



MINDSPACE  
RECOVERY COLLEGE

# May 2018 Programme

For more information and to book a place, check our website  
[www.mindspacepk.com](http://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><b>Wellness Recovery Action Planning</b></p> <p>WRAP is about you, for you! Develop a plan that will help you stay in the driving seat of your own recovery and wellbeing.</p> <p><i>Starts Thursday 17th May 2.00 - 4.00pm</i></p>	<p><b>1</b></p> <p>9:30am CONNECT</p> <p><b>11:00am</b> Café Connections @ Café Biba</p> <p>2:00pm Taking Control</p> <p><b>4:00pm</b> Myspace @ Mindspace (15 to 18 year olds only) (8 weeks)</p>	<p><b>2</b></p> <p>9:30am PDA Peer Support</p> <p><b>10:00am</b> Mindfulness Practice</p>	<p><b>3</b></p> <p><b>10:30am</b> Creative Mindfulness: Knit and Natter</p> <p><b>2:00pm</b> Relaxation</p>	<p><b>4</b></p> <p>10:00am Discovering Mindfulness</p> <p><b>11:00am</b> Café Connections @ Blend</p> <p><b>2:00pm</b> YourSpace Social Group</p>
<p><b>7</b></p> <p>9:30am CONNECT</p> <p><b>2:00pm</b> YourSpace Social Group</p>	<p><b>8</b></p> <p>9:30am CONNECT</p> <p><b>11:00am</b> Café Connections @ Café Biba</p> <p>2:00pm Taking Control</p> <p>4:00pm Myspace @ Mindspace (15 to 18 year olds only)</p>	<p><b>9</b></p> <p>9:30am PDA Peer Support</p> <p><b>10:00am</b> Mindfulness Practice</p>	<p><b>10</b></p> <p><b>10:30am</b> Creative Mindfulness: Knit and Natter</p> <p><b>2:00pm</b> Relaxation</p>	<p><b>11</b></p> <p>10:00am Discovering Mindfulness</p> <p><b>11:00am</b> Café Connections @ Blend</p> <p><b>2:00pm</b> YourSpace Social Group</p>
<p><b>14</b></p> <p>9:30am CONNECT</p> <p><b>2:00pm</b> YourSpace Social Group</p>	<p><b>15</b></p> <p>9:30am CONNECT</p> <p><b>11:00am</b> Café Connections @ Café Biba</p> <p>2:00pm Taking Control</p> <p>4:00pm Myspace @ Mindspace (15 to 18 year olds only)</p>	<p><b>16</b></p> <p>9:30am PDA Peer Support</p> <p><b>10:00am</b> Mindfulness Practice</p> <p><b>2:00pm</b> Understanding Bipolar</p>	<p><b>17</b></p> <p><b>10:30am</b> Creative Mindfulness: Knit and Natter</p> <p><b>2:00pm</b> Relaxation</p> <p><b>2:00pm</b> Wellness Recovery Action Planning (WRAP) (7 weeks)</p>	<p><b>18</b></p> <p>10:00am Discovering Mindfulness</p> <p><b>11:00am</b> Café Connections @ Blend</p> <p><b>2:00pm</b> YourSpace Social Group</p>
<p><b>21</b></p> <p>9:30am CONNECT</p> <p><b>2:00pm</b> YourSpace Social Group</p>	<p><b>22</b></p> <p>9:30am CONNECT</p> <p><b>11:00am</b> Café Connections @ Café Biba</p> <p>2:00pm Taking Control</p> <p>4:00pm Myspace @ Mindspace (15 to 18 year olds only)</p>	<p><b>23</b></p> <p>9:30am PDA Peer Support</p> <p><b>10:00am</b> Mindfulness Practice</p> <p><b>2:00pm</b> Understanding Psychosis (3 weeks)</p>	<p><b>24</b></p> <p><b>2:00pm</b> Relaxation</p> <p>2:00pm Wellness Recovery Action Planning (WRAP)</p>	<p><b>25</b></p> <p>10:00am Discovering Mindfulness</p> <p><b>11:00am</b> Café Connections @ Blend</p> <p><b>2:00pm</b> YourSpace Social Group</p>
<p><b>28</b></p> <p>9:30am CONNECT</p> <p><b>2:00pm</b> YourSpace Social Group</p>	<p><b>29</b></p> <p>9:30am CONNECT</p> <p><b>11:00am</b> Café Connections @ Café Biba</p> <p>2:00pm Taking Control</p> <p>4:00pm Myspace @ Mindspace (15 to 18 year olds only)</p>	<p><b>30</b></p> <p>9:30am PDA Peer Support</p> <p><b>10:00am</b> Mindfulness Practice</p> <p>2:00pm Understanding Psychosis</p>	<p><b>31</b></p> <p><b>2:00pm</b> Relaxation</p> <p>2:00pm Wellness Recovery Action Planning (WRAP)</p>	<p><b>Understanding Psychosis</b></p> <p>Psychosis can be a symptom of many conditions but is often misunderstood. Come along and learn more.</p> <p><i>Starts Wednesday 23rd May 2.00 - 4.00pm</i></p>



