

MON	TUE	WED	THU	FRI
<p>New Course!</p> <p>Train the Peer Trainer</p> <p>This course will provide you with the skills to develop and facilitate your own course</p>	<p>4 weeks, starting Tuesday 7th Nov</p> <p>10.00am - 4.00pm</p>	<p>1</p> <p>9:30am PDA Peer Support</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm Relaxation</p>	<p>2</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> <p>2:00pm Let's Talk About Borderline Personality Disorder</p>	<p>3</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
	<p>6</p> <p>10:00am CONNECT</p> <p>2:00pm YourSpace Social Group</p>	<p>7</p> <p>10:00am - 4.00pm Train the Peer Trainer (4 weeks)</p> <p>10:00am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p>	<p>8</p> <p>9:30am PDA Peer Support</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm Relaxation</p> <p>2:00pm Taking Control</p>	<p>9</p> <p>10:30am Creative Mindfulness: Knit and Natter</p>
<p>13</p> <p>10:00am CONNECT</p> <p>2:00pm YourSpace Social Group</p>	<p>14</p> <p>10.00am - 4.00pm Train the Peer Trainer</p> <p>10:00am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p>	<p>15</p> <p>9:30am PDA Peer Support</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm Relaxation</p> <p>2:00pm Taking Control</p>	<p>16</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> <p>2:00pm Let's Talk About Borderline Personality Disorder</p>	<p>17</p> <p>10:00am Discovering Mindfulness</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>20</p> <p>10:00am CONNECT</p> <p>2:00pm YourSpace Social Group</p>	<p>21</p> <p>10.00am - 4.00pm Train the Peer Trainer</p> <p>10:00am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p>	<p>22</p> <p>9:30am PDA Peer Support</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm Relaxation</p> <p>2:00pm Taking Control</p>	<p>23</p> <p>10:30am Creative Mindfulness: Knit and Natter</p>	<p>24</p> <p>10:00am Discovering Mindfulness</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>27</p> <p>10:00am CONNECT</p> <p>2:00pm YourSpace Social Group</p>	<p>28</p> <p>10.00am - 4.00pm Train the Peer Trainer</p> <p>10:00am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p>	<p>29</p> <p>9:30am PDA Peer Support</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm Relaxation</p> <p>2:00pm Taking Control</p>	<p>30</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> <p>2:00pm Let's Talk About Borderline Personality Disorder</p>	<p><u>Let's Talk About Borderline Personality Disorder</u></p> <p>These peer workshops held throughout November provide an opportunity to discuss relationships and communication</p>



December 2017 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
<p>Pick up a copy of our new look Course Information Booklet which is full of information about the Recovery College and the courses we run! And you can find information about all of our services by going online - www.mindspacepk.com.</p> <p>We are open for drop-in socials between Christmas and New Year - see times in the Calendar below. Everyone is welcome!</p> <p><i>MindSpace wishes you all a very Merry Christmas and a Happy New Year!</i></p>				<p>1</p> <p>10:00am Discovering Mindfulness</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>4</p> <p>10:00am CONNECT</p> <p>2:00pm YourSpace Social Group</p>	<p>5</p> <p>10:00am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p> <p>2:00pm Taking Control</p> <p>4:00pm Myspace (12 to 14 year olds only)</p>	<p>6</p> <p>10:00am Mindfulness Practice</p>	<p>7</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> <p>2:00pm Relaxation</p>	<p>8</p> <p>10:00am Understanding and Managing Anxiety</p> <p>10:00am Discovering Mindfulness</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>11</p> <p>10:00am CONNECT</p> <p>2:00pm YourSpace Social Group</p>	<p>12</p> <p>10:00am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p> <p>4:00pm Myspace (12 to 14 year olds only)</p>	<p>13</p> <p>10:00am Mindfulness Practice</p>	<p>14</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> <p>2:00pm Relaxation</p>	<p>15</p> <p>10:00am Discovering Mindfulness</p> <p>11:00am Café Connections @ Blend</p> <p>1:30pm Christmas lunch at the Isle of Skye</p> 
<p>18</p> <p>10:00am CONNECT</p> <p>10:00am The Confidence Gap</p> <p>2:00pm YourSpace Social Group</p>	<p>19</p> <p>10:00am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p> <p>4:00pm Myspace (12 to 14 year olds only)</p>	<p>20</p> <p>10:00am Mindfulness Practice</p>	<p>21</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> <p>2:00pm Relaxation</p>	<p>22</p> <p>10:00am Discovering Mindfulness</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>25 CLOSED</p> 	<p>26 CLOSED</p>	<p>27</p> <p>11:00am - 3:00pm YourSpace Social Group</p>	<p>28</p> <p>MINDSPACE CLOSED</p>	<p>29</p> <p>MINDSPACE CLOSED</p>

