

PROGRAMME – November 2018



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Thursday 1st November	Personalised Support Plans <i>By Appointment only</i>	10.00 – 4.00 pm	Pillar office or by arrangement
Friday 2nd November	Minds at Work <i>Call for information</i>	9.00 – 3.00pm	By arrangement

Monday 5th November	Porty Paths <i>Health Walk followed by coffee and chat</i>	10.30 – 12.30pm	Meet at Library (in Portlethen Academy)
Tuesday 6th November	Meet & Eat <i>Healthy eating and mindful exercise</i>	11.30 – 2.00pm	South Church Hall, Stonehaven
Wednesday 7th November	Drop In <i>To access information and advice</i>	10.00-2.00pm	Pillar Office
	Healthy Minds – Acting the Part <i>For women looking to improve their mental and physical wellbeing.</i>	1.00 – 3.00pm	South Church Hall, Stonehaven
Thursday 8th November	Personalised Support Plans <i>By Appointment only</i>	10.00 – 3.00 pm	Pillar office or by arrangement
Friday 9th November	Minds at Work <i>Call for information</i>	9.00 – 3.00pm	By arrangement

Monday 12th November	Porty Paths <i>Health Walk followed by coffee and chat</i>	10.30 – 12.30pm	Meet at Library (in Portlethen Academy)
Tuesday 13th November	Meet & Eat <i>Healthy eating and mindful exercise</i>	11.30 - 2.00pm	South Church Hall, Stonehaven
Wednesday 14th November	Mental Health Law Training <i>Call to book a place</i>		
	Healthy Minds – Mood Food <i>For women looking to improve their mental and physical wellbeing.</i>	1.00 – 3.00pm	South Church Hall, Stonehaven
Thursday 15th November	Personalised Support Plans <i>By Appointment only</i>	10.00 – 3.00 pm	Pillar office or by arrangement
Friday 16th November	Minds at Work <i>Call for information</i>	9.00 – 3.00pm	By arrangement

Monday 19th November	Porty Paths <i>Health Walk followed by coffee and chat</i>	10.30 - 12.30pm	Meet at Library (in Portlethen Academy)
Tuesday 20th November	Meet & Eat <i>Healthy eating and mindful exercise</i>	11.30 - 2.00pm	South Church Hall, Stonehaven
Wednesday 21st November	Drop In <i>To access information and advice</i>	10.00-2.00pm	Pillar Office
	Healthy Minds – Assertiveness/Listening Skills <i>For women looking to improve their mental and physical wellbeing.</i>	1.00 – 3.00pm	South Church Hall, Stonehaven
Thursday 22nd November	Personalised Support Plans <i>By Appointment only</i>	10.00 – 4.00 pm	Pillar office or by arrangement
Friday 23rd November	Minds at Work <i>Call for information</i>	9.00 – 3.00pm	By arrangement

Monday 26th November	Porty Paths <i>Health Walk followed by coffee and chat</i>	10.30 - 12.30pm	Meet at Library (in Portlethen Academy)
Tuesday 27th November	Support Plans <i>By Appointment only</i>	10 – 11.30am	South Church Hall, Stonehaven
	Meet & Eat <i>Healthy eating and mindful exercise</i>	11.30 - 2.00pm	
Wednesday 28th November	Drop In <i>To access information and advice</i>	10.00-2.00pm	Pillar Office
	Healthy Minds – Bus trip to Aberdeen <i>For women looking to improve their mental and physical wellbeing.</i>	12.30pm	Meet at Pillar Office
Thursday 29th November	Personalised Support Plans <i>By Appointment only</i>	10.00 – 4.00 pm	Pillar office or by arrangement
Friday 30th November	Minds at Work <i>Call for information</i>	9.00 – 3.00pm	By arrangement