

COUNSELLING SERVICE WORKSHOPS – OCTOBER 2022

MONTH	DATE	TIME	WORKSHOP TITLE	LOCATION	COUNSEL LOR
SEPTEMBER					
WK 3 w/c Mon 19 th	Weds Sept 21 st	12-1pm	First Year Orientation Meet & Greet	An Tobar	Denise
WK 4 w/c Mon 26 th	Weds Sept 28 th	12-1pm	First Year Orientation Meet & Greet	An Tobar	Denise
OCTOBER					
WK 1 w/c Mon 3 rd	Tues Oct 4 th	12-1pm	Safe & Sound Protocol (SSP)	An Tobar & Online	Mairead
	Tues Oct 4 th	1-2pm	Meditation & Relaxation	An Tobar	Fidelma
	Weds Oct 5 th	12-1pm	First Year Orientation Meet & Greet	An Tobar	Denise
	Thurs Oct 6 th	1-2pm	Stretch & Relax Yoga	An Tobar	Barbara
	Thurs Oct 6 th	3-4pm	Not On Your Own	An Tobar	Kathleen
WK 2 w/c Mon 10 th	Tues Oct 11 th	1-2pm	Meditation & Relaxation	An Tobar	Fidelma
	Tues Oct 11 th	3.30-4.30pm	Resilience	An Tobar & Online	Deirdre
	Weds Oct 12 th	12-1pm	First Year Orientation Meet & Greet	An Tobar	Denise
	Thurs Oct 13 th	1-2pm	Stretch & Relax Yoga	An Tobar	Barbara
	Thurs Oct 13 th	2-3pm	Learning to Respond to Stress Signals – understanding the Window of Tolerance	An Tobar	Denise
WK 3 w/c Mon 17 th	Mon Oct 17 th	10-11am	Resilience when studying abroad	School of Modern Languages	Deirdre
	Mon Oct 17 th	12-1.15pm	KORU Mindfulness Week 1	An Tobar	Fidelma
	Tues Oct 18 th	1-2pm	Meditation & Relaxation	An Tobar	Fidelma
	Weds Oct 19 th	12-1pm	First Year Orientation Meet & Greet	An Tobar	Denise
	Thurs Oct 20 th	1-2pm	Stretch & Relax Yoga	An Tobar	Barbara
WK 4 w/c Mon 24 th	Mon Oct 24 th	12-1.15pm	KORU Mindfulness Week 2	An Tobar	Fidelma
	Tues Oct 25 th	1-2pm	Meditation & Relaxation	An Tobar	Fidelma
	Weds Oct 26 th	12-1pm	First Year Orientation Meet & Greet	An Tobar	Denise
	Thurs Oct 27 th	1-2pm	Stretch & Relax Yoga	An Tobar	Barbara
WK 5 w/c Mon 31 st	Tues Nov 1 st	12-1pm	Safe & Sound Protocol (SSP)	An Tobar & Online	Mairead
	Tues Nov 1 st	3.30-4.30pm	DBT week 1	An Tobar & Online	Mairead
	Weds Nov 2 nd	12-1pm	Exam Anxiety	An Tobar	Denise