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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 <a href="http://www.mindspacepk.com/recovery-college">www.mindspacepk.com/recovery-college</a> for further details on all courses and sessions.</p> 				<p>1</p> <p>10:00am Discovering Mindfulness</p> <p><b>11:00am</b> Café Connections @ Blend</p> <p><b>2:00pm</b> YourSpace Social Group</p>
<p>4</p> <p>9:30am CONNECT</p> <p><b>2:00pm</b> YourSpace Social Group</p>	<p>5</p> <p>9:30am CONNECT</p> <p><b>11:00am</b> Café Connections @ Café Biba</p> <p>2:00pm Taking Control</p> <p>4:00pm Myspace @ Mindspace (15 to 18 year olds only)</p>	<p>6</p> <p>9:30am PDA Peer Support</p> <p><b>10:00am</b> Mindfulness Practice</p> <p><b>12:00pm</b> Mindfulness Practice (Advanced)</p> <p>2.00pm Understanding Psychosis</p>	<p>7</p> <p><b>2:00pm</b> Relaxation</p> <p>2:00pm Wellness Recovery Action Planning (WRAP)</p>	<p>8</p> <p><b>10:00am</b> Discovering Mindfulness (8 weeks)</p> <p><b>11:00am</b> Café Connections @ Blend</p> <p><b>2:00pm</b> YourSpace Social Group</p>
<p>11</p> <p>9:30am CONNECT</p> <p><b>2:00pm</b> YourSpace Social Group</p>	<p>12</p> <p>9:30am CONNECT</p> <p><b>11:00am</b> Café Connections @ Café Biba</p> <p>2:00pm Taking Control</p> <p>4:00pm Myspace @ Mindspace (15 to 18 year olds only)</p>	<p>13</p> <p>9:30am PDA Peer Support</p> <p><b>10:00am</b> Mindfulness Practice</p> <p><b>12:00pm</b> Mindfulness Practice (Advanced)</p>	<p>14</p> <p><b>2:00pm</b> Relaxation</p> <p>2:00pm Wellness Recovery Action Planning (WRAP)</p>	<p>15</p> <p>10:00am Discovering Mindfulness</p> <p><b>11:00am</b> Café Connections @ Blend</p> <p><b>2:00pm</b> YourSpace Social Group</p>
<p>18</p> <p>9:30am CONNECT</p> <p><b>2:00pm</b> YourSpace Social Group</p>	<p>19</p> <p>9:30am CONNECT</p> <p><b>11:00am</b> Café Connections @ Café Biba</p> <p>2:00pm Taking Control</p> <p>4:00pm Myspace @ Mindspace (15 to 18 year olds only)</p>	<p>20</p> <p>9:30am PDA Peer Support</p> <p><b>10:00am</b> Mindfulness Practice</p> <p><b>12:00pm</b> Mindfulness Practice (Advanced)</p>	<p>21</p> <p><b>2:00pm</b> Relaxation</p> <p>2:00pm Wellness Recovery Action Planning (WRAP)</p>	<p>22</p> <p>10:00am Discovering Mindfulness</p> <p><b>11:00am</b> Café Connections @ Blend</p> <p><b>2:00pm</b> YourSpace Social Group</p>
<p>25</p> <p>9:30am CONNECT</p> <p><b>2:00pm</b> YourSpace Social Group</p>	<p>26</p> <p>9:30am CONNECT</p> <p><b>11:00am</b> Café Connections @ Café Biba</p> <p>2:00pm Taking Control</p>	<p>27</p> <p>9:30am PDA Peer Support</p> <p><b>10:00am</b> Mindfulness Practice</p> <p><b>12:00pm</b> Mindfulness Practice (Advanced)</p>	<p>28</p> <p><b>2:00pm</b> Relaxation</p> <p>2:00pm Wellness Recovery Action Planning (WRAP)</p>	<p>29</p> <p>10:00am Discovering Mindfulness</p> <p><b>11:00am</b> Café Connections @ Blend</p> <p><b>2:00pm</b> YourSpace Social Group</p>