SELF HELP SUPPORTS
Just come along to Support Groups - No Registration Required

A safe and supportive environment for students struggling with eating issues/eating disorders
When: 1st Wednesday, Monthly
Time: 6pm to 7.30pm
Dates: 1st February to 3rd May, 2017
Venue: Seminar Room 318, Student Counselling

For students struggling with problematic perfectionistic thoughts/behaviours and Obsessive Compulsive Disorder
When: 2nd Monday, Monthly
Time: 6.30pm to 8pm
Dates: 13th February to 8th May, 2017
Venue: Seminar Room 318, Student Counselling

Depression Support Services. Aware Young Adults Group meets @ 7.30pm on Thursdays in 72 Leeson Street, Dublin 2.
Please see www.aware.ie for further details about nationwide Support Groups.

Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin

Workshops & Groups
Wellbeing Programme

Open to all Registered Trinity College and Marino Institute of Education Students
http://www.tcd.ie/Student_Counselling

Free & Confidential

Hilary and Trinity Terms 2017
GROUPS PROGRAMME
Venue for Groups: Group Room 331, Student Counselling Services (unless otherwise stated)

Addictive Behaviours & Recovery Group
Drop in - No Registration Required
Date: Thursdays, 26th January to 30th March, 2017 (10 sessions)
Time: 5.30pm to 7.00pm
Facilitator: Aisling Holland & Tony Monahan
Venue: Seminar Room 318, Student Counselling Services
Funded by: Equality Office, TCD & supported by Students Union, TCD

Bereavement Support Group
Date: Mondays, 23rd January to 20th February, 2017 (5 sessions) and Monday 13th March, 2017 (follow-up session)
Time: 5.30pm to 7.00pm
Facilitators: Chuck Rashleigh (SCS) & Jools Hamilton (Chaplaincy)

Cultivating Mindfulness and Compassion Group
Date: Tuesdays, 7th February to 28th March, 2017 (8 sessions)
Time: 5.15pm to 6.45pm
Facilitator: Annemarie Naughton & Andrina Monaghan

Trekking Through Anxiety Group
Date: Tuesdays, 7th March to 28th March, 2017 (4 sessions)
Time: 2.00pm to 3.30pm
Facilitator: Jo Harney & Aaron Jackson

Managing Mood Group
Date: Wednesdays, 8th March to 29th March, 2017 (4 sessions)
Time: 3.30pm to 5.00pm
Facilitator: Yvonne Tone & Julie-Ann O’Connell-Kent

PG Tips: Postgrad Support Group
Date: Mondays, 6th March to 27th March, 2017 (4 sessions)
Time: 3.30pm to 5.00pm
Facilitator: Michela Spiteri Paris & Scott Ahearn

On-going Therapy Group – By Referral Only
Day: Wednesdays
Time: 6.00 pm - 7.30 pm (term) / 2.30pm - 4.00pm (out of term)
Facilitator: Magda Listwan & Mark Robinson

Registration required for Groups, except Addictive Behaviours & Recovery Group. Please phone (01) 896 1407 or send an email to student-counselling@tcd.ie for further information.

DROP IN WORKSHOPS
Just come along - No need to register

Wellbeing Wednesday Lunchtime Workshops
For weekly topics see: http://www.tcd.ie/Student_Counselling

Dates: Wednesdays, 8th February to 5th April 2017*
*Excluding 1st March (Study Week)
Time: 1.00pm - 2.00pm
Venue: Seminar Room 318, Student Counselling Services

Weekly Mindfulness Meditation Drop In (30 mins)
Dates: Mondays, 16th January to 29th May, 2017
Time: 5.00pm (Please be on time to avoid disruption to class)
Facilitator: Annemarie Naughton
Venue: Seminar Room 318, Student Counselling Services