



MINDSPACE
RECOVERY COLLEGE

October 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>1</p> <p>9:30am CONNECT</p> <p>2:00pm YourSpace Social Group</p>	<p>2</p> <p>9:30am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p>	<p>3</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm Taking Control</p>	<p>4</p> <p>10:00am Confidence Gap (3 weeks)</p> <p>2:00pm Relaxation</p>	<p>5</p> <p>10:00am Discovering Mindfulness</p> <p>10:00am Wellness Recovery Action Planning (WRAP)</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>8</p> <p>9:30am CONNECT</p> <p>2:00pm YourSpace Social Group</p>	<p>9</p> <p>9:30am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p>	<p>10</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm Taking Control</p>	<p>11</p> <p>10:00am Confidence Gap</p> <p>2:00pm Understanding and Managing Anxiety</p> <p>2:00pm Relaxation</p>	<p>12</p> <p>10:00am Discovering Mindfulness</p> <p>10:00am Wellness Recovery Action Planning (WRAP)</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>15</p> <p>9:30am CONNECT</p> <p>2:00pm YourSpace Social Group</p>	<p>16</p> <p>9:30am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p>	<p>17</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm Taking Control</p>	<p>18</p> <p>10:00am Confidence Gap</p> <p>2:00pm Relaxation</p>	<p>19</p> <p>10:00am Discovering Mindfulness</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>22</p> <p>9:30am CONNECT</p> <p>2:00pm YourSpace Social Group</p>	<p>23</p> <p>9:30am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p>	<p>24</p> <p>10:00am Mindfulness Practice</p>	<p>25</p> <p>2:00pm Write to Recovery (6 weeks)</p> <p>2:00pm Relaxation</p>	<p>26</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>
<p>29</p> <p>9:30am CONNECT</p> <p>2:00pm YourSpace Social Group</p>	<p>30</p> <p>9:30am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p>	<p>31</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm Taking Control</p>	<p>NEW COURSE!</p> <p><u>Understanding and Managing Anxiety</u></p> <p><i>This course is designed to enable participants to gain an understanding of general anxiety and the impact this can have on people.</i></p> <p>Thursday 11th October, 2.00 - 4.00pm</p>	



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MON	TUE	WED	THU	FRI
<p>NEW COURSES!</p> <p><u>Understanding Psychosis</u> <i>Starts Tuesday 6th November, 2.00pm - 4.00pm (2 weeks)</i></p> <p><u>Understanding Bipolar</u> <i>Tuesday 13th November, 2.00pm - 4.00pm</i></p> <p><u>Understanding Depression</u> <i>Thursday 29th November, 10.00am - 12.00pm</i></p>			<p>1</p> <p>2:00pm Write to Recovery</p> <p>2:00pm Relaxation</p>	<p>2</p> <p>10:00am Discovering Mindfulness (8 weeks)</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>5:00pm Mindfulness and Positivity (4 weeks)</p>	<p>6</p> <p>9:30am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p> <p>2:00pm Understanding Psychosis (2 weeks)</p>	<p>7</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm Taking Control</p> <p>7:00pm Parents of Young People Focus Group</p>	<p>8</p> <p>2:00pm Write to Recovery</p> <p>2:00pm Relaxation</p>	<p>9</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>5:00pm Mindfulness and Positivity</p>	<p>13</p> <p>9:30am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p> <p>2:00pm Understanding Bipolar</p> <p>2:00pm Understanding Psychosis</p>	<p>14</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm Taking Control</p>	<p>15</p> <p>10:00am Understanding and Managing Anxiety Drop-in</p> <p>2:00pm Write to Recovery</p> <p>2:00pm Relaxation</p>	<p>16</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>5:00pm Mindfulness and Positivity</p>	<p>20</p> <p>9:30am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p>	<p>21</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm Taking Control</p>	<p>22</p> <p>2:00pm Write to Recovery</p> <p>2:00pm Relaxation</p>	<p>23</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>5:00pm Mindfulness and Positivity</p>	<p>27</p> <p>9:30am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p>	<p>28</p> <p>10:00am Mindfulness Practice</p>	<p>29</p> <p>10:00am Understanding Depression</p> <p>2:00pm Write to Recovery</p> <p>2:00pm Relaxation</p>	<p>30</p> <p>10:00am Discovering Mindfulness</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p>