

Want to benefit from training, work or study opportunities?



If you have personal experience of mental health issues then **CONNECT** with us!

Run by Perth College in partnership with Perth Association with Mental Health, this 16-week project takes place two mornings a week and aims to support people with a helping hand, opening up choices for the future.

Activities are designed to give you the skills you need to find work and you will also learn about assertiveness, confidence building, stress management, relaxation and team building.

You should be able to get your travel costs refunded.

To find out more about our CONNECT Course call us on **01738 877715**



or pick up a leaflet from Perth College or from PAMH in Milne Street.



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