



COUNSELLING AND MENTAL HEALTH SERVICE

GROUP AND WORKSHOP PROGRAMME
FOR STUDENTS AND STAFF

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Scan to view and book workshops



April – June 2025

www.counsellingservice.manchester.ac.uk/workshops

Sessions take place either **Face-to-Face (F2F)** or online via Teams.
Please check website and email communications for latest updates.

PRO = Practitioner-Referral Only **CBT** = Cognitive Behavioural Therapy **ACT** = Acceptance and Commitment Therapy
UG = undergraduate **PG** = postgraduate

SELF-REFERRAL/PRACTITIONER-REFERRAL WORKSHOPS IN PARTNERSHIP WITH MY LEARNING ESSENTIALS

Book through **My Learning Essentials** page (please note that these courses are advertised one month in advance):
<https://www.library.manchester.ac.uk/training/my-learning-essentials>

These sessions will be F2F in Alan Gilbert Learning Commons.

Day	Workshops		Date	Time	Available for	Type
Mondays	Get prepared: Strategies for managing exam stress	W	28 April	1pm – 2pm	UG	F2F
Tuesdays	Mindfulness workshop	W	Fortnightly, 29 April to 27 May (one-off workshops)	4pm-4.45pm	PG and UG	F2F
Wednesday	No Wednesday workshops					
Thursday	Challenging unhelpful thinking habits	W	Fortnightly, 1 to 29 May (one-off workshops)	3pm – 4.30pm	PG and UG	F2F
Friday	No Friday workshops					

G Groups **W** Workshops











GROUPS AND WORKSHOPS

To book: please complete the registration form on our website:

www.counsellingservice.manchester.ac.uk/workshops

Please note groups marked **PRO** are via **PRACTITIONER-REFERRAL ONLY**.

Face to Face groups and workshops take place in the Simon Building (LGR) and Crawford House (CS1 & CS2) – see page 5 for details. Online session via Teams.

Day	Groups and Workshops	Date	Time and location	Available for	Type
Mondays	Bereavement (PRO) 	28 April	2pm – 4pm (LGR)	PG and UG	F2F
	ACT on low mood 	28 April (one-off workshop)	2.30pm – 4pm (CS1)	PG and UG	F2F
	ACT on low mood 	12 May (one-off workshop)	2.30pm – 4pm	PG and UG	Online
	Breathwork for resilience and self-support 	28 April, 12 May and 2 June (one-off workshops)	12 noon – 1pm (CS1)	Staff and students	F2F
	ACT on Postgraduate Issues 	19 May	1pm – 2.30pm (CS1)	PG	F2F
Tuesday	Autism-friendly self-care skills (PRO) 	4 week group, beginning 29 April	10am – 12 noon (CS2)	PG and UG	F2F
	ADHD-friendly self-care skills (PRO) 	4 week group, beginning 29 April	1pm – 3pm (CS1)	PG and UG	F2F
	Managing anxiety : Part 1 and 2 	Series 1: 29 April and 6 May Series 2: 13 and 20 May (two-part workshops)	12 noon – 2pm (LGR)	PG and UG	F2F
	Understanding low self-esteem: How it Develops and How to Improve It please 	6 May and 27 May (one-off workshops)	2pm – 4pm	PG and UG	Online
	Introduction to Coping with Eating Distress (PRO) 	6 May	2.15pm – 4.15pm (LGR)	PG and UG	F2F

 Groups  Workshops

GROUPS AND WORKSHOPS

Day	Groups and Workshops	Date	Time and location	Available for	Type
Wednesday	Understanding trauma: Creating safety and connection (PRO) G	4 week group, beginning 30 April	12 noon – 2pm (LGR)	PG and UG	F2F
	Emotional regulation (PRO) G	4 week group, beginning 30 April	2.15pm – 4.15pm (CS1)	PG and UG	F2F
Thursday	Improving low mood with CBT (PRO) G	4 week group, beginning 1 May	2.15pm – 4.15pm (LGR)	PG and UG	F2F
	Overcoming Worry (PRO) W	Part 1: 1 May Part 2: 8 May (two-part workshop)	11am – 1pm (LGR)	PG and UG	F2F
	Developing Skills in Assertiveness W	1 May	12 noon – 1.30pm (CS2)	PG and UG	F2F
	A compassionate approach to low mood W	5 June	12 noon – 1.30pm (CS2)	Staff only	F2F
Friday	Understanding and maintaining positive relationships (PRO) G	4 week group, beginning 2 May	2pm – 4pm (CS2)	PG and UG	F2F
	Mindfulness meditation W	Weekly, 2 May to 6 June (one-off workshops)	1 pm – 1.45pm (LGR)	Staff, PG, UG	F2F
	Managing acute and ongoing stress W	9 May and 6 June (one-off workshops)	9.30am – 10.30am	Staff, PG, UG	Online
	Self-help for social anxiety (PRO) W	2 May	2.30pm – 4.00pm	PG and UG	Online

G Groups W Workshops

How do groups and workshops help?

A lot of the work of the University of Manchester Counselling and Mental Health Service is done in groups or workshops: working in a group can be the best form of help for some people and some difficulties.

The practitioner you see at your first appointment may suggest you join one of our groups or workshops, or you can ask about this yourself. Workshops are generally one off sessions, psycho educational and skill based. Groups have a more therapeutic element and are over a series of sessions with the same participants each week.

Sometimes people join a group after they have explored some of the underlying issues in individual counselling. Being in a group may then be a further opportunity to practise recognising when ways of thinking or behaving are unhelpful and may be an opportunity to experiment with new ways of thinking etc.

Sometimes people go to groups and workshop instead of having individual sessions. Working in a group is a great way to gain new perspectives and make changes.

People often think that they have to tell all of their deepest thoughts, feelings and secrets to the group. This is not the case – all of our groups are structured and focused on helping you make the changes you want. Each individual decides what, how much, and when they share what is troubling them with the group.

Some of our workshops are more like classes and psycho educational, where you will be able to learn helpful skills.

What are the ground rules for my participation in Counselling and Mental Health Service groups?

Groups are facilitated and set up in a way that means that they are safe, ie the content of the group sessions is confidential; what members talk about or disclose is not discussed outside the group. If a group is to be effective, your commitment to the following is important:

- It is important you try to attend all of the group sessions.
- If you are going to miss a session, please let us know.
- Please try to keep to the times set for the group-particularly the start time.
- Confidentiality is important in all the Counselling and Mental Health Service work.

Room Locations

Large Group Room (LGR) – Room 1.63 is located on the first floor of the **Simon Building** and forms part of the Wellbeing suite: Simon Building, Brunswick Street. This is where larger groups and all mindfulness and relaxation sessions are held. Look for the yellow wall on the first floor and large sign saying Wellbeing Rooms.

CS1 – Room 5.004 is located on the fifth floor, Counselling and Mental Health Service, **Crawford House**. Use Central and West Entrance on Booth Street East. Turn right from lift/stairwell.

CS2 – Room 5.1 is located on the fifth floor, Counselling and Mental Health Service, **Crawford House**. Use Central and West entrance on Booth Street East. Turn right from lift/stairwell.

Map: www.manchester.ac.uk/discover/maps/interactive-map

Scan to view the interactive map



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