



MINDSPACE
RECOVERY COLLEGE

September 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
3 10:00am CONNECT Information Session 2:00pm YourSpace Social Group	4 11:00am Café Connections @ Café Biba	5 10:00am Mindfulness Practice 2:00pm Taking Control	6 10:00am Confidence Gap (3 weeks) 2:00pm Write to Recovery 2:00pm Relaxation	7 10:00am Discovering Mindfulness 10:00am Wellness Recovery Action Planning (WRAP) 11:00am Café Connections @ Blend 2:00pm YourSpace Social Group
10 9:30am CONNECT (16 weeks) 2:00pm YourSpace Social Group	11 9:30am CONNECT 11:00am Café Connections @ Café Biba	12 10:00am Mindfulness Practice 2:00pm Taking Control	13 10:00am Confidence Gap 2:00pm Write to Recovery 2:00pm Relaxation	14 10:00am Discovering Mindfulness 10:00am Wellness Recovery Action Planning (WRAP) 11:00am Café Connections @ Blend 2:00pm YourSpace Social Group
17 9:30am CONNECT 2:00pm YourSpace Social Group	18 9:30am CONNECT 11:00am Café Connections @ Café Biba	19 10:00am Mindfulness Practice 2:00pm Taking Control	20 10:00am Confidence Gap 2:00pm Write to Recovery 2:00pm Relaxation	21 10:00am Discovering Mindfulness 10:00am Wellness Recovery Action Planning (WRAP) 11:00am Café Connections @ Blend 2:00pm YourSpace Social Group
24 9:30am CONNECT 2:00pm YourSpace Social Group	25 9:30am CONNECT 11:00am Café Connections @ Café Biba	26 10:00am Mindfulness Practice 2:00pm Taking Control	27 2:00pm Write to Recovery 2:00pm Relaxation	28 10:00am Discovering Mindfulness 10:00am Wellness Recovery Action Planning (WRAP) 11:00am Café Connections @ Blend 2:00pm YourSpace Social Group

NEW COURSE!

CONNECT

CONNECT is a 16-week training programme which aims to help adults who have personal experience of mental health issues benefit from learning or work opportunities.

Information Session: Monday 3rd September

Course starts: Monday 10th September

In partnership with





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October 2018 Programme

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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>Understanding and Managing Anxiety</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>	