

# Summer drop-in programme

## for staff and students

**JUNE – SEPTEMBER 2023**

Date and time	Session	Who for
Thursday 15 June 1-2.30pm	Challenging unhelpful thinking habits	Staff
Tuesday 20 June 1-2.30pm	Managing anxiety	Staff
Friday 23 June 1-2pm	Mindfulness	Staff / UG / PG
Tuesday 27 June 1-2pm	Mindfulness	Staff / UG / PG
Friday 30 June 1-2.30pm	Managing the demands of post graduate study and work	PG
Wednesday 5 July 1-2.30pm	Busting low mood	Staff
Tuesday 11 July 1-2pm	Mindfulness	Staff / UG / PG
Thursday 13 July 1-2.30pm	Developing Skills in Assertiveness	Staff
Wednesday 19 July 1-2.30pm	Managing anxiety	Staff 
Friday 21 July 1-2pm	Mindfulness	Staff / UG / PG
Tuesday 25 July 1-2pm	Mindfulness	Staff
Wednesday 2 August 1-2.30pm	Busting Low Mood	Staff 
Friday 4 August 1-2pm	Mindfulness	Staff / UG / PG
Tuesday 8 August 1-2pm	Mindfulness	Staff / UG / PG
Tuesday 15 August 1-2.30pm	Managing anxiety	Staff 
Friday 18 August 1-2pm	Mindfulness	Staff / UG / PG
Tuesday 22 August 1-2pm	Mindfulness	Staff / UG / PG
Tuesday 5 September 1-2pm	Mindfulness	Staff / UG / PG
Wednesday 6 September 1-2pm	Managing acute and ongoing stress	Staff 
Thursday 7 September 1-2.30pm	Challenging unhelpful thinking habits	Staff

Face-to-face sessions take place in Room 1.63, Large Group Room, Wellbeing Rooms, Simon Building, Brunswick Street.

 Online sessions take place on Zoom.

Please note that sessions taking place on Zoom require booking via our website.

**Please visit our website for more information about the sessions:**  
[www.counsellingservice.manchester.ac.uk/workshops](http://www.counsellingservice.manchester.ac.uk/workshops)

