

Summer programme for students and staff

Date and time	Time	Session	Who for
June			
Monday 15 June	1-2pm	Breathworks	PG/UG/Staff
Friday 19 June	1-1.45pm	Mindfulness	PG/UG/Staff
Monday 22 June	1-2pm	Breathworks	PG/UG/Staff
Wednesday 24 June	1-2pm	Finding Balance at a Time of Stress	PG and UG
Friday 26 June	1-1.45pm	Mindfulness	PG/UG/Staff
Monday 29 June	1-2pm	Breathworks	PG/UG/Staff
July			
Friday 3 July	1-1.45pm	Mindfulness	PG/UG/Staff
Monday 6 July	1-2pm	Breathworks	PG/UG/Staff
Tuesday 7 July	1-2pm	Finding Balance at a Time of Stress	PG and UG
Friday 10 July	1-1.45pm	Mindfulness	PG/UG/Staff
Monday 13 July	1-2pm	Breathworks	PG/UG/Staff
Friday 17 July	1-1.45pm	Mindfulness	PG/UG/Staff
Monday 20 July	1-2pm	Breathworks	PG/UG/Staff
Thursday 23 July	1-2pm	Finding Balance at a Time of Stress	PG and UG
Friday 24 July	1-1.45pm	Mindfulness	PG/UG/Staff
Monday 27 July	1-2pm	Breathworks	PG/UG/Staff
Friday 31 July	1-1.45pm	Mindfulness	PG/UG/Staff
August			
Monday 3 August	1-2pm	Breathworks	PG/UG/Staff
Wednesday 5 August	1-2pm	Finding Balance at a Time of Stress	PG and UG
Friday 7 August	1-1.45pm	Mindfulness	PG/UG/Staff
Monday 10 August	1-2pm	Breathworks	PG/UG/Staff
Friday 14 August	1-1.45pm	Mindfulness	PG/UG/Staff
Monday 17 August	1-2pm	Breathworks	PG/UG/Staff
Tuesday 18 August	1-2pm	Finding Balance at a Time of Stress	PG and UG
Friday 21 August	1-1.45pm	Mindfulness	PG/UG/Staff
Friday 28 August	1-1.45pm	Mindfulness	PG/UG/Staff
September			
Thursday 3 September	1-2pm	Finding Balance at a Time of Stress	PG and UG
Friday 4 September	1-1.45pm	Mindfulness	PG/UG/Staff
Monday 7 September	1-2pm	Breathworks	PG/UG/Staff
Friday 11 September	1-1.45pm	Mindfulness	PG/UG/Staff
Thursday 17 September	1-2pm	Finding Balance at a Time of Stress	PG and UG
Friday 18 September	1-1.45pm	Mindfulness	PG/UG/Staff
Monday 21 September	1-2pm	Breathworks	PG/UG/Staff
Friday 25 September	1-1.45pm	Mindfulness	PG/UG/Staff

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

Please visit our website for more information about the sessions:

www.counsellingservice.manchester.ac.uk/workshops

