

COUNSELLING SERVICE WORKSHOPS 2024-2025

MTH	DATE	TIME	WORKSHOP TITLE	STAFF
OCT	Tues 1st	12-1pm	Yoga	Barbara
	Weds 2nd	3.30-4.40pm	Wellbeing & Stress Reduction	Fidelma
	Mon 7th	3-4pm	Chew & Chat	Denise
	Tues 8th	12-1pm	Yoga	Barbara
	Weds 9th	3.30-4.40pm	Wellbeing & Stress Reduction	Fidelma
	Mon 14th	3-4pm	Chew & Chat	Denise
	Tues 15th	12-1pm	Yoga	Barbara
	Tues 15th	3.15-4.15pm	Building Resilience	Deirdre
	Weds 16th	3.30-4.40pm	Wellbeing & Stress Reduction	Fidelma
	Mon 21st	3-4pm	Chew & Chat	Denise
	Tues 22nd	12-1pm	Yoga	Barbara
	Weds 23rd	12-1pm	Assertiveness	Kathleen
	Weds 23rd	3.30-4.40pm	Wellbeing & Stress Reduction	Fidelma
	Thurs 24th	9.30-1pm	Resilience GTS1	Deirdre
NOV	Mon 4th	3-4pm	Chew & Chat	Denise
	Tues 5th	12-1pm	Yoga	Barbara
	Tues 5th	3.15-4.30pm	Mindfulness (KORU)	Fidelma
	Weds 6th	12-1pm	Procrastination	Kathleen
	Mon 11th	3-4pm	Chew & Chat	Denise
	Tues 12th	12-1pm	Yoga	Barbara
	Tues 12th	3.15-4.30pm	Mindfulness (KORU)	Fidelma
	Weds 13th	12-1pm	Improve Your Mood	Denise
	Mon 18th	3-4pm	Chew & Chat	Denise
	Tues 19th	12-1pm	Yoga	Barbara
	Tues 19th	3.15-4.30pm	Mindfulness (KORU)	Fidelma
	Weds 20th	12-1pm	Grief	Kathleen
	Mon 25th	3-4pm	Chew & Chat	Denise
	Tues 26th	12-1pm	Yoga	Barbara
Tues 26th	3.15-4.30pm	Mindfulness (KORU)	Fidelma	
DEC	Mon 2nd	3-4pm	Chew & Chat	Denise
	Tues 3rd	12-1pm	Yoga	Barbara
	Weds 4th	12-1pm	Exam Anxiety	Denise
	Thurs 5th	12-1pm	Panic Attacks	Kathleen
	Mon 9th	3-4pm	Chew & Chat	Denise
	Tues 10th	12-1pm	Yoga	Barbara
	Tues 10th	3-4.30pm	Mindfulness Retreat	Fidelma

COUNSELLING SERVICE WORKSHOPS 2024-2025

SEMESTER TWO				
MTH	DATE	TIME	WORKSHOP TITLE	STAFF
FEB	Tues 4th	12-1pm	Yoga	Barbara
	Weds 5th	3.30-4.40pm	Wellbeing & Stress Reduction	Fidelma
	Mon 10th	3-4pm	Chew & Chat	Denise
	Tues 11th	12-1pm	Yoga	Barbara
	Weds 12th	3.30-4.40pm	Wellbeing & Stress Reduction	Fidelma
	Thurs 13th	3.15-4.30pm	Developing Healthy Relationships	Deirdre
	Mon 17th	3-4pm	Chew & Chat	Denise
	Tues 18th	12-1pm	Yoga	Barbara
	Weds 19th	3.30-4.40pm	Wellbeing & Stress Reduction	Fidelma
	Mon 24th	3-4pm	Chew & Chat	Denise
	Tues 25th	9.30-1pm	Resilience GTS1	Deirdre
	Tues 25th	1-2pm	Yoga	Barbara
	Weds 26th	3.30-4.40pm	Wellbeing & Stress Reduction	Fidelma
MAR	Mon 3rd	3-4pm	Chew & Chat	Denise
	Tues 4th	12-1pm	Yoga	Barbara
	Tues 4th	3.15-4.30pm	Mindfulness (KORU)	Fidelma
	Mon 10th	3-4pm	Chew & Chat	Denise
	Tues 11th	12-1pm	Yoga	Barbara
	Tues 11th	3.15-4.30pm	Mindfulness (KORU)	Fidelma
	Mon 24th	3-4pm	Chew & Chat	Denise
	Tues 25th	12-1pm	Yoga	Barbara
	Tues 25th	3.15-4.30pm	Mindfulness (KORU)	Fidelma
	Weds 26th	12-1pm	Improve Your Mood	Denise
Mon 31st	3-4pm	Chew & Chat	Denise	
APR	Tues 1st	12-1pm	Yoga	Barbara
	Tues 1st	3.15-4.30pm	Mindfulness (KORU)	Fidelma
	Mon 7th	3-4pm	Chew & Chat	Denise
	Tues 8th	12-1pm	Yoga	Barbara
	Mon 14th	3-4pm	Chew & Chat	Denise
	Tues 15th	12-1pm	Yoga	Barbara
	Mon 28th	3-4pm	Chew & Chat	Denise
	Weds 30th	12-1pm	Exam Anxiety	Denise
MAY	Tues 6th	3-4.30pm	Mindfulness Retreat	Fidelma