

COUNSELLING SERVICE: WELLBEING WORKSHOPS – FEBRUARY 2024

DATE	TIME	WORKSHOP
Feb 6th	12.15-1.00	SSP
Feb 7th	2.00-3.00	The Body Project
Mon 12th	3.00 - 4.30	Developing Healthy Relationships
Tues 13th	1.00-2.00	YOGA
Weds 14th	1.00-2.00	Relaxation
	2.00-3.00	The Body Project
Tues 20th	1.00-2.00	YOGA
Weds 21st	1.00-2.00	Relaxation
	2.00-3.00	The Body Project
Tues 27th	11.00-12.15	KORU
	1.00-2.00	YOGA
Weds 28th	1.00-2.00	Relaxation
	2.00-3.00	The Body Project
	3.00-4.00	Grief & Loss

COUNSELLING SERVICE: WELLBEING WORKSHOPS – MARCH 2024

DATE	TIME	WORKSHOP
Tues 5th	11.00-12.15	KORU
	12.15-1.00	SSP
	1.00-2.00	YOGA
	3.30-4.30	DBT Wk 1
Weds 6th	1.00-2.00	Relaxation
Thurs 7th	12.00-1.00	Improve your Mood
Tues 12th	11.00-12.15	KORU
	1.00-2.00	YOGA
	3.30-4.30	DBT Wk 2
Weds 13th	1.00-2.00	Relaxation
	3.00-4.00	Procrastination
Tues 19th	11.00-12.15	KORU
	1.00-2.00	YOGA
	3.30-4.30	DBT Wk 3
Weds 20th	1.00-2.00	Relaxation

COUNSELLING SERVICE: WELLBEING WORKSHOPS – APRIL 2024

DATE	TIME	WORKSHOP
Tues 9th	1.00-2.00	YOGA
	3.30-4.30	DBT Wk 4
Tues 16th	1.00-2.00	YOGA
	3.30-4.30	DBT Wk 5
Weds 17th	3.00-4.00	Assertiveness
Tues 23rd	1.00-2.00	YOGA
	3.30-4.30	DBT Wk 6
Tues 30th	1.00-2.00	YOGA
	3.30-4.30	DBT Wk 7

COUNSELLING SERVICE: WELLBEING WORKSHOPS – MAY 2024

DATE	TIME	WORKSHOP
Tues 7th	12.15-1.00	SSP
Thurs 9th	12.00-1.00	Less Stress, more Success