

When does it take place?

It runs over 16 weeks, 2 mornings a week.
Starts September and January.

How do I find out more?

If our CONNECT course sounds interesting, we would be delighted to send you more information and details of how to apply.

If you'd like to chat with us about course content please call us for an appointment with the Course Co-ordinators:

Alastair Jamieson
at MINDSPACE

Karen Downs
at Perth College UHI

**“The group has been
friendly and supportive”**

**“Very positive experience
and I now feel I can move on with
my life.”**

Contact Details

**If you would like to speak to us
about the CONNECT course
contact us at:**

Perth College UHI

Perth College UHI,
Crieff Road, Perth, PH1 2NX
Tel: 01738 877 715
www.perth.uhi.ac.uk



MINDSPACE

MINDSPACE,
18 - 20 York Place, Perth, PH2 8EH
Tel: 01738 639 657



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Want to benefit
from training,
work or study
opportunities?



Then try the
CONNECT
course.



What is CONNECT?

CONNECT is a personal development programme which aims to help adults who have personal experience of mental health issues benefit from learning or work opportunities. It is run by Perth College UHI in partnership with MINDSPACE.

CONNECT offers pre-vocational training opportunities which can help you:

- Identify skills, qualities and talents.
- Find out about training and work options.
- Undertake small group projects.
- Set practical, achievable goals for the future.
- Try a short period of volunteering.

What does the course involve?

As a student of Perth College UHI, you will take part in a set of core activities built around personal development, self-awareness, confidence-building, considering options for the future and developing the skills to achieve your goals. Employment counselling is offered, along with visits to local employers and opportunities for work shadowing or study placement.

There is an emphasis on communication skills, assertiveness, confidence building and stress management. Group activities and creative sessions encourage relaxation and teambuilding. We welcome suggestions for other topics from our students. The course is run as workshops by Perth College UHI and MINDSPACE with visiting tutors and speakers.

You can get advice and support from us if you'd like to continue on to further study or training elsewhere.

Is the time right for me to come on a CONNECT course?

If you can answer YES to the following questions, then the time probably is right for you now:

- Are you happy to work in a group?
- Can you commit yourself to two mornings a week?
- Would a supportive training course be exactly the help you need to get into work or study?
- Are you determined to get out and about into the wider world of work, education or volunteering?