



Student Counselling Service

Drop-in Centre and Well-Being Workshops



	Monday	Tuesday	Wednesday	Thursday	Friday
10am-11am	RELAXATION <i>(Meditation Room)</i>	RELAXATION <i>(Meditation Room)</i>	RELAXATION <i>(Meditation Room)</i>	RELAXATION <i>(Meditation Room)</i>	RELAXATION <i>(Meditation Room)</i>
11am-12pm	DROP-IN <i>(CM073)</i>	DROP-IN <i>(CM073)</i>	DROP-IN <i>(CM073)</i>	DROP-IN <i>(CM073)</i>	DROP-IN <i>(CM073)</i>
1pm-2pm	WORKSHOP	WORKSHOP	WORKSHOP	WORKSHOP	WORKSHOP
3pm-4pm	DROP-IN <i>(CM073)</i>	DROP-IN <i>(CM073)</i>	DROP-IN <i>(CM073)</i>	DROP-IN <i>(CM073)</i>	DROP-IN <i>(CM073)</i>

- Check our website (www.ul.ie/counselling) and/or Facebook page for the weekly updated timetable of workshops.
- We offer workshops on a variety of topics such as Low Mood, Anxiety Management, Stress Management, Assertiveness, Resiliency, Self-Care and more.
- Location of our afternoon workshops is subject to change and will be posted online and on Facebook weekly. See you there!