

# PROGRAMME – February 2019



42 – 46 Barclay Street  
Stonehaven, AB39 2AX  
Tel: 01569 767222

Email: [info@pillarkincardine.co.uk](mailto:info@pillarkincardine.co.uk)  
Web: [www.pillarkincardine.co.uk](http://www.pillarkincardine.co.uk)

<b>Friday</b> <b>1<sup>st</sup> February</b>	<b>Minds at Work</b> <i>Call for information</i>	9.00 – 3.00pm	By arrangement
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<b>Monday</b> <b>4<sup>th</sup> February</b>	<b>Porty Paths</b> <i>Health Walk followed by coffee and chat</i>	10.30 - 12.30pm	Meet at Library (in Portlethen Academy)
<b>Tuesday</b> <b>5<sup>th</sup> February</b>	<b>Meet &amp; Eat</b> <i>Healthy eating and mindful exercise</i>	11.30 - 2.00pm	South Church Hall, Stonehaven
<b>Wednesday</b> <b>6<sup>th</sup> February</b>	<b>Drop In</b> <i>To access information and advice</i>	10.00-2.00pm	Pillar Office
	<b>Creative Minds Programme</b> <i>For women looking to improve their mental and wellbeing.</i>	1.00 – 3.00pm	Stonehaven Community Centre
<b>Thursday</b> <b>7<sup>th</sup> February</b>	<b>Personalised Support Plans</b> <i>By Appointment only</i>	10.00 – 4.00 pm	Pillar office or by arrangement
<b>Friday</b> <b>8<sup>th</sup> February</b>	<b>Minds at Work</b> <i>Call for information</i>	9.00 – 3.00pm	By arrangement

<b>Monday 11<sup>th</sup> February</b>	<b>Porty Paths</b> <i>Health Walk followed by coffee and chat</i>	10.30 - 12.30pm	Meet at Library (in Portlethen Academy)
<b>Tuesday 12<sup>th</sup> February</b>	<b>Support Plans</b> <i>By Appointment only</i>	10 – 11.30am	South Church Hall, Stonehaven
	<b>Meet &amp; Eat</b> <i>Healthy eating and mindful exercise</i>	11.30 - 2.00pm	
<b>Wednesday 13<sup>th</sup> February</b>	<b>Drop In</b> <i>To access information and advice</i>	10.00-2.00pm	Pillar Office
	<b>Creative Minds Programme</b> <i>For women looking to improve their mental and wellbeing.</i>	1.00-3.00pm	South Church Hall, Stonehaven
<b>Thursday 14<sup>th</sup> February</b>	<b>Personalised Support Plans</b> <i>By Appointment only</i>	10.00 – 4.00 pm	Pillar office or by arrangement
<b>Friday 15<sup>th</sup> February</b>	<b>Minds at Work</b> <i>Call for information</i>	9.00 – 3.00pm	By arrangement

<b>Monday 18<sup>th</sup> February</b>	<b>Porty Paths</b> <i>Health Walk followed by coffee and chat</i>	10.30 - 12.30pm	Meet at Library (in Portlethen Academy)
<b>Tuesday 19<sup>th</sup> February</b>	<b>Support Plans</b> <i>By Appointment only</i>	10 – 11.30am	South Church Hall, Stonehaven
	<b>Meet &amp; Eat</b> <i>Healthy eating and mindful exercise</i>	11.30 - 2.00pm	
<b>Wednesday 20<sup>th</sup> February</b>	<b>Drop In</b> <i>To access information and advice</i>	10.00-2.00pm	Pillar Office
	<b>Creative Minds Programme</b> <i>For women looking to improve their mental and wellbeing.</i>	1.00-3.00pm	South Church Hall, Stonehaven
<b>Thursday 21<sup>st</sup> February</b>	<b>Personalised Support Plans</b> <i>By Appointment only</i>	10.00 – 4.00 pm	Pillar office or by arrangement
<b>Friday 22<sup>nd</sup> February</b>	<b>Minds at Work</b> <i>Call for information</i>	9.00 – 3.00pm	By arrangement

<b>Monday 25<sup>th</sup> February</b>	<b>Porty Paths</b> <i>Health Walk followed by coffee and chat</i>	10.30 - 12.30pm	Meet at Library (in Portlethen Academy)
<b>Tuesday 26<sup>th</sup> February</b>	<b>Support Plans</b> <i>By Appointment only</i>	10 – 11.30am	South Church Hall, Stonehaven
	<b>Meet &amp; Eat</b> <i>Healthy eating and mindful exercise</i>	11.30 - 2.00pm	
<b>Wednesday 27<sup>th</sup> February</b>	<b>Drop In</b> <i>To access information and advice</i>	10.00-2.00pm	Pillar Office
	<b>Creative Minds Programme</b> <i>For women looking to improve their mental and wellbeing.</i>	1.00-3.00pm	South Church Hall, Stonehaven
<b>Thursday 28<sup>th</sup> February</b>	<b>Personalised Support Plans</b> <i>By Appointment only</i>	10.00 – 4.00 pm	Pillar office or by arrangement