



February 2020 PROGRAMME

New courses for February:

My Perfect Healing Sanctuary - Join this one-off session to explore and create your own healing space. Use the benefits of art materials to create it and bring it to life! Tuesday 11th February, 10am-12pm.

We have several ongoing classes running through February:

Positive Affirmations – This class started on Tuesday 28th January and also runs on Tuesday 4th February, 10am-12pm. You can change your life for the better with the tools you have within you...your thoughts and your beliefs. In this course, Marousa will teach you how to use these skills to improve the quality of your life.

Self-Empowerment Through Movement – Class now starting on Friday 31st January due to illness, 10am – 10.45am for three weeks. The course, run by Marousa, one of our counsellors, will teach you techniques to release emotions and feel good within yourself through your body.

Write to Recovery – Began Monday 13th January, 2pm-4pm until 2nd March. This course gives you the opportunity to meet with others interested in how writing can help mental health recovery. It is a writing group, but the emphasis will be on mutual respect, confidentiality and ensuring we create a positive environment.

Taking Control – Started on Tuesday 14th January, 2pm-4pm. This 8-week course, which ends on 3rd March will help you gain key knowledge about how to tackle and respond to issues and demands that we face in our everyday lives. As a group, we explore how we can notice and change unhelpful thinking styles and identify why we feel as we do. Gain new life skills in a practical and friendly environment.

Discovering Mindfulness – Began on Thursday 16th January, 10am-12pm until 5th March. This 8-week course is an opportunity to learn about and experience mindfulness in a group setting. This course looks at the supporting evidence and encourages discussion in relation to mindfulness.

Connect – Our latest Connect course started on Monday 27th January. The course runs for 16 weeks, Monday and Tuesday mornings and provides an opportunity for participants to form social connections, build confidence, rediscover strengths and consider their next steps, as well as working towards 3 SQA units in Personal Development at Level 4. It is aimed at anyone who has lived experience of mental ill health who is looking to take their next steps.

PDA (PROFESSIONAL DEVELOPMENT AWARD SQF LEVEL 7) – Fridays, 9.30am-12.30pm. This 24-week PDA will equip candidates with the knowledge, skills and values necessary to carry out the role of a Peer Support Worker. It was developed by the Scottish Recovery Network and is accredited by the Scottish Qualifications Authority.

Our regular social groups are running throughout February:

YourSpace Social Group – Fridays, 2pm-4pm. The weekly social group gives you a chance to meet and share experiences with your peers in a safe environment.

CAFÉ CONNECTIONS @Blend – Fridays 11am. Meet and share experiences with your peers and a Peer Support Worker in the local community.

MindSpace, 18-20 York Place, Perth. PH2 8EH. 01738 639657.

www.mindspacepk.com admin@mindspacepk.com