

Creative Group

Every Friday 11:00am to 1pm

Our well-established Creative Group runs weekly. It is a wee, friendly group and no prior knowledge of arts, crafts, or other creative activities is necessary. All women survivors welcome!

Come and join Becci to try out some decoupage, paint pebbles, learn basic origami, knit squares or just come for a blether and a cup of tea! Activities are planned according to group members' likes and dislikes.



Write to Recovery Creative Writing Course Starting Thursday 11th July at 1pm

A 5-week course created by the Scottish Recovery Network, aimed at supporting you to work through difficult feelings through writing.



Women survivors only. Booking essential.

Drop in

Every Tuesday 12.00 to 2:00 pm

One-to-one support, information or advice provided by RASACPK staff and volunteers. If you have been affected by rape and sexual abuse, you can access information and support or just come in for a chat. Women only.

RASAC P&K
16 King Street
Perth PH2 8JA



RASAC P&K Events

Conversation Café

Have your say at our RASAC Conversation Cafés

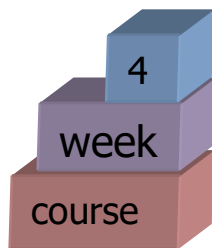
30th May 3pm
18th July 3pm
12th September 3pm

CALM

Tuesdays at 3pm from 4th June 2019 for four weeks

CALM is for you if you are on our waiting list or have finished 1-2-1 support. Becci will introduce you to techniques that can help you to calm your nervous system. We will breathe, visualise, laugh and walk.

Women survivors only. Booking essential.



Mindfulness

Every second Thursday 2nd May from 6pm to 7.30pm for 8 weeks

Everyone is welcome, whether you have experience of mindfulness or not, we will be discussing and practising mindfulness in a very informal, relaxed way...it would be great to see you there!

Michelle will introduce you to the art of Mindfulness.

Women survivors only. Booking essential.

We need your ideas for groups!

Are you interested in attending a group but something is stopping you?

Perhaps you'd like to come to groups but work full-time or can't get childcare? Perhaps what we offer doesn't quite fit the bill and you would prefer us to look at other topics or activities. Our Support and Group Worker, Becci, is always looking at ways to improve things for you; whether it is changing the times, days, activities or venue, please let us know your thoughts. Speak to your support worker, email Becci becci@rasacpk.org.uk or complete a tag for the feedback tree. THANK YOU!



RASAC GROUPS

To find out more about our groups or to **book a space**, please call us or speak to a Support Worker. Spaces are limited. Groups will run depending on minimum attendance. Materials and resources are provided.

Business Line: 01738 626290
Helpline: 01738 630965
Email: rasacpk@gmail.com