

Summer programme for staff and students

Date and time	Time	Session	Who for
Friday 13 June	1-1.45pm	Mindfulness	Staff / UG / PG
Monday 16 June	1-2pm	Breathwork for Resilience and Self Support	Staff / UG / PG
Thursday 19 June	1-2.30pm	Challenging Unhelpful Thinking Habits	Staff
Friday 20 June	1-1.45pm	Mindfulness	Staff / UG / PG
Monday 23 June	1-2pm	Breathwork for Resilience and Self Support	Staff / UG / PG
Wednesday 25 June	1-2.30pm	Anxiety	Staff
Friday 27 June	1-1.45pm	Mindfulness	Staff / UG / PG
Monday 30 June	1-2pm	Breathwork for Resilience and Self Support	Staff / UG / PG
Thursday 3 July	1-2.30pm	ACT on Low Mood	Staff
Friday 4 July	1-1.45pm	Mindfulness	Staff / UG / PG
Monday 7 July	1-2pm	Breathwork for Resilience and Self Support	Staff / UG / PG
Wednesday 9 July	12-2pm	Bereavement	Staff
Thursday 10 July	1-2.30pm	Challenging Unhelpful Thinking Habits	Staff
Friday 11 July	1-1.45pm	Mindfulness	Staff / UG / PG
Monday 14 July	1-2pm	Breathwork for Resilience and Self Support	Staff / UG / PG
Wednesday 16 July	1-2.30pm	Anxiety	Staff
Thursday 17 July	1-2.30pm	Developing Skills in Assertiveness	Staff
Friday 18 July	1-1.45pm	Mindfulness	Staff / UG / PG
Monday 21 July	1-2pm	Breathwork for Resilience and Self Support	Staff / UG / PG
Thursday 24 July	1-2.30pm	ACT on Low Mood	Staff
Friday 25 July	1-1.45pm	Mindfulness	Staff / UG / PG
Monday 28 July	1-2pm	Breathwork for Resilience and Self Support	Staff / UG / PG
Wednesday 30 July	1-2.30pm	Overcoming Worry part 1	Staff
Friday 1 August	1-1.45pm	Mindfulness	Staff / UG / PG
Monday 4 August	1-2pm	Breathwork for Resilience and Self Support	Staff / UG / PG
Wednesday 6 August	1-2.30pm	Overcoming Worry part 2	Staff
Friday 8 August	1-1.45pm	Mindfulness	Staff / UG / PG
Monday 11 August	1-2pm	Breathwork for Resilience and Self Support	Staff / UG / PG
Thursday 14 August	1-2.30pm	Challenging Unhelpful Thinking Habits	Staff
Friday 15 August	1-1.45pm	Mindfulness	Staff / UG / PG
Wednesday 20 August	1-2.30pm	Anxiety	Staff
Friday 22nd August	1-1.45pm	Mindfulness	Staff / UG / PG
Thursday 28 August	1-2.30pm	ACT on Low Mood	Staff
Friday 29 August	1-1.45pm	Mindfulness	Staff / UG / PG
Monday 1 September	1-2pm	Breathwork for Resilience and Self Support	Staff / UG / PG
Thursday 4 September	1-2.30pm	Challenging Unhelpful Thinking Habits	Staff
Friday 5 September	1-1.45pm	Mindfulness	Staff / UG / PG
Wednesday 10 September	1-2.30pm	Anxiety	Staff
Friday 12 September	1-1.45pm	Mindfulness	Staff / UG / PG
Monday 15 September	1-2pm	Breathwork for Resilience and Self Support	Staff / UG / PG
Thursday 18 September	1-2.30pm	ACT on Low Mood	Staff
Friday 19 September	1-1.45pm	Mindfulness	Staff / UG / PG
Monday 22nd September	1-2pm	Breathwork for Resilience and Self Support	Staff / UG / PG
Wednesday 24 September	1-2pm	Managing Acute and Ongoing Stress	Staff / UG / PG
Friday 26 September	1-1.45pm	Mindfulness	Staff / UG / PG

All events will take place in Room 1.63, Wellbeing Rooms, Simon Building, Brunswick Street.

Summer Wellbeing Group 1: Wednesday 18 June – Wednesday 23 July, 1pm – 3pm

Summer Wellbeing Group 2: Wednesday 30 July – Wednesday 3 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

