



September 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><u>Exploring Confidence and The Confidence Gap</u></p> <p>Learn how to build confidence and self-worth using techniques for long lasting results through the practice of mindfulness-based therapy.</p> <p>STARTS WEDNESDAY 6TH SEPTEMBER 2:00 - 4:00PM</p> <p><i>Remember to refer to the Course Information Booklet or look online for further details on all of our courses and sessions</i></p>  | | | | <p>1</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p> |
| <p>4</p> <p>10:00am CONNECT Information Session</p> <p>2:00pm YourSpace Social Group</p> | <p>5</p> <p>11:00am Café Connections @ Café Biba</p> <p>2:00pm Exploring Recovery</p> | <p>6</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm Relaxation</p> <p>2:00pm Exploring Confidence and The Confidence Gap (2 weeks)</p> <p>4:00pm Myspace (15 to 18 year olds only)</p> | <p>7</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> | <p>8</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p> |
| <p>11</p> <p>10:00am CONNECT (16 weeks)</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>2:00pm Taking Control (12 weeks)</p> <p>2:00pm Exploring Recovery</p> | <p>13</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm Relaxation</p> <p>2:00pm Exploring Confidence and The Confidence Gap</p> <p>4:00pm Myspace (15 to 18 year olds only)</p> | <p>14</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> | <p>15</p> <p>10:00am Discovering Mindfulness (8 weeks)</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p> |
| <p>18</p> <p>10:00am CONNECT</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>2:00pm Taking Control</p> <p>2:00pm Exploring Recovery</p> | <p>20</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm Relaxation</p> <p>4:00pm Myspace (15 to 18 year olds only)</p> | <p>21</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> | <p>22</p> <p>10:00am 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>25</p> <p>10:00am CONNECT</p> <p>2:00pm YourSpace Social Group</p> | <p>26</p> <p>10:00am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p> <p>2:00pm Taking Control</p> | <p>27</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm Relaxation</p> <p>4:00pm Myspace (15 to 18 year olds only)</p> | <p>28</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> | <p>29</p> <p>10:00am Write to Recovery</p> <p>10:00am Discovering Mindfulness</p> <p>11:00am Café Connections @ Blend</p> <p>2:00pm YourSpace Social Group</p> |



October 2017 Programme

MINDSPACE RECOVERY COLLEGE

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18 - 20 York Place, Perth PH2 8EH

■ Places available ■ Course already underway

| MON | TUE | WED | THU | FRI |
|--|--|---|---|--|
| <p>2</p> <p>10:00am CONNECT</p> <p>2:00pm YourSpace Social Group</p> | <p>3</p> <p>10:00am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p> <p>2:00pm Taking Control</p> | <p>4</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm Relaxation</p> <p>2:00pm Understanding and Managing Depression</p> <p>4:00pm Myspace (15 to 18 year olds only)</p> | <p>5</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> <p>2:00pm Understanding Borderline Personality Disorder</p> | <p>6</p> <p>10:00am 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>9</p> <p>10:00am CONNECT</p> <p>2:00pm YourSpace Social Group</p> | <p>10</p> <p>10:00am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p> <p>2:00pm Taking Control</p> | <p>11</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm Relaxation</p> <p>4:00pm Myspace (15 to 18 year olds only)</p> | <p>12</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> | <p>13</p> <p>10:00am 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>16</p> <p>10:00am CONNECT</p> <p>2:00pm YourSpace Social Group</p> | <p>17</p> <p>10:00am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p> <p>2:00pm Taking Control</p> | <p>18</p> <p>9:30am PDA Peer Support</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm Relaxation</p> <p>4:00pm Myspace (15 to 18 year olds only)</p> | <p>19</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> | <p>20</p> <p>10:00am 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>23</p> <p>10:00am CONNECT</p> <p>2:00pm YourSpace Social Group</p> | <p>24</p> <p>10:00am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p> <p>2:00pm Taking Control</p> | <p>25</p> <p>9:30am PDA Peer Support</p> <p>10:00am Mindfulness Practice</p> <p>2:00pm Relaxation</p> <p>4:00pm Myspace (15 to 18 year olds only)</p> | <p>26</p> <p>10:30am Creative Mindfulness: Knit and Natter</p> | <p>27</p> <p>10:00am 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>30</p> <p>10:00am CONNECT</p> <p>2:00pm YourSpace Social Group</p> | <p>31</p> <p>10:00am CONNECT</p> <p>11:00am Café Connections @ Café Biba</p> <p>2:00pm Taking Control</p> | <p>New courses!</p> <p><u>Understanding and Managing Depression</u> Wednesday 4th October 2017 2.00pm - 4.00pm</p> <p><u>Understanding Borderline Personality Disorder</u> Thursday 5th October 2017 2.00pm - 4.00pm</p> | | <p>Pick up a copy of our Course Information Booklet!</p>  |