

Summer drop-in programme

for staff and students

JUNE – SEPTEMBER 2022

Date and time	Session	Who for
Tuesday 14 June 1-2pm	Mindfulness	UG and PG
Thursday 16 June 1-2.30pm	Challenging unhelpful thinking habits	Staff
Tuesday 21 June 1-2.30pm	Managing anxiety	Staff
Thursday 23 June 1-2pm	Mindfulness	Staff / UG / PG
Tuesday 28 June 1-2pm	Mindfulness	Staff / UG / PG
Friday 1 July 1-2.30pm	Managing the demands of postgraduate study and work	PG
Wednesday 6 July 1-2.30pm	Busting low mood	Staff
Thursday 7 July 1-2pm	Mindfulness	Staff / UG / PG
Tuesday 12 July 1-2pm	Mindfulness	Staff / UG / PG
Wednesday 20 July 1-2.30pm	Managing anxiety	Staff
Tuesday 26 July 1-2pm	Mindfulness	Staff / UG / PG
Thursday 4 August 1-2pm	Mindfulness	Staff / UG / PG
Tuesday 9 August 1-2pm	Mindfulness	Staff / UG / PG
Tuesday 16 August 1-2.30pm	Managing anxiety	Staff
Thursday 18 August 1-2pm	Get prepared: strategies for managing exam stress	UG / PG
Monday 22 August Thursday 25 August Monday 29 August Thursday 1 September 9.15 – 9.45am	Calm your brain	UG / PG
Thursday 25 August 1-2.30pm	Busting low mood	Staff
Tuesday 6 September 1-2pm	Mindfulness	Staff / UG / PG
Wednesday 7 September 1-2pm	Managing acute and ongoing stress	Staff
Thursday 8 September 1-2.30pm	Challenging unhelpful thinking habits	Staff

All sessions will take place in Room 1.63, Large Group Room, Wellbeing Rooms, Simon Building, Brunswick Street.

Please book via the workshop registration form on our website:
www.counsellingservice.manchester.ac.uk/workshops

