Myspace @ Mindspace Drop-In</p>	<p>26</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> <p>2:00pm Relaxation</p>	<p>27</p> <p>10:00am Discovering Mindfulness</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>30</p> <p>9:30am CONNECT</p> <p>2:00pm YourSpace Social Group</p>	<p>New Courses!</p> <p><u>Understanding OCD</u> <i>Wednesday 4th April 2.00 - 4.00pm</i> Obsessive Compulsive Disorder (OCD) is a common mental health condition where people have obsessive thoughts and compulsive behaviours. Come along to find out more about OCD, its possible causes and how you can access treatment and support.</p> <p><u>The Confidence Gap</u> <i>Starts Wednesday 11th April 2.00 - 4.00pm</i> Learn how to build confidence and self-worth using techniques for long lasting results through the practice of mindfulness-based therapy.</p>			