



September 2019 Programme

Art to Recovery – Starts Monday 2nd September, 10am-12pm for 4 weeks.

ART@BEING - Sensory Based Approach - *Rediscovery of the 5 senses - Sight, Sound, Touch, Taste and Smell* Self-expression and communicating through motivational art making activities.

Taking Control – Starts Monday 2nd September, 2pm-4pm for 12 weeks.

This 12-week course 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.

Connect – Information Day Monday 2nd September, 10am-12.30pm. Course starts Monday 9th September, 10am-12.30pm and Tuesdays 10am-12.30pm for 16 weeks.

This 16-week training programme helps adults who have personal experience of mental health issues benefit from learning or work opportunities. You will explore and identify your skills, qualities and talents. Find out about training & work opportunities and improve your job-seeking skills. Run in partnership with Perth College UHI.

Discovering Mindfulness – Begins Thursday 5th September, 10am-12pm for 8 weeks.

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.

Change and Growth Through Menopause – Begins Thursday 12th September, 2pm-4pm for 4 weeks.

An opportunity for like-minded people to explore their experience, share stories, exchange tips and learn from each other about our unique journeys through the menopause. This is an interactive session that will encourage conversation about growth and change, including frustrations, challenges, and opportunities for this stage of life.

PDA (PROFESSIONAL DEVELOPMENT AWARD SQF LEVEL 7) – Induction on Wednesday 18th September, 9.30am-12.30pm. Course starts Wednesday 25th September, 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. Entry requirements are: lived experience of mental health distress and written and communication skills at SCQF level 5 (demonstrated by previous qualifications at this level or through interview process). You will be required to register with the PVG scheme when you begin the course. This can be done through Perth College UHI.

YourSpace Social Group – Friday 6th, 13th and 20th September, 2pm-4pm.

Please note that there will be no group running on Friday 27th September.

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

www.mindspacepk.com admin@mindspacepk.com