

## COUNSELLING SERVICE: WELLBEING WORKSHOPS – FEBRUARY 2024

DATE	TIME	WORKSHOP
Feb 7th	2.00-3.00	The Body Project
Mon 12th	3.00-4.30	Developing Healthy Relationships
	3.00-4.00	Chew & Chat
Tues 13th	1.00-2.00	YOGA
Weds 14th	1.00-2.00	Relaxation
	2.00-3.00	The Body Project
Mon 19th	3.00-4.00	Chew & Chat
Tues 20th	1.00-2.00	YOGA
Weds 21st	1.00-2.00	Relaxation
	2.00-3.00	The Body Project
Mon 26th	3.00-4.00	Chew & Chat
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
Mon 4 <sup>th</sup>	3.00-4.00	Chew & Chat
Tues 5 <sup>th</sup>	11.00-12.15	KORU
	1.00-2.00	YOGA
Weds 6 <sup>th</sup>	1.00-2.00	Relaxation
Thurs 7 <sup>th</sup>	12.00-1.00	Improve your Mood
Mon 11 <sup>th</sup>	3.00-4.00	Chew & Chat
Tues 12 <sup>th</sup>	11.00-12.15	KORU
	1.00-2.00	YOGA
Weds 13 <sup>th</sup>	1.00-2.00	Relaxation
	3.00-4.00	Procrastination
Tues 19 <sup>th</sup>	11.00-12.15	KORU
	1.00-2.00	YOGA
Weds 20 <sup>th</sup>	1.00-2.00	Relaxation
Mon 25 <sup>th</sup>	3.00-4.00	Chew & Chat

## COUNSELLING SERVICE: WELLBEING WORKSHOPS – APRIL 2024

DATE	TIME	WORKSHOP
Mon 8th	3.00-4.00	Chew & Chat
Tues 9th	1.00-2.00	YOGA
Thurs 11 <sup>th</sup>	12.00-1.00	What to do when 'Panic' Attacks
Mon 15 <sup>th</sup>	3.00-4.00	Chew & Chat
Tues 16th	1.00-2.00	YOGA
Weds 17th	3.00-4.00	Assertiveness
Mon 22nd	3.00-4.00	Chew & Chat
Tues 23rd	1.00-2.00	YOGA
Mon 29th	3.00-4.00	Chew & Chat
Tues 30th	1.00-2.00	YOGA

## COUNSELLING SERVICE: WELLBEING WORKSHOPS – MAY 2024

DATE	TIME	WORKSHOP
Mon 6th	3.00-4.00	Chew & Chat
Thurs 9th	12.00-1.00	Less Stress, more Success
Mon 13th	3.00-4.00	Chew & Chat
Mon 20th	3.00-4.00	Chew & Chat