



MINDSPACE
RECOVERY COLLEGE

June 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>Remember to refer to the <i>Course Information Booklet</i> - you can pick up a copy at our premises on York Place. Or you can go online at www.mindspacepk.com/recovery-college for further details on all courses and sessions.</p> 				<p>1 10:00am Discovering Mindfulness 11:00am Café Connections @ Blend 2:00pm YourSpace Social Group</p>
<p>4 2:00pm YourSpace Social Group</p>	<p>5 11:00am Café Connections @ Café Biba 2:00pm Taking Control 4:00pm Myspace @ Mindspace (15 to 18 year olds only)</p>	<p>6 10:00am Mindfulness Practice 12:00pm Mindfulness Practice (Advanced)</p>	<p>7 2:00pm Relaxation 2:00pm Wellness Recovery Action Planning (WRAP)</p>	<p>8 10:00am Discovering Mindfulness (8 weeks) 11:00am Café Connections @ Blend 2:00pm YourSpace Social Group</p>
<p>11 2:00pm YourSpace Social Group</p>	<p>12 11:00am Café Connections @ Café Biba 2:00pm Taking Control 4:00pm Myspace @ Mindspace (15 to 18 year olds only)</p>	<p>13 10:00am Mindfulness Practice 12:00pm Mindfulness Practice (Advanced)</p>	<p>14 2:00pm Relaxation 2:00pm Wellness Recovery Action Planning (WRAP)</p>	<p>15 10:00am Discovering Mindfulness 11:00am Café Connections @ Blend 2:00pm YourSpace Social Group</p>
<p>18 2:00pm YourSpace Social Group</p>	<p>19 11:00am Café Connections @ Café Biba 2:00pm Taking Control 4:00pm Myspace @ Mindspace (15 to 18 year olds only)</p>	<p>20 10:00am Mindfulness Practice 12:00pm Mindfulness Practice (Advanced)</p>	<p>21 2:00pm Relaxation 2:00pm Wellness Recovery Action Planning (WRAP)</p>	<p>22 10:00am Discovering Mindfulness 11:00am Café Connections @ Blend 2:00pm YourSpace Social Group</p>
<p>25 2:00pm YourSpace Social Group</p>	<p>26 11:00am Café Connections @ Café Biba 2:00pm Taking Control</p>	<p>27 10:00am Mindfulness Practice 12:00pm Mindfulness Practice (Advanced)</p>	<p>28 2:00pm Relaxation 2:00pm Wellness Recovery Action Planning (WRAP)</p>	<p>29 10:00am Discovering Mindfulness 11:00am Café Connections @ Blend 2:00pm YourSpace Social Group</p>



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MON	TUE	WED	THU	FRI
<p>2</p> <p>2:00pm YourSpace Social Group</p>	<p>3</p> <p>10:00am Facilitation Skills for Co-facilitators (2 sessions)</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>12:00pm Mindfulness Practice (Advanced)</p>	<p>5</p> <p>10:00am Facilitation Skills for Co-facilitators</p> <p>2:00pm Relaxation</p>	<p>6</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 Exploring Recovery (4 sessions)</p> <p>2:00pm YourSpace Social Group</p>	<p>10</p> <p>11:00am Café Connections @ Café Biba</p>	<p>11</p> <p>10:00am Mindfulness Practice</p> <p>12:00pm Mindfulness Practice (Advanced)</p>	<p>12</p> <p>10:00am Exploring Recovery</p> <p>2:00pm Relaxation</p>	<p>13</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 Exploring Recovery</p> <p>2:00pm YourSpace Social Group</p>	<p>17</p> <p>11:00am Café Connections @ Café Biba</p>	<p>18</p> <p>10:00am Mindfulness Practice</p> <p>12:00pm Mindfulness Practice (Advanced)</p>	<p>19</p> <p>10:00am Exploring Recovery</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>2:00pm YourSpace Social Group</p>	<p>24</p> <p>11:00am Café Connections @ Café Biba</p>	<p>25</p> <p>10:00am Mindfulness Practice</p> <p>12:00pm Mindfulness Practice (Advanced)</p>	<p>26</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>2:00pm YourSpace Social Group</p>	<p>31</p> <p>11:00am Café Connections @ Café Biba</p>	<p>New Courses!</p> <p><u>Facilitation Skills for Co-facilitators</u> Starts Tuesday 3rd July at 10.00am Designed to support co-facilitators develop facilitation skills and to apply these within a co-delivery partnership alongside Mindspace facilitators.</p> <p><u>Exploring Recovery</u> Starts Monday 9th July at 10.00am We all want to live a meaningful and satisfying life. This course is an opportunity to learn with and from each other about what recovery can mean for us.</p>		