



# Summer programme

## for staff and students

**JUNE – SEPTEMBER 2024**

Date and time	Session	Who for
Thursday 13 June 1-2pm	Managing Acute and Ongoing Stress 	Staff
Friday 14 June 1-1.45pm	Mindfulness	Staff / PG / UG
Tuesday 18 June 1-1.45pm	Mindfulness	Staff / PG / UG
Thursday 20 June 1-2.30pm	Challenging Unhelpful Thinking Habits	Staff
Monday 24 June 1-2pm	Breathworks for Resilience and Self-Support	Staff / PG / UG
Wednesday 26 June 1-2.30pm	Anxiety	Staff
Friday 28 June 1-1.45pm	Mindfulness	Staff / PG / UG
Tuesday 2 July 1-1.45pm	Mindfulness	Staff / PG / UG
Thursday 4 July 1-2.30pm	Busting Low Mood	Staff
Friday 5 July 1-1.45pm	Mindfulness	Staff / PG / UG
Tuesday 16 July 1-1.45pm	Mindfulness	Staff / PG / UG
Thursday 18 July 1-2.30pm	Developing Skills in Assertiveness	Staff
Monday 22 July 1-2pm	Breathworks for Resilience and Self-Support	Staff / PG / UG
Friday 26 July 1-1.45pm	Mindfulness	Staff / PG / UG
Tuesday 30 July 1-1.45pm	Mindfulness	Staff / PG / UG
Wednesday 31 July 1-2.30pm	Overcoming Worry Part 1	Staff
Monday 5 August 1-2pm	Breathworks for Resilience and Self-Support	Staff / PG / UG
Wednesday 7 August 1-2.30pm	Overcoming Worry Part 2	Staff
Friday 9 August 1-1.45pm	Mindfulness	Staff / PG / UG
Tuesday 13 August 1-1.45pm	Mindfulness	Staff / PG / UG
Friday 23 August 1-1.45pm	Mindfulness	Staff / PG / UG
Tuesday 27 August 1-1.45pm	Mindfulness	Staff / PG / UG
Wednesday 28 August 1-2.30pm	Anxiety	Staff
Thursday 29 August 1-2.30pm	Busting Low Mood	Staff
Monday 2 September 1-2pm	Breathworks for Resilience and Self-Support	Staff / PG / UG
Thursday 5 September 1-2.30pm	Challenging Unhelpful Thinking Habits	Staff
Friday 6 September 1-1.45pm	Mindfulness	Staff / PG / UG

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).

**Summer Wellbeing Group 1:** Wednesday 19 June – Wednesday 24 July, 1pm – 3pm

**Summer Wellbeing Group 2:** Wednesday 31 July – Wednesday 4 September, 1pm – 3pm

Both sessions are for students and Practitioner Referral Only. Please visit our website for more information.

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

